

OCTOBER 2016

DELIVERED MONTHLY TO 3,200 HOUSEHOLDS



PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER

UPCOMING EVENT:
HALLOWEEN
PARTY
OCTOBER 29



BARRY & CYNTHIA

Kompatnisky

TEAM PERFORMANCE

Thank You Parkland For Your Continued Support

- * SELLING PARKLAND HOMES SINCE 1981
- * MULTIPLE YEAR FINANCIAL SUPPORTERS OF THE PARKLAND SUMMERFEST
- * SINCE 1986 WE HAVE DONATED A PORTION OF OUR COMMISSIONS ON EVERY TRANSACTION TO THE ALBERTA CHILDREN'S HOSPITAL FOUNDATION



100-5810 2nd St. SW
Calgary, Alberta T2H 0H2

"...We Can't Help — If You Don't Call..." Direct 403-278-8973 Fax: 403-271-0518

ACADEMY DENTURE CLINIC

www.academydenture.com

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall
Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



Parkland Community Association

505 Parkvalley Road SE Calgary
Alberta T2J 6M4
parklandca@telus.net
parklandcommunityassociation.org.

CONTENTS

Parkland Community Hall	4
Parkland Cares	7
Deer Park Winter Clothing Event	13
Programs & Clubs @ Park96	14
Babysitting Registry	16
Home Gardening with Barbara	24

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  27 YEARS

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



GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING PARKLAND
FOR 22 YEARS!



Parkland Community Hall

Are you looking for a place to have a variety of events such as; birthday parties, baptisms, retirement, and bridal showers? The Parkland Hall is an affordable venue to consider, its features are a bright gym with hardwood floors that overlooks the community garden through big windows on the southwest side. This gym can accommodate up to 100 people, and there is also a meeting room that fits up to 35 people, and there are also kitchen facilities. Rental rates include chairs and tables.

If interested, please contact the hall managers; Laurie Bradley or Erika Diaz at 403 278-5330.

Active Learning
Programs Ltd.






French Immersion Preschool for 19 months to 5 Years.
Kindergarten & Out of School care for Sam Livingston,
Lake Bonavista, and Alice M Curtis Schools.

403.473.0600 | www.activelearningprograms.ca
2 - 430 Acadia Dr. SE, Calgary, AB

PARKLAND HOUSE SITTING REGISTRY

The House Sitting Registry matches home owners looking for a house sitter with those wishing to offer house sitting services. This is a great job for a teen, with some parental supervision or a home owner wishing to exchange with another. House sitting duties could include: emptying the mail box, picking up the paper, clearing away flyers, watering plants and generally keeping an eye on things. All service arrangements and remuneration are determined by the owner and house sitter.

This registry service is free of charge and only available to Parkland residences. To have your name included in the registry or to obtain a number of a sitter near you, please phone Dave Wiebe at 271-9230.



- We're a group of Parkland moms who swap babysitting a few hours a week.
- It's a casual commitment for babysits/playdates once or twice per week.
- We run during school days and school hours.
- For families with kids up to 6 years old.
- It's a fun social atmosphere, meet other families in Parkland with kids similar ages.
- Enjoy monthly morning coffee get-togethers.
- Come to the next coffee and check us out.
- Email today: parklandbabysittingcoop@gmail.com



For All Occasions

Welcome to the Neighbourhood

Receive a free gift package

1-866-627-6070



Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.



"We Care"
DEERFOOT
Carpet & Flooring




<p>Carpet</p>  <p style="background-color: yellow; text-align: center;">From \$1.99 Psf</p>	<p>Hardwood</p>  <p style="background-color: yellow; text-align: center;">From \$0.99 Psf Limited Quantities</p>	<p>Tile</p>  <p style="background-color: yellow; text-align: center;">From \$1.59 Psf</p>	<p>Laminate</p>  <p style="background-color: yellow; text-align: center;">From \$1.59 Psf</p>
<p>Cork</p>  <p style="background-color: yellow; text-align: center;">Starting Under \$1.99 Psf</p>	<p>Linoleum</p>  <p style="background-color: yellow; text-align: center;">From \$1.99 Psf</p>	<p>Luxury Vinyl</p>  <p style="background-color: yellow; text-align: center;">From \$0.99 Psf</p>	<p>Luxury Vinyl</p>  <p style="background-color: yellow; text-align: center;">From \$0.99 Psf</p>



SPECIAL SAVINGS AVAILABLE NOW!

- Large Inventory
- Knowledgeable Staff
- Professional Installation
- Commercial & Residential

6170 - 12 ST. S.E. 255-5880

NEW HOURS: Mon-Wed. 9-6 • Thursday Friday 9-6 • Saturday 9-5 • Sunday Closed

Ideas + Style + Great Pricing = Happy Customers

www.deerfootcarpet.com

PARKLAND COMMUNITY ASSOCIATION

PARKLAND HALL

505 Parkvalley Road SE, T2J 6M4
403-278-5330 parklandca@telus.net
www.parklandcommunityassociation.org



The Parkland Community Association is a Registered Charity operated by an elected Board of community member volunteers. We represent the municipal interests of Parkland residents; we are your voice in city planning decisions. The annual \$25 membership fee is voluntary, but membership is required for some community sponsored events. Your membership fees help us bring community members together through various programs and events such as:

- Community Garden
- Soccer
- Canada Day Breakfast
- Parade of Garage Sales & Community Clean Up Day
- Seasonal Parties – Winterfest, Fallfest, Halloween
- And more!

Board of Directors

President	Sean Ferguson
Vice President	Leanne Black
Treasurer	Sunil Bagwe
Secretary	Janice Schneider
Membership & Civic Director	Laura Di Lello
Trico Representative	Julie Kyliuk
Directors-at-Large	Cheryl Boswell Andy Feigl Adam Feuchuk Linda Mannix Jenn Vanderlann Michael Vaters
Past President	Cindy Ross
Hall Contacts	Laurie Bradley Erika Diaz

Board Meetings: Board meetings are customarily held at the Parkland Hall on the fourth Thursday of each month at 7:00 PM, with the exception of July and August. All community association members are welcome to attend our meetings. As our dates and times can change, we ask that you contact the Hall at 403-278-5330 or parklandca@telus.net to confirm any upcoming meetings that you would like to attend.

Parkland Community Hall – Rentals

Are you hosting a party and need more space? Looking for a venue for an upcoming baby shower or birthday party? The Parkland Hall is an affordable venue to consider! The hall features a bright hardwood-floored gym, kitchen, and meeting room – all available for community members and the public to rent.

To inquire about Parkland Hall rental rates and availability, please contact Laurie Bradley and Erika Diaz at 403-278-5330 or by email at parklandca@telus.net.

Other Community Representatives

Community Resource Officer	Constable Matt Forest 403-428-6645
Parkland Girl Guides	1-800-565-8111
167th Parkland Scouts	Michelle Stager 587-351-2719
Parkland Cares	Julie Kyliuk parklandcaresyyc@gmail.com
Parkland Babysitting Co-op	Jill Vaters mjvaters@shaw.ca
Parkland Babysitting Registry	Eleanor Molina 403-271-2668
Parkland Housesitting Registry	David Wiebe 403-271-9230
Parkland Preschool	403-225-0083
Prince of Wales Elementary	403-777-6880
St. Philip Fine Arts School	403-500-2072
LDS Church,	403-278-8565
Parkland State Centre	
Parkland Soccer	403-278-5330
Bow View Ringette	bowviewringette.com
Bonavista Hockey Program	lbreakershockey.ca
Newsletter Editor	Erika Diaz and Laurie Bradley parklandcanews@gmail.com
Delivery & Advertising	Great News Publishing 403-263-3044

Parkland Cares



Parkland Cares is a community-based organization of families and neighbours committed to September 13, at 7:15, September planning meeting: Join us in the basement of Park 96. Share your ideas for helping to encourage volunteering and caring in Parkland.

September 1-25: During the month of September PC will be accepting donations of winter clothing to support the Deer Park United Church's Winter Clothing Event. Bins will be located near the office in Park96. Gently used clothing for all ages accepted and appreciated.

September 17, Calgary Humane Society: Come out to the Park 96 Birthday Celebration and support the CHS. We will be collecting donations for our furry friends in need, items could include:

- Gift cards for grocery stores (fruit & veggies for rabbits, guinea pigs etc.)
- Gift cards for Walmart, Petland, Canadian Tire, Superstore (for miscellaneous supplies)
- "Indestructible" toys for dogs, or treat/kibble-dispensing toys
- Fabric mice, plastic balls, cat toys with bells
- Towels, flat sheets (not fitted ones), fleece and blankets

-NOTE: Food/treat donations are very specific so please check the website for details. www.calgaryhumane.ca/donate/wishlist

Ladles Soup Co, A homegrown Parkland business, has generously offered to donate 20% of proceeds to Parkland Cares from September to December. Look for ordering information in the next months update! This will also include items sold at the Park96 Christmas Market on November 5th. What a lovely offer of support!

Yoga on the Ridge, Monday 7:00pm: Meet us west of the Bus Loop for a relaxing practice outdoors. Donations are accepted for the class and support a variety of charitable causes. More information on Facebook: Yoga on the Ridge.

There are many ways to get involved with Parkland Cares. Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help us with any of our planned events. Our next planning meeting will be Tuesday, September 13, at 7:15 in the basement of Park 96.



parklandcaresyyc@gmail.com
Parkland Cares Calgary



Living Kindness Yoga

Yoga Courses and Workshops

Peaceful Meditative Movements for Adults 18 – 50

A flowing Hatha Yoga that builds Strength, Flexibility, and Stamina in a Mindful and Gentle way

7:30 – 9:00 pm
Oct. 5, 12, 19, 26 & Nov. 2, 9
or Nov. 16, 23, 30 & Dec. 7, 14, 21

6 classes. Please bring a yoga mat, cushion, and blanket to class.

Woodcreek Community Assoc.
1991 Woodview Drive SW, Calgary



Peaceful Meditative Movements for Adults 50+

A flowing Hatha Yoga that builds Strength, Flexibility, and Stamina in a Mindful and Gentle way

2:00 – 3:30pm
Oct. 15, 22, 29 & Nov. 5, 12, 19
or Nov. 26 & Dec. 3, 10, 17, & Jan. 7, 14

6 classes. Please bring a yoga mat, cushion, and blanket to class.

Parkland Community Hall
505 Parkvalley Road SE, Calgary

Meditation Courses and Workshops

The Theory and Practice of Meditation

Making effective use of Yogic, Buddhist, and Christian meditative methods

7:30 – 9:00 pm
Oct. 13, 20, 27 & Nov. 3, 10
or Nov. 17, 24 & Dec. 1, 8, 15

5 classes. Please bring a cushion and blanket to class.

Woodcreek Community Assoc.
1991 Woodview Drive SW, Calgary

Limited space available. Please register early.

To register, contact Denise-Marie
denisemarie@livingkindnessyoga.ca | 403-862-5727
www.livingkindnessyoga.ca



FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides is underway again for the 2016- 2017 year. Haven't registered your daughter yet? Registration is open year round! So, go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. Camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. Want to join us? Contact Pat, isteads@telus.net for info.

Have you seen the girls out with the fall Chocolate Mint cookies yet? They are available now. If you were missed in the sales campaign, contact isteads@telus.net and we'll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though; cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Leaf & Pumpkin composting program is underway!

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

What's New at the Parkland Community Hall

Senior's drop-in every Wednesday 12-2
Toastmasters 1st and 3rd Wednesday 7-9
For more information please call the hall at (403) 278-5330.

HALLOWEEN PARTY Saturday October 29th 5-7pm

Family fun for all ages. If you would be interested in volunteering to help at this event, please contact the hall at 403 278-5330.



WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today
LIGHTTHENIGHT.CA



2016 NATIONAL SPONSORS



Proud Supporter of the LLSC

Presenting Media Sponsor



Halloween trivia

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

BRAIN GAMES **SUDOKU**

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

FIND SOLUTION ON PAGE 23



Parkland Real Estate Update

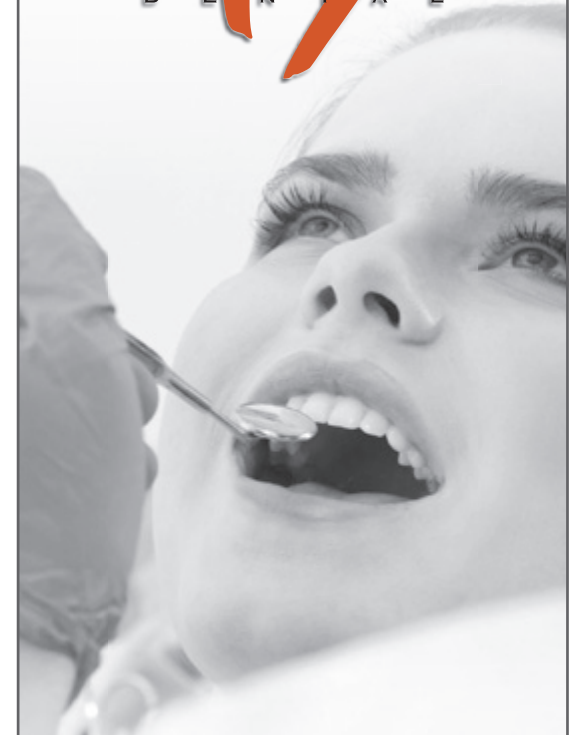
Last 12 Months Parkland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$599,900.00	\$599,250.00
July 2016	\$615,000.00	\$603,250.00
June 2016	\$554,900.00	\$559,500.00
May 2016	\$638,700.00	\$624,500.00
April 2016	\$634,900.00	\$623,000.00
March 2016	\$575,000.00	\$555,000.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$569,450.00	\$529,500.00
November 2015	\$769,450.00	\$737,000.00
October 2015	\$599,900.00	\$555,000.00
September 2015	\$595,000.00	\$585,000.00

Last 12 Months Parkland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	6	7
July 2016	4	2
June 2016	10	3
May 2016	4	2
April 2016	7	5
March 2016	5	3
February 2016	2	0
January 2016	3	0
December 2015	1	2
November 2015	2	2
October 2015	7	3
September 2015	6	3

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



Accepting New Patients
Evening & Saturday Appointments Available
Family & Cosmetic Dentistry
Children Welcome
Dental Implants
Wisdom Teeth Removal
403-271-2033

Suite 220 755 Lake Bonavista Drive SE
www.lakebonavistadental.com

SMART HOME EVENT

FREE

Nest Learning Thermostat and Nest Cam Indoor with purchase* of select window shadings with PowerView™

Offer effective September 19 – December 18, 2016.

HunterDouglas Gallery

FREE LITERISE™
LIFTING SYSTEM on SILHOUETTE™ & DUETTE® BLINDS

A family business proudly serving Calgary and area for over 3 generations.

- Drapery
- Blinds
- Custom Furniture
- Colour & Design Consulting
- Upholstery
- Bedding

Creative interiors

403-271-0580
630, 12100 Macleod Trail, SE
Calgary, AB

www.CreativeInteriorsCalgary.com

FIND US ON

*Purchase a minimum of 5 Silhouette®, Pleasure® or Duette® with PowerView™ and receive a FREE Nest Learning Thermostat and Nest Cam Indoor. Offer at participating retailers only. For full details, visit hunterdouglas.ca.

MENTION THIS AD AND RECEIVE NO GST ON YOUR ORDER. Expires December 31/16.

SUPPORT YOUR COMMUNITY



Parkland Community Association Memberships

Last Name: _____ First Name: _____

Address: _____ Postal Code: _____

Phone Number: _____ Email Address: _____

Drop off at the Community Hall or mail to:
Parkland Community Association
505 Parkvalley Road S.E., Calgary, AB T2J 6M4

Do Not Enclose Cash

Enclosed is a cheque for \$25

If you have any questions please contact the Community Hall at 403-278-5330

Dental Technology Has Come A Long Way

CEREC is a computer assisted design and milling machine that allows us to make crowns and restorations right in our office.

This allows you to:

- Get a crown in one visit.
- Avoid having a temporary crown.
- Get 3D digital impressions.
- Colour match the new crown to your other teeth.

😊 Have fun watching this machine make your new crown.



Come see our CEREC machine in action

**Or Book A
FREE Consultation**

403-DENTIST (403-336-8478)
DeerValleyDentalCare.com

#30 - 1221 Canyon Meadows Drive S.E.

Deer Park Winter Clothing Event

Need winter clothes for you and your family?

The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!

*Clothing is donated and is gently used.

When: Saturday, Oct. 1st from 10am-1pm

Where: Deer Park United Church, 77 Deerpoint Road SE

Who: Everyone!

Do you have WINTER clothing to give away?

We will be accepting clean, gently-used winter clothing on the following days only:

Day Time Drop-offs:

Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1 pm-4pm

Evening Drop-off:

Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

We are always looking for volunteers to help organize and sort clothing for the event!



EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

PROGRAMS & CLUBS @ PARK96

***NEW* Cadenza Music Studio Calgary is bringing Fun with Music & Let's Play to Park96**

Thursdays 1:30 - 2:15pm
September 22 to November 10
Ages 3-6

- \$154 includes GST, registration and material fees
A fun filled 8 week class for children ages 3-6. This class is an excellent introduction to the beautiful world of music and building a strong musical foundation
- learn to sing and play popular songs
 - discover the excitement of music appreciation through storytelling
 - create and perform on percussion instruments
 - enhance rhythm through movement and build solid theory skills
 - discover a new musical concept every day
 - introduction to keyboard geography and playing simple songs

For registration or inquiries contact: (403)836-4866 or info@cadenzamusicstudio.ca

BOARD GAME CLUB

Tuesday, October 18th, 7-10pm
In the Park96 Basement

Interested in finding like-minded people to play Table Top Games or interested in learning all about them? Join Darren Hunt every 3rd Tuesday of the month in the Park96 Basement starting Table Top games are board, card and dice games including but not limited to Monopoly, Trouble, Risk plus European games such as Catan, Ticket To Ride and Carcassonne. If you are interested in attending or have questions contact Darren at parklandboardgamesclub@gmail.com

Yoga in Park96

Yoga brings relaxation and overall wellbeing on physical as well as mental level.

Jane has been teaching gentle Hatha yoga in Calgary for two decades. Her recent trip to Boston where she was learning and cooperating with Harvard leading tai chi expert, just confirmed her belief that simplicity is key! Gentle and mindful approach to any activity can bring noticeable positive changes to our life.

Join Jane for gentle stretching followed by relaxation; mindful yet strengthening class!

Monday 10 am

Thursday 7:30 pm
Contact: 403 281-7553
email: janesponiar@gmail.com
www.LivingTaiChi.ca

Fall, winter and spring Strength Workouts for Women at Park96!

WOW! & Gentle: Women on Weights.

Do you want to build and maintain strength in a fun, safe and supportive environment? WOW! and Gentle classes are Strength and Conditioning for all Women. All fitness levels are welcome. Experience personalized movement instruction, small groups of 7-10 with an instructor who is committed to challenging you at your level.
To sign up and for more info: <http://www.womenonweights.com/>, or call Susan 403.660.4194

PARKLAND CHRISTMAS MARKET

Saturday, November 5
10:00am to 4:00pm

Park96 is hosting a Christmas Market on Saturday November 5, 2016 from 10:00 am to 4:00 pm. Come and enjoy the warm atmosphere and wide selection of fabulous gifts from different vendors.

If you would like to participate as a vendor rental cost is \$30.00. There is space for approximately 20 vendors so do not delay in getting your application in early.
If you have any questions, please contact either Cathy Baker at 403-278-7717 or Caroline Hart at 403-278-0138.

NEED A FOB?

Are you new to Parkland and need a FOB? Drop into the Park Office with proof of your new address and fill out a membership form. Homeowners are given a complementary access FOB. Check out the Office hours on park96.com, press the door bell and Office Administrator, Jennifer Stone will let you in. Or book an appointment at park96@telus.net during a time that works for you.

If you plan to bring between 10 to 40 people to the Park for an outdoor gathering, please notify the Park Office to avoid over booking. If you wish to bring more than 40 people to your gathering then once again contact the Park Office at park96@telus.net and pay a minimal per person fee. Parkland Residents must stay on site at all times when bringing guests into the park.

PARK 96 PARKLAND CENTRE

14660 Parkland Blvd. S.E., T2J 6L5
Phone: 403-271-7516 • Fax: 403-271-7517
park96@telus.net • www.park96.com

Park 96 is a private gated facility owned by the property owners in Parkland who have paid all fees owing and are deemed to be "Members in Good Standing" or the designate of such owner. The current fee is \$200.00 due annually on January 1st, part of which is a \$96 encumbrance on each property or residence. This fee is used to maintain operations, support social and recreational programs and finance park improvements. The Park is managed by an elected Board of Directors of up to 15 members. This Board meets at 7:00 pm on the fourth Tuesday of each month, excluding July and August. Members with questions or concerns are welcome to attend these meetings, with prior notice of their desire to be added to the agenda, or may contact the Board President, Keith Watson, directly at park96@telus.net.



Fridays
Drop in Tennis

Mondays
Strength and Restore Yoga
Info: Jane Sponiar at 403.281.7553 or janesponiar@gmail.com or www.livingtaichi.ca

Monday - Friday
WOW! Women on Weights
Info: www.WomenOnWeights.com, or call Susan 403.660.4194

For more information on the monthly calendars contact: Jennifer Stone, Park Administrator park96@telus.net 403.271.7516



OCTOBER MONTHLY CALENDAR

Mondays - 9:30 - 10:30
***NEW* Thursdays 7:30-8:30**
Strength and Restore Yoga
Info: Jane Sponiar at 403.281.7553 or janesponiar@gmail.com or www.livingtaichi.ca

Thursdays
1:30-2:15
Fun with Music & Let's Play
Info info@cadenzamusicstudio.ca or 403-836-4866

Monday - Friday
WOW! Women on Weights
Info: www.WomenOnWeights.com, or call Susan 403.660.4194

Tuesday, October 18th
BOARD GAME CLUB
In the Park96 Basement
7-10pm
Saturday, November 5th

Christmas Craft MARKET
10am-4pm
For more information on the monthly calendars contact: Jennifer Stone, Park Administrator park96@telus.net 403.271.7516

Fresh Coat Interior Painting

• Licensed • Insured
• Bonded
Tel: 201-4752
Cell: 630-4601
freshcoat@shaw.ca

Andy Keilly



Premium
Service
Guaranteed

VOTE JACK REDEKOP FOR YOUR FEDERAL CONSERVATIVE MEMBER OF PARLIAMENT

"My name is Jack Redekop and I am seeking the Conservative nomination in your communities. I have lived, worked and volunteered in the constituency for over 25 years, which has allowed me to develop a deep understanding of the challenges our communities face. I believe that politics is about people and that the most effective representatives are those who have deep roots in the communities they wish to represent.

As a lifelong conservative, I also believe that conservative values are what make Canada great!



I ask for your support in my bid to become your next Member of Parliament. I have been a member of Jason Kenney's board for the last ten years, most recently as President and am further endorsed by Richard Gotfried, MLA for Calgary, Fish Creek.

For More Information Visit:
WWW.JACKREDEKOP.CA

Jack
CALGARY MIDNAPORE



LIFT. SWIM. PLAY. STRETCH. SKATE. SPIN.

Get everything you need to stay fit under one roof, at an affordable price.

Residents of partnered communities enjoy additional savings! Pay 20% less for memberships than non-residents with payment of the Community Support Fee or presentation of a valid community association membership.

DISCOVER YOUR PERFECT FIT.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE

www.tricocentre.ca



Babysitting Registry

The Parkland Babysitting Registry is a listing of those who wish to offer babysitting services, casual, part-time or full-time, including teenagers and dayhome moms. Anyone looking for a babysitter can call the registry and receive the names of sitters fitting their requirements.

If you are interested in having your name added to the Registry, or wish to obtain the name of a sitter in your area, please call Eleanor Molina at 403-271-2668.

It is time once again to update the babysitting registry. If you would like to have your name remain, or be removed from the list, please call to advise.

This registry service is free of charge and available to Parkland residents only.

Parkland Babysitting List

New to Parkland?

Looking for a sitter?

Call Eleanor Molina at 403 271-2668 if you want to be added to the babysitting list or require a sitter.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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

IN & AROUND SCHOOLS

Prince of Wales

September was a busy month at Parkland's Prince of Wales School (POW) with teachers and students getting settled in their classrooms for another year of learning.

Fun facts about POW:

- There are just over 350 students enrolled in kindergarten through to grade six at POW. More than 117,000 students are enrolled in Calgary Board of Education schools.
- While POW is not a French immersion or bilingual school, students in all grades at POW get to learn French at least once a week along with their other subjects.
- Last year, the school introduced an Idea Lab. Located in the school library, it gives students an environment where they can "build to learn". Find out more online at powidealab.weebly.com/blog
- In 2016, POW's principal, Nicole Bezugley, was the recipient of an Excellence in Teaching Award from Alberta Education. Mrs. Bezugely ensures all potential decisions and actions at POW are filtered through the lens of student engagement and student learning. She thinks outside of the box and leads her staff to be innovative and responsive to all learners.

Students are in school at Prince of Wales from 8:30 a.m. to 3:15 p.m., Monday through Thursday. On Fridays, students finish at noon. The school doors remain locked during the day, but if you need to visit the school, you can use the buzzer at the front door to request entrance.

St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

By October, students have settled into a routine, getting up is easier and families are enjoying reading nightly with their children.

St. Philip Fine Arts School is a comprehensive learning environment dedicated to providing high-quality Fine

Arts experiences for all of our elementary students. Fine Arts is a program we are devoted to and we have an extremely dedicated staff who are experienced and committed to incorporating the Fine Arts into all areas of the curriculum. We also have an active School Council who are ready and willing to help with all activities and events. Thank you to all the parent volunteers who support our school community.

Our residencies support our school theme: **Imagine, Explore, Create!** In 2016-2017 we are excited to see how rhythm can bring people together, expressing themselves in one voice through the beat. St. Philip School has partnered with One World Drum to help explore our world's cultures and stories through rhythm. As a Fine Arts School we strive to teach students that art can be used not only to draw people together, but to unite us all in a common language.

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

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

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



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_90701_909_011

IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week.**

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage col-

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.



IN & AROUND CALGARY

Southland Leisure Centre

Fall 2016 - our program guide is still online and on stands. There are still spots available. www.calgary.ca/recreation

#GetMovingYYC - Free Family Events

Creating a vibrant and prosperous Calgary depends, in many ways, on the health and happiness of our citizens. In 2015 we launched the #GetMovingYYC initiative to get *more Calgarians, more active, more often*. Join us in the *movement* to get Calgarians moving more where they live, work and play. Together we can turn the curve on sedentary behaviour and lifestyles in Calgary. For upcoming events and schedules Check out calgary.ca/get-moving Events may include family dance, indoor cycle & movie, obstacle course and more!

Free weight room orientations for weight room:

New to the weight room! We will be offering a few 1 hour free weight room orientations in September and October to help you learn to use some of the weight room equipment. To register, please check at the front desk and weight room desk for scheduled times.

Friday Night dance – October 28 – from 7:15—10pm

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

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

Wednesday Soccer Drop-in Southland Leisure Centre

Age: All ages

Soccer in the gymnasium. Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

Drop-in Climbing and Gymnastics

There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball

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

Drop-in Preschool Programs

Check out some of our drop-in preschool programs including Kinder Room, Active Play which is new and Tot's Gym Time.

SOUTHLAND LEISURE CENTRE PLAYSCHOOL

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June.

Southland Leisure Centre – Pick your day

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

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

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

Calgary AfterSchool

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available.

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

Personal and Corporate Taxes

Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
English 403-257-1582 • Español 403-457-4829

PLUMBER

PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490

Animal Trixia

Carnivorous animals will not eat another animal that has been hit by a lightning strike.



Photo by Lorna Romanuk

IN & AROUND CALGARY

Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular Autumn, Winter and Spring Birding Courses, a subscription to our newsletter *Voice of the Friends*, regular

notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations.

We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park, such as Parks Day & Creekfest, A Taste of Autumn, the Fish Creek Community Fair and the Wellness Showcase. Minibus tours and wellness programs provide new and innovative ways to bring people together and celebrate nature.

All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

Ghosts in Fish Creek

Wednesday, October 26, 6:30 - 7:30pm

Join us, if you dare! Tour the historic Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumored to haunt here! Great for all ages (although it may be a bit scary for younger listeners). Tickets only \$7 per person, registration is required. For more info or to register: www.friendsoffishcreek.org/programs/other-tours

October in Fish Creek

Fish Creek Speaker Series

Exploring the Native Grassland Elements of Fish Creek Provincial Park

Thursday, Oct. 27, 2016 7:00 – 8:00 pm

Presented by Ian Macdonald, Professional Biologist and Botanist

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Fish Creek Provincial Park is one of the largest natural environment parks located in a large urban centre anywhere in Canada. It has been heavily impacted over decades by a variety of human uses and the growth of Calgary around all of its borders. However, even with all of this disturbance there remain many traces of the native grasslands that once flourished here. Join us to explore and learn about these grassland elements still in existence today. Ian Macdonald, is a professional Biologist and Botanist, who has spent a great deal of his personal time over the last several years surveying the north slopes of Fish Creek examining, recording and reporting on his findings of the native grassland elements. To register or for more info: friendsoffishcreek.org/event/grassland



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at calgary.ca/ward14connect. I encourage you to do so.

Free Leaf and Pumpkin Drop-off

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

Check your smoke detectors

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9th to 15th is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at calgary.ca/fire.

Being prepared for snow

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.



Newsletter Submissions

Do you have newsworthy items that would be of interest to our community?

Please forward to Erika Diaz and aurie Bradley at parklandcanews@gmail.com
Submissions for the newsletter are due

on the 1st day of the month for the next month's issue.

Only non-profit community or individual notices will be accepted.

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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

BUSINESS

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

WHITTON ELECTRICAL SERVICES: Master Electrician with 10 plus years' experience. Offering service up grades, panel changes, fixtures, aluminum wiring change out and more! Big box companies say it's not possible? Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383.

ABOVE AND BEYOND PAINTING: Interior and exterior painting, stipple and flat ceilings, fence and deck repairs, pressure washing, trash removal, most handyman services. 20+ yrs' exp. Free estimates, very reasonable rates, senior discounts. No job too small - all work guaranteed. Call Jamie at 403-829-1336. Email aboveandbeyond@telus.net.

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

WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly, bi-weekly or monthly cleanings. I also specialize in post construction clean ups, move in or move out cleanings as well. Please call Malou at 403-698-3958.

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.

THE CONTRACTOR YOU'VE BEEN LOOKING FOR: Y.E.S. Contracting is your easy solution. Knowledgeable and reliable, licensed, registered and insured. All your trades in one call. Book now to get your electrical, plumbing and general projects completed! Carl 403-671-4714.

CLASSIFIEDS

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

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.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

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

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service, including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

THE REDEEMED CHRISTIAN CHURCH OF GOD

AMAZING GRACE ASSEMBLY, CALGARY
SUNDAY WORSHIP 10:10AM
FRIDAY BIBLE STUDY 7PM
PARKLAND COMMUNITY CENTER,
505 PARKVALLEY RD SE, AB T2J 6M4

587-717-2521 <> rccg.amazinggracecalgary@gmail.com

DISCIPLE HOMES & IMPROVEMENTS INC.: Renovation experts interior and exterior. Book now for new roofs, siding, soffit and eaves trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or call 403-207-5708. Visa and MasterCard accepted.

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

YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays, September 20 - December 13, 2016. 9:30-11:00 am or 1:00-2:30 pm. Ages 3-5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.

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



ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book Native Plants for the Short Season Yard, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.

IMPORTANT NUMBERS

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

DISCLAIMER

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

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

COMMUNITY ANNOUNCEMENTS

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

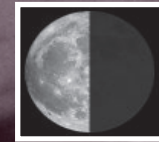
OCTOBER MOON CALENDAR



First Quarter
Oct 8



Full Moon
Oct 15



Last Quarter
Oct 22



New Moon
Oct 30

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 415,000 HOUSEHOLDS
ACROSS 141 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca



Essential Steps for Moving from Body Loathing to Body Love

By Carol Fredrek, Registered Psychologist

- 1. Attention:** listen to your body instead of mistrusting it and your body will tell you what it needs – hunger, pain, pleasure.
- 2. Appreciation:** recognize the value of what your body has to offer you – sexual, athletic, aesthetic. Celebrate all of the amazing things that your body does for you – running, dancing, breathing, laughing, dreaming.
- 3. Acceptance:** accept your imperfections and limitations and you will be freer to take pleasure in the beautiful parts of yourself rather than yearning for what you don't have.

You are probably asking yourself "How do I move through these steps?" It is important to remind yourself that it has taken years to get to where you are today so it will take time to change those negative tapes that you have learned. This will be a very powerful healing journey for you. Rather than pursuing beauty desperately you will pursue it joyfully.

You will need to work on each level of body image:

- **Mirrors** make you more conscious, more critical and more conforming. Check your frequency of mirror use by gathering baseline data on how many mirrors you use – at home, at work, in your purse, magnifying mirrors, rearview mirrors. How many times a day do you

look in a mirror? How much time do you spend in front of each mirror? Then ask yourself a few questions: What am I looking at? What am I looking for? What am I expecting? You may want to get rid of certain mirrors and shorten the time you spend in front of the mirror. An excellent exercise to do is "The Imaginary Mind Mirror" from Marcia Germaine Hutchinson's book *Transforming Body Image*.

- **Automatic Irrational Thoughts** lead to distorted body image and produce bad feelings. If you change those beliefs you will change how you feel about your body and yourself. There are four cognitive errors that can lead to these bad feelings: exaggerating, personalizing, emotional reasoning, and jumping to conclusions. A psychiatrist by the name of Aaron Beck developed a method of examining your thoughts, identifying the cognitive error, and challenging the defeating beliefs.
- **Awareness of one's felt sense:** feeling sensations and responses in your body, knowing how to move your body, where your body is in space, and where your body parts are in relation to one another. Many women are disconnected from their bodies. An excellent exercise to help move toward a greater connection with your body is an exercise from Marcia Germaine Hutchinson's book *Transforming Body Image* titled "The Imaginal Body".
- **Rolling Back the Years:** what we learn about our bodies and ourselves during childhood, adolescence and young adulthood become engraved into our body images and carried over into our later years. Our families can influence our body image through their own body images. And what we learn from the women in our lives and the men in our lives also influence our body image.

Five Ways to Love Your Body:

1. Walk with your head held high, supported by pride and confidence in yourself as a person.
2. Wear comfortable clothes that you like and that feel good to your body.
3. Be your body's friend and supporter, not its enemy.
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Put a sign on each of your mirrors saying, "I'm beautiful inside and out."

Adapted from *Transforming Body Image* by Marcia Germaine Hutchinson and *Body Love* by Rita Freedman

Carol Fredrek, MA, R. Psych. is a Registered Psychologist who has worked in the areas of women's issues, disordered eating and body image for over two decades.

Calgary's Best Retirement Active Lifestyle Community

OPENING FALL 2016



Move in by December 31st, 2016 and receive up to **\$1,500*** in moving expenses.

Call today to book your personal tour with Felicia.

*Credited to account after 60 days residency with corresponding receipts. Limited time offer. Based on availability. Not to be combined with any other offer. Move in by December 31st, 2016. E. & O.E.

RENTAL FULL SERVICE STUDIO, 1&2 BEDROOM & MEMORY CARE SUITES.



2635 Eversyde Avenue SW
587-433-2622

leasing@originswanevergreen.ca
www.originswanevergreen.ca



DON'T FORGET TO PREORDER FOR THANKSGIVING!

PURCHASE 6 SCONES AND RECEIVE A COMPLIMENTARY WHITE OR WHOLE WHEAT LOAF



SHAWNESSY
70 Shawville Blvd SE, Calgary
(587) 353-6517

CENTENNIAL VILLAGE
31 Southridge Drive, Okotoks
(403) 995-6517

Exchange this ad to receive offer • Valid only at COBS Shawnessy and COBS Centennial Village from October 1, 2016 to November 2, 2016 • No cash value • Not valid with any other offer • One offer per visit • While quantities last



PLEASE JOIN US FOR
**SENIORS RELOCATION 101:
5 STAR SENIOR RELOCATORS**
WEDNESDAY OCTOBER 5TH AT 2:00PM

Senior Relocating and downsizing specialist, Connie Serrant presents an informative afternoon on how to tackle the process of downsizing your home!

CRAFT & BAKE SALE
SATURDAY OCTOBER 22ND AT 2:00PM
Anticipated all year, join us for our annual fall "Craft & Bake Sale". From scarves and jewelry, to homemade jelly and biscuits, there is something for everyone at this craft bazaar!

TOURS AVAILABLE
Please RSVP by September 8th 2016
403-258-1849 | 11800 Lake Fraser Driver SE
www.verseniorliving.com

YOKI AND JEFF'S PARKLAND REPORT

JANUARY – AUGUST

STYLES	# of Sales 2015	Average Sale Price 2015	# of Sales 2016	Average Sale Price 2016
Bungalows	16	\$614,040	8	\$586,144
2 st/2 Splits	11	\$669,559	10	\$577,710
BiLevels	3	\$636,667	3	\$545,533
4 Level Splits	2	\$576,000	1	\$623,000
Apartment Condos	2	\$285,000	1	270,000
Villas	2	\$413,750	0	0



208 Parkland Way SE \$579,900



132 Parkview Green \$799,900



148 Parkland Green SE \$659,900

“To give real service you must add something which cannot be bought or measured with money-sincerity and integrity”

Yoki & Jeff Nichol

FROM ONE GENERATION TO THE NEXT

“Both of us working for you”

TOP 1% IN CANADA SINCE 1983

ROYAL LEPAGE
SOLUTIONS
Independently Owned and Operated



403.852.1992 | 403.870.1892