

SEPTEMBER 2017

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS



# PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



**PARKLAND HALL MOSAIC  
PROJECT**

SEE INSIDE FOR DETAILS

**PRINCE OF WALES 40 YEARS  
CELEBRATION**

SEPTEMBER 14





BARRY & CYNTHIA

*Korpatskiy*

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

## Oakridge Medical

10003 24 St. SW  
403-287-6770

We are  
accepting new patients.  
Dr. Kayode Oloniyo and Dr. Yasmine Halat

Don't sit around in waiting rooms.  
**MINIMIZE YOUR EXPOSURE!**

Services provided to family practice and walk-in patients. Call us any Monday - Saturday to get a **same day** appointment. Phone lines open at 8 a.m.

Women's Health Appointments  
**AVAILABLE WEEKLY**

Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

Tedman Donovan  
**PODIATRY PRACTICE**

For all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts, Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.

# CONTENTS

- 10 PARKLAND CARES
- 11 SCHOOL SHOUT-OUTS: PRINCE OF WALES SCHOOL OFFICIAL INVITATION
- 12 UPCOMING PARK96 EVENTS & PROGRAMS
- 13 PARKLAND HALL COMMUNITY MOSAIC PROJECT
- 16 PARKLAND COMMUNITY GARDEN
- 18 FOR ART'S SAKE: VOLUNTEERING IN THE ARTS
- 19 CALGARY PUBLIC LIBRARY
- 20 TAKE ON WELLNESS: BACK TO SCHOOL HEALTH CHECKLIST
- 21 SEPTEMBER AT TRICO CENTRE
- 22 FRIENDS OF FISH CREEK: SEPTEMBER IN FISH CREEK!
- 24 AT A GLANCE







## PARKLAND COMMUNITY ASSOCIATION

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

Delivered monthly to 3,000 households and businesses for 23 years!

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1st of the month for the following month's publication.

### Editorial Submissions

#### • REMINDER REGARDING SUBMISSIONS

Submissions due to PCA office by email at parklandca@telus.net or in person M-F 10-4 by the 1st of prior month ie June 1st for July issue.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.  
 #34-4550 112 Ave SE  
 Calgary, AB T2C 2K2

Check out our website: [www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Parkland Community Association and Great News Publishing.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Parkland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## 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	
Weather Information	511
Gamblers Anonymous	403-237-0654



In the fall leaves change colour because trees slowly stop producing chlorophyll. In years when a number of warm, sunny days and cool but not freezing nights come one after the other the reds in the leaves will be more vibrant because sugar sap gets trapped inside.

**"We Care"**  
**DEERFOOT**  
 Carpet & Flooring

**403-255-5880**

Carpet Hardwood Tile Vinyl Laminate



[www.deerfootcarpet.com](http://www.deerfootcarpet.com) 6170 12th ST SE



# 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!

### Follow Us on

- facebook.com/Calgary Parkland Community Association
- Website: www.parklandyyc.ca.
- parklandca@telus.net

### 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.

### Board Membership:

The Parkland Community Association board is made up of volunteers who care about, and live in our community. Board involvement is a great way to make a contribution that ultimately ensures Parkland remains a fantastic place to live. If you want to join our board please call the hall at 403-278-5330 or come to our board meetings, held on the 3<sup>rd</sup> Thursday of each month.

### Parkland Community Hall Rentals

The Parkland Community Association invites you to rent the Hall for family gatherings, company parties or community events. The Hall's main room is bright and sunny with large windows and hardwood flooring. A

smaller carpeted meeting room is the perfect place to host a program registration or meeting. Please contact Laurie Bradley at parklandca@telus.net or 403-278-5330 to view and for further details. Parkland Community Association members receive a discounted rate.

### Parkland Volunteer Spotlight

Do you know someone that works hard to make Parkland great?

The Parkland Community Association would like to acknowledge our hard-working community volunteers. In September, we will begin taking submissions for the Parkland Spotlight. You can help us recognize and celebrate an individual or group of people by writing and submitting an approximately 100-150 word tribute.

Once approved, you will be notified as to what month your Spotlight will be printed in the Parkland News.

Submissions should be sent to: parklandca@telus.net.

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 10

## 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.

## Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.



**Genuine Earthworks**

*Maximize family time, minimize the dirty work*

## Landscape Construction

*Design and Build*  
 Patios | Retaining Walls | Sod

## Maintenance

Fall Clean Up | Weekly Mowing  
 Debris Removal | Tree Service

Call today or visit us at  
[www.genuineearthworks.ca](http://www.genuineearthworks.ca)

genuineearthworks@gmail.com

403-708-7215 or 780-218-5203

## divine intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5" +, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)  
[info@divinematchmaking.com](mailto:info@divinematchmaking.com)  
[divinematchmaking.com](http://divinematchmaking.com) | 403-456-4870



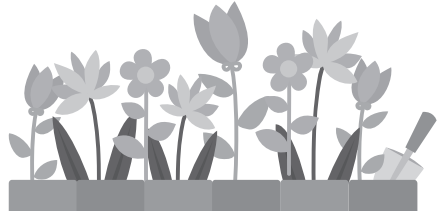
## Is your garden looking overgrown and unappealing?

Fall is the perfect time to renovate your flower beds!

- Divide or remove enthusiastic perennials
- Improve the soil
- Remove overgrown shrubs
- Install new plants
- Add wood chips or mulch

Let our team of experienced gardeners create a beautiful garden for you.

**GardenWise Renovation & Design**  
403-278-6109



Enquire about fall garden clean-ups

## Other Community Representatives

Community Resource Officer	Constable Matt Forest 403-428-6645
Parkland Girl Guides 167th Parkland Scouts	1-800-565-8111 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, Parkland State Centre	403-278-4515
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 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.

**GREAT NEWS PUBLISHING** 28 YEARS

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

**YOUR INSERT HERE**

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

87 Monthly Community Newsletters  
391,000 Households

# Hoffman INSTITUTE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"  
Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

- Make peace with your past
- Release from negative behaviors
- Emotionally heal and forgive
- Discover your authentic self

Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.



## PROGRAMS AT THE HALL

### Tuesday Talks

7:30 - 9:30

Inspirational Conversations with Val Long  
Contact Val at [mval@shaw.ca](mailto:mval@shaw.ca)

### Living Kindness Yoga

403 862-5727

[www.livingkindnessyoga.ca](http://www.livingkindnessyoga.ca)

### Pedalheads summer camp

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

### Bricks 4 Kidz summer camp

[www.bricks4kidz.com/canada-alberta-calgary/](http://www.bricks4kidz.com/canada-alberta-calgary/)



## ACADEMY DENTURE CLINIC

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

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



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



## PARKLAND CARES



Parkland Cares is a community-based organization of families and neighbours committed to helping others.


Are your kids ready for the 2nd Annual Parkland Cares Kids Market?

We invite all creative, motivated and caring kids to show us their skills and support Parkland Cares. Our market will take place on July 21st, 6:00-8:00 pm during the Park96 movie and campout in the park. 50% of the market proceeds will be going to support our Backpacks for Kids Initiative in August. Come out and support our young entrepreneurs.

In August, we will be collecting backpacks and school items to put into the packs to help support families as their children head back to school. There will be a donation bin at Park96 from August 1-17th. Our focus will be on the often-overlooked teen age group but kids are welcome to bring items for any age group they like! Backpack assembling will take place at the Parkland Community Association (hall) on August 19th. Check out our facebook page for a detailed list of items in need.

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 is **Tuesday September 12th at 7:15 at Park96, we would love to see you there.**

 parklandcaresyc@gmail.com.  
Parkland Cares Calgary 403-863-9927

### Fresh Coat

#### Interior Painting

- Licensed • Insured
- Bonded

Tel: 201-4752  
Cell: 630-4601  
freshcoat@shaw.ca

Andy Keilly 



**Premium Service Guaranteed**

## SCHOOL SHOUT-OUTS

### St. Bonaventure Junior High School

St. Bonaventure School emphasizes the school motto of spirituality, citizenship, and excellence. With the new school year upon us, we look forward to many events and activities that exemplify the school motto.

As we close the doors to the extended Year of Mercy our school looks forward to embracing the district's new three-year faith theme: **"Ask and it will be given you; seek and you will find; knock and the door will be opened to you."** - *Matthew 7:7*. All community members are encouraged to join us throughout the year for our school celebrations which are held at St. Bonaventure church. Look for our school opening mass to be held early in September.

Like all catholic schools in our district, St. Bonaventure is a member of Community of Caring and as such, has activities all year that empower the students to develop their citizenship skills. September will see a spirit week which will allow all of our students and staff, both new and old, to get reacquainted and develop a focus for the year. This will quickly be followed by our annual Terry Fox run and Thanksgiving food collection.

### BRAIN GAMES SUDOKU

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

## SCHOOL SHOUT-OUTS

### Prince of Wales School

Summer break is winding up, and thoughts of binders, books and bulletin boards are hovering for students and staff at Prince of Wales School. Students will return to school on September 5.

Forty years ago, Parkland resident Dave Mclean was a bright-eyed grade-four student excited to attend a brand-new school in the beautiful new community of Parkland. Now Dave is proud that his son William can follow in his footsteps and start grade one in the same school.

Prince of Wales School is proud of its many alumni who remain in Parkland, or have moved elsewhere. These alumni, school neighbours, any community members of Parkland, or the new families from Legacy, are invited to join the school as it marks its 40<sup>th</sup> anniversary. On September 14, 2017, the school will open its doors from 6 p.m. to 8 p.m. and share artifacts from past and present in this celebration of 40 years of learning. We look forward to seeing you there.

The school has several other activities planned for September, including its annual book fair September 18 to 22. Orange Shirt Day will be held on September 29 to recognize the history of residential schooling and our nation's commitment to ensuring that everyone matters. The annual Terry Fox Run is scheduled for October 6. Will any students participate in the fundraising head shave this year? Stay tuned for an update.

A reminder to all POW families to keep street safety top of mind during the first few weeks of school. With the addition of our new students from Legacy arriving and departing by bus each day, the roads will be busier than previous years. The drop-off area in front of the school is now reserved for buses. Please use the crosswalks and take advantage of POW's very responsible school patrol volunteers who keep our crosswalks safe.

Welcome back to all students and staff!



## Prince of Wales is celebrating 40 years of Learning Together

Students, teachers, alumni and members of the Parkland and Legacy community are invited to join us. Artifacts from the past and present will be shared.

**OPEN HOUSE**  
Come connect with Prince of Wales  
Thursday, September 14, 2017  
6:00-8:00 pm  
Find us on the web at:  
<http://schools.cbe.ab.ca/b341/>



## FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be underway again for the 2016- 2017 year. Haven't registered your daughter yet? Registration is open year-round! Go to [www.girlguides.ca](http://www.girlguides.ca) and locate the unit finder button to find the unit best suited for you. We're hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, [isteads@telus.net](mailto:isteads@telus.net), know and we'll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, [isteads@telus.net](mailto:isteads@telus.net). You can join in the fun and fellowship even if you were not a girl member or don't have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.



## UPCOMING PARK96 EVENTS & PROGRAMS

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.

### PARK96 AutumnFest

Saturday, September 16  
5:00 till late

### CALLING ALL SUPER HEROES!

The Batman Lego movie has inspired an evening of HEROES! Dress as your inner hero and enjoy an evening with your neighbours. Live Music, games, food trucks, snacks and of course The Lego Batman Movie starts at dusk! Celebrate the changing of the seasons, the Park's birthday and the start of school. Watch your email for more information!

### Board Game Club

Tuesday, September 19 at 7pm-10pm  
Info: Darren at parklandboardgamesclub@gmail.com

### PAMJAM – Parkland Acoustic Music Jam

First Tuesday and Third Wednesday of the Month at 7:00pm. To sign up go to [www.meetup.com/PAMJAM/](http://www.meetup.com/PAMJAM/)

### Strength and Restore Yoga

Join Jane for gentle stretching followed by relaxation; mindful yet strengthening class!  
Monday 10:00 am and Thursday 7:30 pm  
Contact: 403 281-7553, email: [janesponiar@gmail.com](mailto:janesponiar@gmail.com)  
[www.LivingTaiChi.ca](http://www.LivingTaiChi.ca)

## WOW! Work Out Women (formerly Women on Weights)

Are you wanting more strength, more energy and better mobility? Are you tired of feeling weak, achy and sluggish? If you answered yes to any of those questions, WOW! Work Out Women is for you!

At WOW! classes you get a personalized workout every time, building your strength from your current level of fitness. Super cool, you get to do it in a fun, safe and supportive small group of women. We are here to cheer you on!

#### Class Times:

- **Afternoons:** Mondays and Wednesdays 4:15pm-5:10pm
- **After Work:** Mondays and Wednesdays 5:15pm-6:10pm
- **Mornings:** Tuesdays, Thursdays and Fridays 9:15am – 10:10am

**Cost:** for 6 weeks, twice a week \$187.

**To sign up:** and for more info: <http://www.workoutwomen.ca/>, call Susan 403.660.4194, email [info@livewelllifestyleservices.com](mailto:info@livewelllifestyleservices.com)

For more information on the monthly calendars contact: Jennifer Stone, Park Administrator [park96@telus.net](mailto:park96@telus.net) 403-271-7516

## 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](http://park96.com), press the door bell and Office Administrator, Jennifer Stone will let you in. Or book an appointment at [park96@telus.net](mailto: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](mailto: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.



# Parkland Hall Community Mosaic Project

**A community project creating mosaic tiles celebrating our neighbourhood, our city and our province  
Parkland Hall Community Mosaic Mural Project**

In honour of **Canada's 150th Birthday** and the unique heritage of our beautiful neighbourhood we are thrilled to offer a special opportunity for Parkland schools, families and individuals to co-create our story into a one of a kind mosaic art mural to adorn our community hall this September!

**Stage 1: Call to resident artists!** The mandate of this special project is to be created with as much community engagement as possible, so we are looking for residents with a flair for illustration or drawing to help our guest public artist, Michelena Bamford, create the design work for our mosaic mural. The concept is to capture the history and evolution of our community landscape and it will integrate aspects of flora, fauna, peoples and industry. If you would like to contribute your ideas or images to be rendered for this unique, permanent art opportunity please email [events@parklandyyc.ca](mailto:events@parklandyyc.ca)

**Stage 2: Mosaic Preparation:** The mosaic medium utilizes small pieces of stained glass, tiles, pebbles etc. that are arranged together into one unified image. Our special Canada 150 mural will be using a variety of colours and materials that will form our mosaic mural patterns. So, if smashing, nipping, and cutting things sounds like a lot of fun to you, this is a perfect way to contribute to this one of a kind project! Please email [events@parklandyyc.ca](mailto:events@parklandyyc.ca) to help our artist team. Note, as this phase involves

lots of sharp objects and specialized tools, no children under 15 yrs. please.

**Stage 3: Mosaic Workshops!** The fabulous design created with artist residents will now be fabricated in mosaic for permanent display. All those little bits will now be cut up and ready to adhere onto a prepared substrate. This is a great process for many people to work on together and no experience is necessary. Stop by the Open House to leave your mark on this amazing process and project! Please register your intended participation and chosen date at 403-278-5330 or [events@parklandyyc.ca](mailto:events@parklandyyc.ca).

#### Workshop opportunities:

Sunday, Sept. 24th 10am-5pm  
Monday, Sept. 25th 1-4pm  
Wednesday Sept. 27th 1-4pm?  
Separate workshops will be scheduled with local youth groups and schools.

**Stage 4: Installation!** Once workshops opportunities are complete we will be ready to grout and seal the art work, making it durable and ready to install on the outdoor South wall of the Parkland Hall. We will keep you updated as to the installation date so you can come by and look admiringly at the handiwork you helped to create for this enduring collaborative public art piece!

Congratulations! Celebrate!

Thank you to the Calgary Foundation for their financial support of this project.



# BUSINESS CLASSIFIEDS

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

SAFE & SOUND

## Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

**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."

**PLUMBING PARAMEDICS:** Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our senior's discount.

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

**ABOVE AND BEYOND PAINTING:** Interior and exterior painting. Fence and deck repairs, pressure washing, junk removal, most handyman services. I have a dump trailer for hauling soil, sand, and gravel up to 3 cubic yards. 20+ years' experience. Free estimates, very reasonable rates, senior discounts. No job too small - all work guaranteed. Call Jamie at 403-829-1336. Email aboveandbeyond@telus.net.

**AFFORDABLE DENTAL CARE:** Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Thank you all!

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

**BUILT BY EDDY CONTRACTING:** Renovations, basements, kitchens, bathrooms. Experienced, affordable, local. We live where you live, so we understand the sense of pride you have in your home and community. Licensed, insured, WCB, BBB accredited. 403-804-0277 builtbyeddy@gmail.com.

**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.

**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.

**YARD BUSTERS LANDSCAPING:** 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. yardbusterslandscaping.com.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

**THE GUTTER DOCTOR!** We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. 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.

**LIVING KINDNESS YOGA** Classes at the Parkland Community Hall. Peaceful Meditative Movements: a flowing and gentle hatha yoga. Classes for ages 3 to 50+. The Theory and Practice of Meditation: making effective use of Yogic, Buddhist & Christian meditative methods. Please see website www.livingkindnessyoga.ca for dates, times and registration details.

**TRUE COLOURS:** Interior painters. Two painters plus equipment. Low hourly rate, flexible hours. You get our discount on Benjamin Moore paints. Mike 403-463-0217.

**OFFICIAL PLUMBING & HEATING:** Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023. Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

**BRIDGE LESSONS:** Learn to play bridge in 10 easy lessons. Small classes taught by experienced teacher in Canyon Meadows. Beginners or those wishing to update their bridge skills are welcome. Classes start September 19 at 7 p.m. Standard American bidding will be taught. Contact Linda at 403-281-5520 or bridgelessons@iCloud.com.

**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. References available. Contact our team of professionals. Wendell at 403-613-6807.





### A TRIBUTE TO THE KING

Bruce Andrew Stewart captures the warmth and essence of the one and only King of Rock n' Roll, Elvis Presley.

Join us for this exciting event on THURSDAY, SEPTEMBER 21<sup>ST</sup> AT 7PM  
Please RSVP to this event if you'd like to join us!

Please CALL to reserve your space TODAY! To tour, please call

**403-258-1849**

11800 Lake Fraser Drive SE, Calgary • [www.verveseniorliving.com](http://www.verveseniorliving.com)

# Parkland Community Garden



Parkland Community Garden welcomes you to come in and see what's growing. Stay a while and enjoy the greenery, but please no picking.

# 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

**Please contact [parklandca@telus.net](mailto:parklandca@telus.net) or call 403-278-5330 if interested in purchasing a membership**



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

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

Affordable monthly continuous pass. More than 70 drop-in fitness options to choose from every week - all are included in your pass! Plus, registered programs for tots to teens to older adults. Discover Trico Centre.

### DISCOVER YOUR PERFECT FIT.

**Trico Centre for Family Wellness**  
11150 Bonaventure Drive SE  
[www.tricocentre.ca](http://www.tricocentre.ca)



*Please visit our hands On Gallery display - we have over 50 blinds to play with and see up close.*

## Safety is always in Style

**COMPLETELY CORDLESS**

Enjoy your Hunter Douglas window coverings in your home for 20 days and if you are not thoroughly satisfied, we will gladly replace them with a Hunter Douglas product of equal or lesser value in the following 20 days.

**20% GUARANTEE**

**Hunter Douglas SILHOUETTE**

**Hunter Douglas CERTIFIED MOTORIZATION SPECIALIST**

**Creative interiors**

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

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

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

©2013 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

**MENTION THIS AD AND RECEIVE NO GST ON YOUR ORDER. Expires October 31/17**



## QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



**MICHAEL MARTIN, MBA, CFA, CFP**

Investment Advisor  
403-266-9655

michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



There's Wealth in Our Approach.™

## FOR ART'S SAKE

### Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

*This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.*



## CALGARY PUBLIC LIBRARY



### Free Homework Help

If your kids are heading back to school this fall, we've got them covered. Free homework help, available through a variety of in-person and online programs, is available at the Library. Here's a sampling:

**School Support** is for students aged 10 to 14. Drop in with your English Language Arts or math assignments to get help from trained volunteers. Visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search 'School Support' to find out where and when the program is offered.

Students in Grade 2 to Grade 12 can access free online tutoring at [calgarylibrary.ca/resource/brainfuse](http://calgarylibrary.ca/resource/brainfuse). Students in Grade 3 to 12 can prepare for tests and final exams, take lessons, and review coursework at [calgarylibrary.ca/resource/solaro](http://calgarylibrary.ca/resource/solaro). Both resources are aligned with the Alberta curriculum.

### 2017 Author in Residence

Calgary Public Library's 2017 Author in Residence is Bruce Hunter, an award-winning writer and poet. Hunter will offer public programs, readings, and individual manuscript consultations, from September 11 to November 24. Whether you're a beginner or established writer, you can meet with Hunter at Central Library. Email [air@calgarylibrary.ca](mailto:air@calgarylibrary.ca) starting August 28 to book an appointment.

### Saddletowne Early Learning Centre

There's a new place to play in Calgary! Step inside the transformed space at the Saddletowne Library and discover the five stages of early learning. Play is a priority at the Library, because it's central to how kids learn and grow. The Saddletowne Early Learning Centre opens mid-September.

Looking for more places to play? Check out the Early Learning Centres at Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries. Central Library hosts *The New Adventures of Engine 23* interactive fire-truck exhibit, and the Forest Lawn Library Nature Playground opened in August. Come play!



### PARKLAND PART-TIME CHILDCARE AND PRESCHOOL

Tuesday, Wednesday, Thursday 8:30am -4:30 pm

3 & 4-year olds will

Play | Explore | Read | Dance | Create

First Aid | References Available | Qualified

Contact Jenn Zeleke

403-651-8431



### COST EFFECTIVE SOLUTIONS FOR CORPORATIONS, BUSINESS OWNERS & INDIVIDUALS

Accounting | Bookkeeping | Payroll | GST  
Canadian and US Tax Returns | Business Start Up

Aneth Sanchez Professional Corporation

Chartered Professional Accountant

403-808-9594 Aneth@telus.net

Do not take chances, trust a professional **In your community**

## Wagging Tails

Home & Dog Sitting  
403-612-5569  
[www.waggingtailsocalgary.ca](http://www.waggingtailsocalgary.ca)



### COST EFFECTIVE SOLUTIONS FOR CORPORATIONS, BUSINESS OWNERS & INDIVIDUALS

Accounting | Bookkeeping | Payroll | GST  
Canadian and US Tax Returns | Business Start Up

Aneth Sanchez Professional Corporation

Chartered Professional Accountant

403-808-9594 Aneth@telus.net

Do not take chances, trust a professional **In your community**

## 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 Mark: 403.862.3973





# Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



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



## September at Trico Centre

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

### Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

### Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check [www.tricocentre.ca](http://www.tricocentre.ca) for details.

### Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.

### Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

Calgary's Largest Independently-owned Art Supply Store

**Kensington** NEW LOCATION  
**ART** SUPPLY and INSTRUCTION

6999 - 11 St SE  
Now located in SE Calgary near Deerfoot Meadows  
*We're closer than you think!!*

**UPCOMING WORKSHOPS**

Italic Calligraphy	Wed's. in Sept (6:30-8:30 pm)	4 for \$100
Pouring Medium	Sat, Sept 23 (1-4pm)	\$175
Intro to Drawing Manga	Sat, Sept 23 (1-4pm)	\$65
Italic Bootcamp	Sun, Sept 24 (10am-4pm)	\$75

**NEW PRODUCTS**  
POSCA markers have arrived! 24 Colours! \$5.75-\$11.25

*We have ongoing independent study art classes in a variety of media (oils, acrylics, wc and more)*

**STORE HOURS:**  
Mon - Thurs 9-8  
Fri - Sat 9-6  
Sun & Hols 11-5

**403-283-2288**  
[info@kensingtonartsupply.com](mailto:info@kensingtonartsupply.com)





# FRIENDS of Fish Creek

## September in Fish Creek!

### A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm  
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25<sup>th</sup> Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

### WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit [friendsoffishcreek.org/event/autumn17](http://friendsoffishcreek.org/event/autumn17)

### Membership

As we celebrate our 25<sup>th</sup> Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at [www.friendsoffishcreek.org/membership](http://www.friendsoffishcreek.org/membership)

### Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm  
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law  
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit [friendsoffishcreek.org/event/plan](http://friendsoffishcreek.org/event/plan)

### Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm  
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. [friendsoffishcreek.org/event/forest](http://friendsoffishcreek.org/event/forest)

### ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm  
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. [friendsoffishcreek.org/event/rewilding-walking-tour](http://friendsoffishcreek.org/event/rewilding-walking-tour)

### Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

### Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. [friendsoffishcreek.org/event/good-grief2](http://friendsoffishcreek.org/event/good-grief2)



MLA Calgary - Fish Creek

**Richard Gotfried**

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada T2J 3Z5 ☎ 403-278-4444 📠 403-278-7875

✉ [calgary.fishcreek@assembly.ab.ca](mailto:calgary.fishcreek@assembly.ab.ca)

🌐 [www.richardgotfried.ca](http://www.richardgotfried.ca) 🐦 @GotfriedMLA 📘 gotfriedmla

As September arrives we often turn our minds back to more regular routines with school, work and sport. There will be much change this fall, particularly in the Alberta political landscape. I would encourage you to be aware of municipal elections for mayor, councillors, and trustees this October 16th. If you have not registered to vote, I would encourage you to do so. Be informed and be aware of the issues. Politics do matter to us all!

October 28 has been set as the leadership vote for the newly established United Conservative Party (UCP), for which I now sit. If you are interested in having a voice in who will be the leader of the party, I would encourage you to get involved. It will be "one member one vote", so all members will have a direct impact on the outcome and a say in the direction of the new party. As House Leader for the UCP, I will be maintaining a neutral position with respect to the leadership. Please be aware that under Legislative guidelines we cannot sell memberships at the office, but if you do have questions on process or where to go, please do not hesitate to ask.

Alberta Small Businesses are the lifeblood of this province. Government does not create jobs nor "first stage" wealth, but rather provide support, essential services and the network and regulatory framework that private sector jobs and companies exist in. History has shown that governments can either allow companies/businesses to flourish or hinder them with red tape and unjustifiable levies and expenses. This summer's special project has seen my team reaching out to and visiting businesses in the community to listen to the challenges and opportunities they face. Once all of the research has been evaluated I will be sharing some of the key findings and personally visiting those businesses interested in further dialogue. Calgary-Fish Creek is dominated by small, entrepreneurial businesses which is generally the case across Alberta. Did you know that 95% of all business in Alberta are classified as small business, supporting between 1 and 49 employees? Alberta also far exceeds the national average in terms of small business contribution to the overall provincial GDP. It has been valuable for me and my team to share with own-

ers/managers some of the resources that are available to them for support and networking. I would strongly encourage anyone operating a business or looking to start one to access [www.smallbusiness.alberta.ca](http://www.smallbusiness.alberta.ca). The website has access to information on start-up, operations, finance and regulations all specific to small business. Contact numbers and emails are also available on the site, to which answers to specific questions can be addressed. Using available resources strengthens the connectivity and resiliency of our province and allows investors and decisions makers to monitor trends in issues or regulations affecting them. A strong, supportive wealth-creating business environment allows our province to sustain health, educational and social services for all without the need to carry irresponsible, inter-generational debt.

We will once again be resuming MLA Café's this fall, so please join me at my office for coffee, conversation, and to address issues facing our province commencing September 29th at 10-12noon. As always, your voice helps me to more effectively represent you!

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**PRACTICE ENGLISH:** Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com), 403-444-1752.

**FLC SENIORS CLUB 55+** -Tai Chi- call Juliette 403-225-1593 or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). -Line Dancing - call Ann 403-254-9181 or email [linedancing@flcseniors.ca](mailto:linedancing@flcseniors.ca). For more activities, visit [www.flcseniors.ca](http://www.flcseniors.ca). Join us for a very affordable, healthy, and active lifestyle.



## HALLOWEENKENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: [calawaypark.com](http://calawaypark.com).



## ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: [galleryhouseconcerts.com](http://galleryhouseconcerts.com).



## CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: [canadasoccer.com](http://canadasoccer.com).



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

## Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: [calgarycornmaze.com](http://calgarycornmaze.com).

## The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

## Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: [artscommons.ca](http://artscommons.ca).

## Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: [wordfest.com](http://wordfest.com).

## Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: [vibrantcalgary.com](http://vibrantcalgary.com).

## Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: [heritagepark.ca](http://heritagepark.ca).



Councillor, Ward 14

**Peter Demong**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or

403-268-1653

Hello Ward 14!

It has been a hot summer so far! I hope everyone has had their share of dips in the pool, and ice cream cones. There are still many warm days ahead, but the signs of autumn are on their way.

### Ward 14 Communities BBQ

My BBQ is a sure sign that September is here (or maybe it is the other way around). Join me on September 16 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You can visit [www.calgary.ca/ward14bbq](http://www.calgary.ca/ward14bbq) for more info, or [www.calgary.ca/ward14connect](http://www.calgary.ca/ward14connect) for email updates.

There will be many interesting exhibitors, all of Ward 14's community associations, MLAs, MPs, and a delicious Spolumbo's sausage on a bun for attendees. Of course, none of those things would be there without amazing sponsors. Thank you to Genstar, United Communities, ATCO, Mattamy Homes, Southgate Chevrolet Buick GMC, Canyon Creek Toyota, Jack Carter Chevrolet Cadillac Buick GMC, Waste Connections of Canada, Pacific Developments, Southcentre Mall, Spolumbo's, Safeway, Spruce Meadows, South Trail Insurance, No Bull Bookkeeping, and Great News Publishing.

I will see you there!

### 2017 Municipal Election

Another autumn tradition! Calgarians will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. You can choose to cast your ballot during the Advance Vote from October 4 – 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website [www.electionscalgary.ca](http://www.electionscalgary.ca) for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.

### Green Cart Program Rollout

I want to briefly remind everyone that the majority of Ward 14 will be receiving green carts starting August

28 with collection starting on October 2. If you are away during this time, you will still get your bin. I encourage you to ask your neighbours to bring the cart on to your property. Look for all necessary instructions inside the bin when you receive it, and visit [calgary.ca/greencart](http://calgary.ca/greencart) for more info

### MacLeod Trail and 162 Avenue Interchange

One sure sign of autumn is the end of construction season, but the end of this bit of construction has been coming for more than just a season. Those of us who drive the road every day have dealt with it for many months, and those who have dealt with it behind the scenes—like me—are coming to the end of a process that lasted many years. I am very proud to have worked on this project. I know it will benefit Calgarians for decades to come.

As I write this we are preparing to open the new interchange to vehicles. As you read it, the interchange will be nearing completion. If you are looking for the latest information about the progress of construction or just details about the project, I recommend visiting [calgary.ca/macLeod162ave](http://calgary.ca/macLeod162ave).

Of course, you can always contact me if you would like to speak with me about the interchange, or anything else. Enjoy the wonderful weather while it lasts!

**the Gutter Doctor**  
EAVESTROUGH  
Cleaning • Repair • Installation  
FASCIA • SOFFIT • SIDING • ROOFING  
20,000 happy customers since 2003!  
403-714-0711 [gutterdoctor.ca](http://gutterdoctor.ca)



*Councillor Peter Demong*

# WARD 14 COMMUNITIES

# BBO

**SAT, SEPTEMBER 16  
11 AM TO 2 PM**



Get there early for a

**FREE SPOLUMBO'S SAUSAGE**

and support your

**COMMUNITY ASSOCIATION**

At Southcentre Mall parking lot

*Sponsored by:*

**Genstar, United Communities, ATCO, Mattamy Homes,**

**Southgate Chevrolet Buick GMC, Canyon Creek Toyota,**

**Jack Carter Chevrolet Cadillac Buick GMC,**

**Waste Connections of Canada, Pacific Developments, Southcentre Mall,**

**Spolumbo's, Safeway, Spruce Meadows, South Trail Insurance,**

**No Bull Bookkeeping, & Great News Publishing**



## Our Life. Our Memories. Our Home.

Live Well at Home with Home Care Assistance!

Home Care Assistance offers many specialized areas of in-home care with trained caregivers—**at no extra cost!**

Our **Cognitive Therapeutics Method™** keeps aging minds sharp through research-based activities designed to improve mental acuity and slow symptoms of cognitive decline.

Our **Balanced Care Method™** is a holistic program that promotes a healthy mind, body and spirit for aging adults.

### Our high caliber home care services include:

- Mobility Assistance
- Meal Preparation
- Toileting, Dressing & Bathing
- Medication Reminders
- Companionship
- Light Housekeeping
- Transportation
- And Much More!

Call today for a free in-home assessment!



**587-350-CARE (2273)**

Facebook: Home Care Assistance Calgary  
Twitter -@HCACalgarySouth

[HomeCareAssistanceofCalgary.ca](http://HomeCareAssistanceofCalgary.ca)

**evolved**  
HEALTH

personal training studios  
[www.evolvedhealth.ca](http://www.evolvedhealth.ca)  
403-244-1377

### BOOK YOUR FREE CONSULTATION

**NORTH**  
1414 Kensington Rd NW

**SOUTH**  
380 Canyon Meadows Dr SE



### Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,

Sincerely,  
Laura  
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

**403-263-3044**

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

\*Actual customer experience.



# Yoki and Jeff's Real Estate Report



13820 Park Estates Drive

\$875,000



148 Parkglen Place SE

\$639,900



13803 Parkland Blvd

\$574,900



## 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



Relocation  
Specialist



Relocation  
Specialist

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

**403-852-1992 | 403-870-1892**

*Not intended to solicit properties already listed for sale*