

OCTOBER 2016

DELIVERED MONTHLY TO 5,400 HOUSEHOLDS

your **QUARRY** **PARK** **RIVERBEND**

BRINGING QUARRY PARK AND RIVERBEND RESIDENTS TOGETHER



Dr. Diane Fennell
AUDIOLOGY
Hearing Testing / Hearing Aids



- Do many **people you talk to seem to mumble** (or not speak clearly)?
- Do people **complain** that you **turn the TV or radio volume up too high**?
- Do you have **trouble hearing in noisy places**?
- Do you hear a **ringing or buzzing** in your ears?
- Do you have trouble understanding the speech of **women and children**?

If you answered **“Yes”** to any of these questions, **you could have a hearing loss.**



Open Saturdays

All Services by Experienced Audiologists
Call Now 403-279-0054
 #378, 11520 - 24th St S.E. @
 Deerfoot and Douglasdale Blvd
www.drdiane.ca

Riverbend Community Association
 9 Rivervalley Drive SE
 Phone:(403) 236-7270 | Fax:(403) 236-1821
 info@riverbendcommunity.ca
 www.riverbendcommunity.ca



Councillor Gian-Carlo Carra
Ward 9 Office
 P.O. Box 2100, Station M
 Calgary, AB, CanadaT2P 2M5
 Phone: 403-268-5330
 Fax: 403-268-8091
 Email: ward09@calgary.ca
 Web: www.calgary.ca/ward9



Councillor Shane Keating
Ward 12 Office
 P.O. Box 2100, Station M
 Calgary, AB, CanadaT2P 2M5
 Phone: 403-268-2478
 Fax: 403-268-8091
 Email: ward12@calgary.ca
 Web: www.calgary.ca/ward12



MLA Brandy Payne
Calgary-Acadia
 #10, 8318 Fairmount Drive SE
 Calgary, AB, Canada T2H 0Y8
 Phone: (403) 640-1363
 Fax: (403) 640-2970
 Email: calgary.acadia@assembly.ab.ca



MLA Richard William (Ric) Mciver
Calgary-Hays
 255, 11488 - 24 Street SE
 Calgary, AB Canada T2Z 4C9
 Phone: (403) 215-4380
 Fax: (403) 215-4383
 Email: calgary.hays@assembly.ab.ca

NEWSLETTER AD SALES



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

CONTENTS

Real Estate Update	4
Trico Centre	8
Alberta Bees	9
Calgary Public Library	11
Community Announcements	17

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING QUARRY PARK & RIVERBEND FOR 8 YEARS!

WIC
WEST ISLAND COLLEGE
Grades 7 to 12

**Be Bold.
Be Brave.
Be Ready.**

**Join us for WIC's annual
Open House
Oct. 27, 2016
7 p.m.**

To RSVP, register online at
www.westislandcollege.ab.ca/openhouse

f West Island College Calgary
t @WICYC
in West Island College Calgary

westislandcollege.ab.ca
403.255.5300
7410 Blackfoot Trail S.E.
admissions@mywic.ca



Riverbend

Real Estate Update

Last 12 Months Riverbend
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$469,900.00	\$450,000.00
August 2016	\$445,900.00	\$444,000.00
July 2016	\$459,900.00	\$446,500.00
June 2016	\$369,900.00	\$362,000.00
May 2016	\$474,900.00	\$460,000.00
April 2016	\$470,900.00	\$456,750.00
March 2016	\$414,900.00	\$404,025.00
February 2016	\$439,000.00	\$425,000.00
January 2016	\$449,900.00	\$435,000.00
December 2015	\$429,900.00	\$406,000.00
November 2015	\$424,900.00	\$418,000.00
October 2015	\$439,450.00	\$426,500.00

Last 12 Months Riverbend
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	11	9
August 2016	14	7
July 2016	11	17
June 2016	15	9
May 2016	14	11
April 2016	10	8
March 2016	13	8
February 2016	10	5
January 2016	6	3
December 2015	2	5
November 2015	7	5
October 2015	6	8

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

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

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

Trick-or-Treaters

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

Costumes

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

Parents

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

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about preschool routines.

Mrs. Killam and Mrs. Marshall have lots of exciting things planned for October at Mapleridge Preschool. Students will be learning about autumn and the traditions of Thanksgiving. They will make creative art projects and study the beautiful trees just outside their classroom door. Class pictures will be held on October 4, and the children will be going to some fall fun at the Calgary Corn Maze and Kayben Farms for some pumpkin decorating! October wraps up with spook-tacular Halloween parties for all three classes!

St. Augustine School

Welcome back to our returning students and families, and a warm welcome to our new families for another school year at St. Augustine Fine Arts School. St. Augustine is a fantastic school with fabulous teachers, staff, students, and community support. There is a genuine warmth in the building that makes everyone feel welcomed and supported. Together as a community we deliver the best education possible for our students through continued fine-arts inspired programming.

We hope everyone has a successful beginning to the school year.



MEDICAL CLINIC



**PrimeCARE
Health**

**Quarry Park
Suite 120, 109
Quarry Park Blvd. SE**

**Family Doctors
accepting new patients**

**Walk-Ins Welcome
403.930.7111**

.....

**Douglasglenn
Suite 123, 11420
27 Street SE**

Welcome Dr. Dapo Olayiwola

**Family Doctors
accepting new patients
and walk-ins**

**Physical Therapy
Massage Therapy
587.318.0740**

www.primecarehealth.ca

IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

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

Don't wait, check the date!

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

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

Other simple reminders:

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

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

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



Fire Safty Tips with Flint
<https://youtu.be/QbE3tCBzeY0>

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

Calgary Fire Department. Yours for life.

IN & AROUND CALGARY

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/



Bow Cliff Seniors

**CRAFTERS WANTED
Annual Bow Cliff Christmas
Craft Fair and Bake Sale**

November 26, 2016. 10AM TO 3PM
SET UP STARTING AT 8AM

6' and 8' tables available starting at \$30.
Reserve your table today (403) 246-0390.
info@bowcliffseniors.org or download the
registration form at www.bowcliffseniors.org;
3375 Spruce Drive SW.

FALL FOR
COLOUR

50% OFF

COLOUR SERVICE
with a regular priced haircut
Expires October 26th, 2016
(With Intermediate Stylists)
Tuesdays & Wednesdays Only
Chatters Calgary Deerfoot Meadows
#852, 8180 - 11 Street SE, Calgary, AB T2H 3B5
Phone: 403-253-5511

CHATTERS
HAIR | BEAUTY | SALON

www.chatters.ca
f t p i s



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

October at Trico Centre

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

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

TRIUNE ELECTRICAL SERVICES



MIKE FAIRBARN
Master Electrician
403.797.0876
mike.fairbarn@triuneelectrical.ca
www.triuneelectrical.ca
Calgary Alberta

Consulting • Inspections • Design
Complete Electrical Installations & Solutions

Price Freeze

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

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-eweek workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

HOME GARDENING WITH BARBARA



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.

cUsmile

Smile and Calgary Smiles with U
*Exceeding New Patients
 Direct billing to Insurance
 Open evenings and Saturdays
 Near Costco South
 Free parking*



15 Heritage Gate SE
 403.263.1124
 www.cusmile.ca

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.

Accountant
Stanley Doherty, CPA, CMA
 #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
 Beside Swifties Bakery and Centex Gas Station on Douglassdale 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

CALGARY PUBLIC LIBRARY

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

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

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



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_800_031

FP
Footloose Photography
 BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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

Now Accepting New Patients! **403-236-7616**

Highway 2 Health

Dr. Kent Stringham
 Practice of General Dentistry

Over 20 Years of Service
 Care for the Whole Family
 Easy to Find & Free Parking

30 Riverglen Drive SE
 Riverbend Shopping Centre
riverbenddentist.com

Doodle what Moo Cow is thinking and email it to info@riverbenddentist.com to win a prize.

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Quarry Park and Riverbend. 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."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Riverbend | Quarry Park area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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

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

RENOVATIONS - DECKS, GARAGES, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

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.

CODERAD ELECTRICAL LTD: Over 13 years' experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

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

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.

CURRENT HIGH SCHOOL ENGLISH TEACHER B.A., B.ED. AVAILABLE FOR TUTORING: Over 13 years of experience teaching all levels of High School English Language Arts in Alberta. Familiar with current Alberta curriculum, texts, exams, and assessment standards. Reading comprehension, essay writing, vocabulary development, and diploma exam prep. \$40/hr. text or call Jenn at 403-998-0727 for information.

VOLUNTEERING....
Good for the Soul

UCMAS, an Abacus based Mental Math program for children age 4 to 13

Cognitive Skills enhanced by UCMAS

- Focus Perception Attention
- Memory Visualization Motor Skills

UCMAS MENTAL MATH SCHOOLS
DISCOVER THE GENIUS WITHIN!

Registrations Open Tel: 587-893-5858 | E-mail : gma@ucmas.ca

COMPUTER RELIEF: Call Larry at 403-238-3139. Repair desktops and laptops, virus and spyware removal, internet solutions, upgrades, networking home and business, wireless connectivity, custom built computers, data recovery, software support, tutoring office products, connectivity to cameras, iPods, Blackberries, router installation with high security, laptop sales, system set-ups in your home, data transfers and backups.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

QUALITY DAYHOME IN OGDEN: Experienced midwife, caregiver and mother, with childcare First Aid/CPR certificate, has spots available for ages 11 months - four years old. Spacious play area, high fenced backyard. Lots of fun, arts and crafts, serves nutritious meal and two snacks. I also offer hemming and alterations. Call Chery: 403-875-8997 Email: chery.roy@hotmail.com.

JANICE WILSON ENTERPRISES

Janice A. Wilson, CPA, CGA

My Professional Services Include:

- Small Business Full Service Accounting
- Personal and Business Income Tax
- Financial Consulting
- 20 Years Experience

403-617-8956 jawilcpa@telus.net



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

Quarry Park/Riverbend
mybabysitterlist

Name	Age	Contact	Course
Christina	14	587-433-6962	Yes
Franny	14	403-293-8847	Yes
Roman	12	403-464-3696	Yes
Rose	40	403-978-5300	Yes
Tiana	16	587-577-0656	Yes
Tyanna	12	403-966-4115	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

the Gutter Doctor

Home Exteriors
Install/Repair/Clean

EAVESTROUGHES | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca



CUSTOMER SATISFACTION GUARANTEED

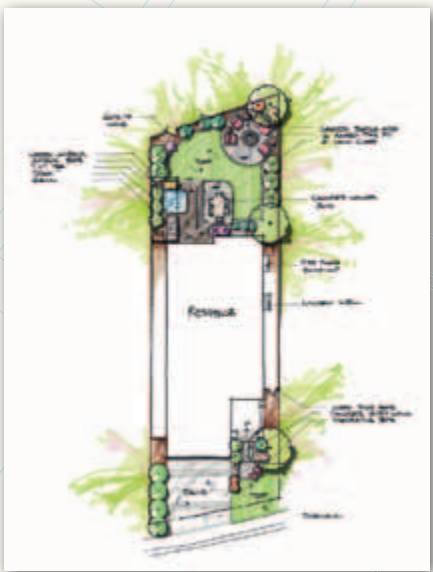


We specialize in all forms of landscape and construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil



GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



MLA CALGARY - ACADIA BRANDY PAYNE

#10, 8318 Fairmount Drive SE
Calgary, AB, Canada T2H 0Y8
Phone: (403) 640-1363; Fax: (403) 640-2970
calgary.acadia@assembly.ab.ca

Hi friends and neighbours

October brings pumpkins, leaves and cozy sweaters and on October 1, we see a number of changes to Alberta's minimum wages. Starting October 1, the minimum wage increases to \$12.20 per hour and the liquor serve rate has been eliminated. Approximately, 59,000 Albertans (2015/16 statistics) and that 61 percent of minimum-wage earners are female and 43 per cent are full-time workers, this is a step towards enhancing the lives of lower earning Albertans.

Please join me at one of our two Open Houses. We will be opening our doors on October 12, 2016 from 5:30pm-7:30pm and on Saturday November 26, 2016 from 2:00pm -4:00pm in our office at #10, 8318 Fairmount Drive SE. Stop by for a coffee and chat.

As always, my staff and I are here to help and hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10-3 and Tuesday - Friday 10-4.



Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



MLA CALGARY-HAYS RIC MCIVER

Interim Leader of PC Caucus
255, 11488 24 Street SE, Calgary AB T2Z 4C9
Phone: (403) 215-4380, Fax: (403) 215-4383
Calgary.Hays@assembly.ab.ca
www.abpcmla.ca/blog-ric-mciver-mla-calgary-hays
www.facebook.com/ricmciver
www.twitter.com/ricmciver

Ric McIver MLA Calgary Hays

I hope everyone had a fantastic summer as we start looking forward to back-to-school season and the start of fall. I am looking forward to representing you in the Legislature as the fall sitting begins in October. Summer was a very busy time for me and I am happy to share with you some of the things that we have been working on.

Southwest portion of the Calgary Ring Road

We are getting close!! The tendering process is close to complete and construction should begin any day now. I will keep you update with any new information. For additional information please review www.transportation.alberta.ca

Deerfoot Trail

At this time the City and Alberta Transportation are working together to study Deerfoot Trail, between Stoney Trail interchanges in the north and south.

Alberta Transportation is replacing the existing white fence along Deerfoot Trail adjacent to the Inverness area of the McKenzie Town Communities to address the highway traffic noise issues. If any of you wish to review the drawing showing the extent of this project and the height of the fence at different locations please contact my office at 403 215-4380 for more information.

At this time no additional sound barriers are proposed for Deerfoot Trail along the Elgin area. There are however several sound tests planned to determine where else barriers may be needed.

Seniors

On July 1st the Seniors Home Adaptation and Repair Program (SHARP) came into being. The Seniors Home Adaptation and Repair Act was passed during our Spring Session. Applications are available for Alberta seniors to enter into a low-interest home equity loan with the Alberta Government. Eligible seniors will be able to make necessary home repairs, adaptations and renovations that will help them remain independent and safe in their homes. The program will allow seniors to adapt and modify their home to improve accessibility and mobility.

New School - McKenzie Highlands School

A new middle school in McKenzie Towne is expected to

open in January 2017. The CBE aims to offer a kindergarten to Grade 9 learning continuum that minimizes transitions between schools. *Kel Connelly* is the principal of McKenzie Highlands middle school. Kel Connelly started in his new role on April 4 2016 working with parents and students to develop a school opening plan. To learn more about this please visit <http://www.cbe.ab.ca/newschool> and click on the McKenzie Highlands middle school link.

A Conversation with Albertans

During the summer I had the opportunity to visit the *Remington YMCA* in Quarry Park. I also had the opportunity to visit the *YMCA Quarry Park Child Development Centre*. This is a state-of-the-art childcare. I encourage all families to experience this amazing facility and review the programs for your family. Tours are also available.

As the MLA for Calgary Hays I would like to bring Best Wishes to the YMCA. You have undoubtedly already received many thanks with regards to your vision to enhance the beauty, pride and culture of Quarry Park. You have dedicated considerable time and effort to beautify the community and inspire all passers-by and uplift the spirits of our Community.

Scotia Bank

I would like to welcome and bring Best Wishes to the new Scotia Bank in Douglas Square. I attended the Grand Opening celebrations along with *Chris Moser* Branch Manager Douglas Square and met many of my constituents.

Motion 504

Thank you all for your letters and your support for my Motion 504. Alberta has one of the best education systems in the world and I will continue to advocate to the Alberta government to keep it that way by protecting parents' right to choose between home schooling, charter schools, private schools, francophone schools, separate schools and public schools. Thank you for your feedback.

Mark your calendar - Calgary Hays OPEN HOUSE September 24 2016

On September 24th 2016 our Calgary Hays Constituency Office will be hosting an Open House 9:30 a.m. to noon. Join us for coffee, conversation.

Our office will be attending all the regular Community Board Meetings starting in September. That is your time to come and bring forward your concerns and issues that need to be addressed in the Calgary Hays Constituency.

As your MLA, I am here to help you. My newsletters are written a few weeks ahead of Publications so if you are looking for updated information or have a question for me or concerns that you want to share I would like to hear from you at ric.mciver@assembly.ab.ca and you can also contact my assistant Donna Elms at Calgary.Hays@assembly.ab.ca



COUNCILLOR, WARD 9 GIAN-CARLO CARRA

c/o Office of the Councillors
PO Box 2100, Stn 'M', Mail Code #8001A
Calgary, AB T2P 2M5

Hello Neighbours!

If you are a gardener like me, you've worked hard over the summer and know fall is a time to reap the benefits of the harvest. It is also a time to celebrate with family and friends by giving thanks for all that we have as Calgarians, Albertans and Canadians.

I know that many of us have personally been affected, or have had a loved-one affected, by the changes to our economy. Uncertain times like these remind me how important it is that we have strong social connections through our families, friends, faith centres, social institutions and communities. Getting involved in your community is an incredible way to give back to our city and those who may be in experiencing hardship.

To those who are already involved in active volunteerism, I would like to extend my heartfelt thanks to all of you for your incredible work.

This month I wanted to report on some exciting news around our public transportation infrastructure. In September, the federal government, in concert with the province and the City of Calgary, announced that they will be funding the construction of a dedicated transitway across Deerfoot Trail and the Bow River from our beloved International Avenue (17th Avenue). This will also include new pathway systems for pedestrians and cyclists. This new dedicated transitway is a huge win for our neighbours in Dover and all across Ward 9. Not only will it significantly improve the transit connection for people living east of Deerfoot Trail, it will greatly enhance access to one of Calgary's best kept secrets - the exhilarating, vibrant and burgeoning main street known as International Ave.

We are also making huge improvements to the way we access our river systems. In June, my office and the Ward 12 office drafted a Notice of Motion for Administration to prepare a report on the implementation plan for a river access strategy, which would include input from users. I am happy to report that over the fall Administration will be engaging with stakeholders. For more information please go to www.calgary.ca/riveraccessstrategy.

Finally, as fall is now in full swing, I wanted to remind everyone that The City is offering its Leaf & Pumpkin Composting Program, again. This is a chance for all of us to divert waste from our landfills and reduce greenhouse gasses by composting yard waste. More information can be found at www.calgary.ca.



COUNCILLOR, WARD 12 SHANE KEATING

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

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

Ward 12 Welcomes New Schools

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

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

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

2016 Civic Census

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

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

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

IMPORTANT NUMBERS

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

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

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of 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

Annual Fall/Holiday Craft Fair

November 12, 2016 9:00am - 4:00pm
Table prices are \$45 for RCA Members and \$55 for Non RCA Members.

For more info you can email at events@riverbendcommunity.ca.
If you have any table/room requests please clarify this with the Hall Manager or Hall Assistant.

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

VOLUNTEERING....

Good for the Soul

Published by:



GREAT NEWS
PUBLISHING

Proudly serving your community for 8 years!

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

ABOUT PAINTING

Professional,
Reasonable & Reliable

BBB
20+ Years Experience - Free Estimates & Advice


Interior Painting

- Cabinet Spraying
- Wood Staining
- Spray Painting
- Ceiling Painting

ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY

403-239-9022
www.aboutpainting.ca

EARLY SEASON DISCOUNTS AVAILABLE



Assiniboine.com
Christmas Lights Installation

Ask about Snow Removal, Plowing, Sanding

ASSINIBOINE LIGHTS & LANDSCAPES | CALL NOW 403.301.3300



Practical & experienced legal advice for Calgary, Alberta, and beyond.

At Quarry Park Law, we focus on business law, dispute resolution, real estate, and wills and estates.

A Great Price for anyone who wants A GREAT HAIRCUT

\$7.99

with this coupon
Not Valid with other offers
Expires November 13th, 2016



OnlineCheck-In
Download our free app or visit greatclips.com.




ClipNotes
We know your haircut anywhere you go.

DEERFOOT MEADOWS
820 8180 11TH St. SE
403-204-3382


Great Clips®

Services


We'll look out for your interests with insightful analysis and professional care.




BUSINESS LAW



REAL ESTATE



WILLS & ESTATES



DISPUTE RESOLUTION



Alexander M. Kooiman
alex@quarryparklaw.com
(403) 398-2466



Jonathan M. Ablett
jon@quarryparklaw.com
(403) 398-2474



QUARRY PARK LAW

#300, 160 Quarry Park Blvd
(403) 398-2469
(403) 724-0091
info@quarryparklaw.com
www.quarryparklaw.com

This Blood Cancer Awareness Month



**Shine a Light
on Blood Cancers**

Add a light at LightTheNight4BloodCancer.ca
Donations up to \$100,000 will be matched.