

NOVEMBER 2016

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THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER



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Queensland Community Association

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Email: qca99@hotmail.com

CONTENTS

November Calendar	7
Cooks Corner	7
Outdoor rink volunteers	8
Diamond Cove News	9
Children's Christmas Party	13
Home Gardening with Barbara	22

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"To promote and facilitate community spirit and involvement in Queensland and Diamond Cove"

2017 \$20.00

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Linda Brown
qcag9@hotmail.com

Editorial Content DEADLINE 1st
of each month for the next month's issue

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PRESIDENT'S MESSAGE

Hello again

November has quickly approached us. Did everyone notice how fast the leaves turned and fell off the trees this year? It just seemed to me that one day the leaves were a gorgeous colour and then two days later the trees were bare and the ground was just covered in leaves. Oh well this is Calgary and you just have to love it. We have another wonderful season for brisk walks, enjoying bike rides while we can and going on a hike in Fish Creek Park. Nature is so very interesting at this time of year.

Since I write these President's Messages a month ahead, I would like to get you up to date on some previous event happenings and how they have turned out for us.

First of all I would like to thank all of our volunteer families, Deer Ridge Community and the city employees who work with us for our Community Clean up Day. Again this was a great success. Thank you to all of the residents for your patience while waiting to approach the drop off bins. Everyone went through at a steady pace so it was good. Our attendance was a little down from last year but still lots of garbage and recycling was brought in. This is a wonderful day that the city has done for our communities. Not only does it help to clean our community up but with us not having to pay a fee for drop off, it helps us out financially. Every little savings helps us.

Next was our Peter Demong's BBQ and free membership day. This was another fantastic day. I heard that there was a turnout of nearly 2000 people. You were able to take in all of the different displays at each table for information the city organizations have to offer to you. There were plenty of informative pamphlets and people willing to listen to you if you needed answers for some issues you were concerned with. Peter had to put a limit this year on the amount of free memberships given out to each community. This was because of the huge turnout of people. We gave out 50 memberships which was our quota.

Peter pays for these memberships from his community budget and this is a wonderful thing he does for all of our communities.

A special thank you to Roy (our director at large) and Brian (our second vice president) for helping with the BBQ. It is great how the both of you manned the burgers and gave them out to everyone. Your patience was really appreciated. That was a huge line up for food.

Also, a special thanks to Linda and Meagan (our membership lady) for manning the membership table. It was so nice to be able to meet people and answer any questions they had regarding our community.

Our Yoga Classes are going well. There are nearly 20 people who attend each Tuesday morning. This will run until December 31 and it is free.

Also our terrific PICKLE BALL has really taken off. We will be trying to get a regular program for this. It can be either daytime or evening hours or possibly both. This is going to be determined by the amount of requests for playing this game. It is so much fun for all ages and it can also be played all year round.

Our new Queensland Kids Craft Club is going well. We have 8 girls registered. This is a program held once a month on a Friday afternoon. The program is for grades 3 onward. For more information please contact the community center.

For November we have our Craft Fair on November 19. I believe there may be some tables still available if you are still interested. You can contact Linda at 403 278-3366.

Looking ahead, we have our Children's Christmas Party on December 17.

This is the month for Remembrance Day. Please make sure you take time to remember just how fortunate we all are to live in this wonderful country and the people who have made it so. Buy your poppy and wear it proud. Hearing about everything that is happening in the world today makes me so thankful I live where I do. This is only due to our veterans and all the military men and women who have served and continue to do so.

Please don't forget about our good food boxes. This is a super deal. They have lots of great fruits and vegetables in them. You can get this for your family at a very reasonable price. This is also a great way to help out a family that you may know who is in need of a little extra help with food. Contact Linda or Amber at the community center.

I am sure that I have missed some other great happenings I could have passed on to you but I will catch up with you another time. Make sure to read all of the wonderful information throughout this Crier. Have a safe and happy month.

Talk to you again.

Judith

COOKS' CORNER



Chicken Pot Pie IX

"A delicious chicken pie made from scratch with carrots, peas and celery."

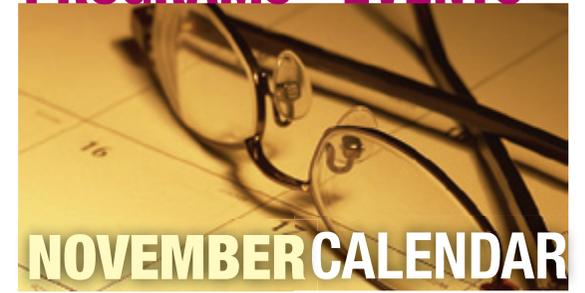
Ingredients

- 1 pound skinless, boneless chicken breast halves - cubed
- 1 cup sliced carrots
- 1 cup frozen green peas
- 1/2 cup sliced celery
- 1/3 cup butter
- 1/3 cup chopped onion
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon celery seed
- 1 3/4 cups chicken broth
- 2/3 cup milk
- 2 (9 inch) unbaked pie crusts

Directions

1. Preheat oven to 425 degrees F (220 degrees C.)
2. In a saucepan, combine chicken, carrots, peas, and celery. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.
3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.
4. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.
5. Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

YOUR COMMUNITY - PROGRAMS - EVENTS



NOVEMBER CALENDAR

MONDAYS	Playgroup Jazzercise Basket ball
TUESDAYS	Yoga Sparks, Brownies, Guides Jazzercise
WEDNESDAYS	Playgroup Jazzercise Basket ball Garden Club
First Wed.	
THURSDAYS	Quilting Beavers, Cubs, Scouts
FRIDAYS	Playgroup Private Functions
SATURDAYS	Private functions
SUNDAYS	Basketball

*
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Queensland 2016 Outdoor Rink Refurbishment

Thank you to following contributors:

- Calgary Flames Foundation
- Worley Parsons & Cord
- City of Calgary, Neighbourhood Partner Coordinator
- Queensland/ Diamond Cove Outdoor Rink Volunteers
- Canadian Arena Products
- Calgary Police Services
- Calgary Fire Department

RINK Board Advertising Welcome:

Sponsor a section of the community rink boards!
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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25

QUEENSLAND/ DIAMOND COVE OUTDOOR RINK VOLUNTEERS

"To promote and facilitate community spirit and involvement in Queensland/ Diamond Cove"

Outdoor Rink Volunteers Required... All Ages!

YOUTH

ADULTS

SENIORS

Location: 649 Queensland Dr. SE

Commitment:

November-March (weather dependant)
Flexible time commitment, 2-6 hours per week (day-time, evening and/or weekends)
Join our Rink Volunteer email call-out list

Training and Orientation:

On site at Queensland Outdoor Rink and coordinated with the Outdoor Rink Operator(s)

Qualifications:

A responsible, community-minded individual who enjoys spending time outdoors
Able to respond to varying weather conditions
Able to do some heavy lifting, in regards to rink snow shoveling, hose floods
Able to foster and work in a team environment

Benefits:

A great opportunity to get to know your neighbours, and to foster neighbourhood spirit
Provides a positive recreational opportunity for the neighbourhood
Provides watchful eyes to enhance your neighbourhood's safety
Provides job resume experience

Contact: the Community Hall at 403-278-3366 or QCA99@hotmail.com

-The winters of my childhood were long, long seasons. We lived in three places - the school, the church and the skating rink - but our real life was on the skating rink. -Roch Carrier-



Our Homeowners' Board of Directors met in September to discuss a number of issues. The highlights are as follows...

All Board members are very happy with the parade of garage sales and the excellent traffic that we received this year. Residents that had garage sales reported good results!

*We will not do a maintenance fund 'drive' this year as we feel, that under the current economic conditions, many residents find themselves in a tough spot. That said, we do hope that those residents that want to contribute will do so sometime this fall. Our treasurer can accept funds via email transfer (e-transfer) or if you prefer to write a cheque, please drop it off to any Board member. If you have any questions please send an email to guy.huntingford@gmail.com with your query.

We also want to say 'Thank You!!!' to those who have already donated.

We reviewed our beautification levy that pays for extra Cove maintenance, grass cutting and flower pot maintenance (on Diamond Drive), and whether we should increase the fee this year. (\$39.33/yr). The City requests that we increase 3% per annum. We have decided to hold the fee and have informed the City.

There was a lengthy discussion about crime in the neighbourhood. A number of homes have been broken into as well as cars parked in driveways and on the street overnight. The police are aware and will spend more time in the Cove if we make sure we report all incidents. A bulletin was designed, produced and posted on all community mail boxes (thank-you Sonja and Kevin). The bulletin suggests ways that neighbours can protect their property and the contents.

A number of residents have complained about the 'diamond cove white' fence paint they purchased from the Benjamin Moore paint store in Midnapore. They complain that it has a 'pink' hue once it dries. The problem appears to be with the 'base' that was used to match the colour. B.M are now aware of the problem and have fixed it. They are offering a good price to Cove residents if you are ready to paint this fall.

We discussed the future projects that should be earmarked for the maintenance fund. There was no consensus and we need to build the fund up if we are going to tackle big ticket items like the common attenuation wall or a cap/seal for the entrance sign.

A number of Board members expressed a desire to research government grants that could be used to replace and upgrade the playground equipment. This study is underway.

As always, if you have suggestions, comments or questions about our community, please email them to me. [Guy Huntingford, guy.huntingford@gmail.com](mailto:Guy.Huntingford@gmail.com)

Hope you had a great Thanksgiving!!

Deer Park United Church

An Affirming Ministry - LGBT Friendly
77 Deerpoint Road SE
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Dec. 6: 7:30 pm Women's Service
Women of all faiths are welcome to this evening of reflection

Dec. 18: 7pm Blue Christmas

Christmas Eve: 5 pm Family Candlelight Service
8 pm Musical Candlelight Service
10 pm Communion Candlelight Service

All are welcome!

CCSD BOARD OF TRUSTEES

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

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

Calgary Catholic School District (CCSD) has seven trustees that work together for the whole district, with each representing wards in Calgary and the surrounding area. Cheryl Low is currently serving as board chair and Margaret Belcourt is our vice-chair. The Board of Trustees sets the direction of the school district through governance. It is the role of trustees to lead with inclusion; to understand the needs of our community; to be informed in our decision-making; and to serve our stakeholders by providing an opportunity for success for each and every student.

School councils are an important communication link to the Board of Trustees, as they represent school communities throughout the district. Councils are established in all schools and serve as a vehicle for parents/legal guardians, principals and teachers to meet and work together towards common goals – resulting in a more vibrant and effective school community. All parents/legal guardians with students attending school are members of their local school council and are encouraged to participate in council activities.

Parent and Trustee Forums are held annually in November, January and March. More information can be found on the CCSD website (www.cssd.ab.ca) under Parents/School Council. These forums provide an opportunity for the Board of Trustees to meet with parents, to share information and to gain valuable insights that support board decision-making and advocacy for our students. Topics range from budget and district priorities to current issues such as international travel, the Modernized Municipal Government Act (MMGA) and City Charters.

The Board of Trustees recognizes the importance of parental voice in education and provides a district membership to Alberta School Councils Association (ASCA). ASCA is the provincial association representing parents on school council and brings the parental perspective to government and education organizations in Alberta.

Trustees rely on school councils to bring them critical perspectives about education, an individual school's needs and community concerns. Each school council brings a distinct voice and broad representation to the dialogue on education. Through this engagement, the Board of Trustees can share information and gain valuable insights that support board decision-making and advocacy for our students. To learn more or get involved in school council, contact your child's school principal.



Queensland Garden Club

est 2006

Kath Smyth will be presenting "What's New in Garden Trends" at our next meeting, November 2nd.

We meet the first Wednesday each month at 7:00PM in the Queensland Community Centre (Meeting Room access is at the SW corner of building). Typically, our guest speaker or presentation starts at 7:40PM.

We are a fun, diverse group with a passion for home gardening. Our member's gardening experiences vary from vegetables, native plants, to flower gardening and everything in-between. Memberships include a monthly Newsletter which includes photos and info from our Garden Club members.

There is plenty of time to visit and enjoy the presentation each meeting. The guest speakers are entertaining and experts in their field that provide a fantastic evening out. Meeting topics include specific plant overviews, gardening tips, how-to workshops and demonstrations. In addition to monthly meetings, the garden club hosts local plant shares, have member garden visits and have gone on group field trips. The garden club also maintains the flower garden located at the front of the Queensland Community Centre.

Annual Memberships are \$10 each, spouse included. For more details about our garden club or the upcoming meetings, please contact Joanne Ogilvie at 403-804-0546.



Christmas Craft Baking and Gift Fair

November 19, 10:00-3:00 pm
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The veterans of the Canadian Armed Forces are in the front of our minds this November as we mark Remembrance Day. While we solemnly observe this day of homage; when we wear our crimson poppies over our hearts and attend ceremonies all over Canada and around the globe, “the 11th hour of the 11th day of the 11th month”—marking the end of the First World War—is a time for reflection on all that veterans, and the men and in women in action have sacrificed.

There are numerous ceremonies and charities that observe this day and its honourees, and one such organization, Wounded Warriors Canada, has challenged Canadians in a new way to raise funds and attention to the rate of suicide among our Canadian Armed Forces members, veterans and first responders. In Canada, we lost 160 veterans to suicide between 2004 and 2014 – greater than the total number of Canadian Armed Forces members killed during the war in Afghanistan. The 22 Push Up Challenge is asking that people see these numbers as a call to action, a call to support those who have come home and need our support.

If you frequent Facebook you may be familiar with the campaign, and that is what’s a little different about this charitable challenge, it is intended to encourage participation through social media.

The idea is that the participant will do 22 push ups for 22 days and videotape their campaign, which they can then post to social media each of the 22 days. Participants are encouraged to nominate others to “join the fight” and tell people what this challenge means to

them. Each participant is also encouraged to donate \$22 to Wounded Warriors Canada. According to their website, they’ve had a great response:

“I have a brother in the military and my father also served. I think we all know someone who’s been impacted either directly or indirectly from this. The 22 Push Ups Challenge is such a small way that we can let them know, we’re here for them. We want to help. We’ve had people who can’t physically do the push ups do squats or crunches instead. It’s really about the intention behind the action and making the \$22 donation.”

Charities benefiting veterans are plentiful, so if the 22 Push Up Challenge doesn’t appeal to you, be sure to look into the other ways to give back to this community. For more information on Wounded Warriors Canada visit www.woundedwarriors.ca

- Vanessa Gillard



The poppy is often worn on the left lapel on a jacket or shirt, and as close to the heart as possible.

SANTA'S COMING

DECEMBER 17

1:00-4:00pm

QCA HALL



Children's Christmas Party

*SANTA *FUN *CRAFTS *TREAT BAGS

For children under age 12. Members of Deer Ridge and Queensland are free and non-members are \$2.00 per child. Only those with tickets will be admitted. Be sure to get your tickets A.S.A.P., as attendance is limited to 100 children.

*We ask that each family attending bring a plate of cookies, squares or cakes. Also, we will accept donations for the Calgary Food Bank. If you are able to volunteer to help out in the pre-planning, or on the day of the event, please call Linda @ 278-3366

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

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IN & AROUND CALGARY

Calgary Southeast Events

Canadian Pacific Remembrance Day Service

More than 33,000 CP employees served in the world wars last century and Canadian Pacific continues to pay tribute in its annual Remembrance Day ceremony. This year the ceremony takes place at CP's Memorial. All members of the public are welcome to attend this ceremony. The service begins at 10:30 am. 7550 Ogden Dale Rd. SE.

Stuff A Bus Nov. 5, 2016. 9am - 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus

FAMOUS FIVE DISTRICT

Did you get your Chocolate Mint cookies yet? Thanks for supporting us. If you were missed in the sales campaign, contact isteads@telus.net and we'll arrange to get you some.

Our thanks to the Community Associations that support us by providing meeting space. Your support is appreciated. Thanks to the memberships that community families purchase, groups like Girl Guides are able to use these wonderful facilities.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. There's still time for your daughter to join us. Go to www.girlguides.ca for all the information.

The Spring Carnival date has been decided. Be sure to mark March 4th, 2017 on your calendar! More details will follow in future newsletters. This carnival is open to the public and we'd love to see you there!

Famous Five District is still looking for women to be leaders. If you are interested in making new friends, being a role model to girls and having lots of fun, please contact Pat, isteads@telus.net. No experience is necessary and no daughter is required.

with food to help Calgarians in need at this busy time of year.
Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

Free Swim at Bob Bahan Aquatic and Fitness Centre Friday, November 11, 2016, 1-4:30 p.m. Swim Times: 1 - 2:30 p.m. and 3 - 4:30 p.m. The half hour break will be waived if capacity permits. Address: 4812 14 Ave SE.

Christmas in Inglewood - Nov 18, Nov 20
Horse-drawn sleigh rides, the Great Christmas Tree Quest draw, live music and a Children's Choir (Lantern Church). Great shopping discounts and specials at establishments throughout Inglewood. Begins Thursday, Nov 18th, merchants will be open late, up to 9 pm, with tons of specials. 9 Ave. SE.

DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



DECEMBER

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunchbox Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunchbox Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit – just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca

IN & AROUND SCHOOL

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

The St. Bonaventure school community looks forward to a number of exciting November events that are representative of spirituality and citizenship.

Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry by collecting food for the St. Vincent de Paul Society. Through this, students were able to gain a sense of the true meaning of service learning. A special thanks to St. Bonaventure Parish for supporting our efforts.

Athletically, the volleyball and cross country running seasons have concluded. Sincere thanks to athletes, coaches, and parents for their contributions. It is greatly appreciated. The next sport on the athletic calendar is wrestling. The team will aim to build toward the city championships in December.

In the fine arts department, our band students hosted a band bootcamp with Monsignor J.S. Smith and Father Whelihan attending. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.



LEST WE FORGET

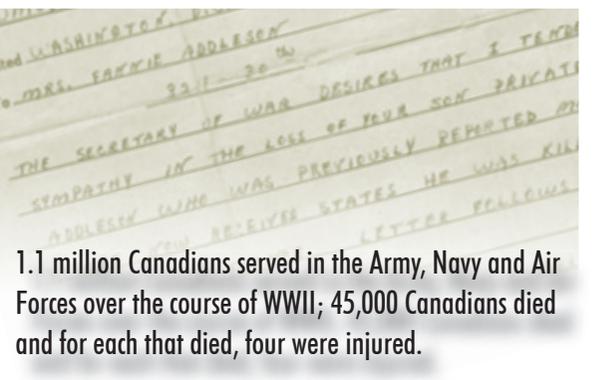
St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

It is hard to believe we are already in November! In October we welcomed our Artist in Residence for the 2016-2017 school year. One World Drum joined us for a full two weeks! During this residency all drums are supplied and each student has a hands-on experience playing a traditional West African Djembe drum. Students are immersed in the concept of an oral tradition and the use of language and told that "if you can say it, you can play it." Students are taught the drum alphabet with the introduction of bass tones and open tones and their associated African words. All students are shown how to call and answer, while older students are familiarized with the 5 basic ways of rhythmic expression.

October was full of imagination, creativity and fun. St. Philip was proud to host an Alberta Foundation for the Arts Travelling Exhibition (TREX). The theme of this exhibit was "The Printmakers". Hosting this exhibit allowed our students to investigate and discover some amazing modern art and surely triggered their imagination!

As we progress through the year we are reminded of all that we can be together as a school community. At St. Philip we are blessed with wonderfully supportive parents/guardians as well as a truly dedicated staff all working together to make the best possible educational experience for our children.



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.



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.

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.)

Wellness Access Program

• Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

- 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.
- November Wellness Workshops include Fat Burning



Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

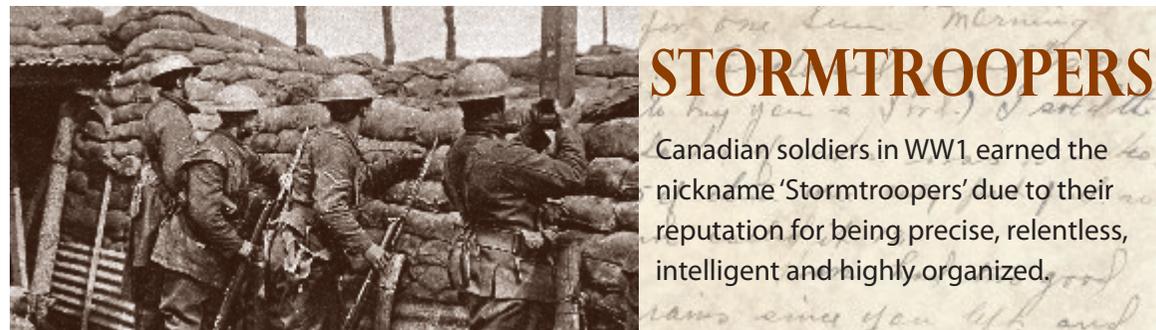
- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members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

Families, Children & Youth

All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. 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.

Trico Centre is located at 11150 Bonaventure Drive SE. 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.



STORMTROOPERS

Canadian soldiers in WW1 earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.

IN & AROUND CALGARY

Programs and Events in Fish Creek

Winter Birding Course

12 Week Winter Birding Course starts Monday, January 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conduct these outings as a fundraiser for the Friends of Fish Creek.

Registration Required and Space is Limited. For more info, including fees and course times, and to register visit www.friendsoffishcreek.org/programs/birding-course

Alberta Parks - White Goat and Siffleur Wilderness Areas of the Central Rockies

Thursday, November 24, 2016 7:00 pm - 8:00 pm

Presented by Graham Thursfield Visitor Services Coordinator – Rocky Mountain House

Wilderness areas along the Central Rockies are home to incredible wildlife and spectacular scenery that many of us in the Calgary area may not think of visiting. This is your chance to see and learn about some magnificent spots in our Parks network. Join our presenter Graham Thursfield for this virtual grand tour of some magnificent places. For more info stay tuned to www.friendsoffishcreek.org/programs/speaker-series

Push To Open Nature Speaker Series

The Place for Parks and Nature at End of Life

Thursday November 3, 2016 7:00pm—8:30pm Fish Creek Environmental Learning Centre

We all feel it, whether looking outside, at a beach, in a field, or on a mountain - nature gives us perspective about life and death. Join us to hear the discoveries and practical applications of lead researchers Sonya Jakubec, RN, PhD (Associate Professor, School of Nursing and Midwifery, MRU), and Don Carruthers Den Hoed, PhD

candidate (East Kananaskis Area Manager— Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). Together this team bridges their work in nursing care and parks management in order to understand the role of parks in community health.

To register please contact Jill Jennings: Jill.Jennings@gov.ab.ca or 403-297-7850.

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

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular autumn, winter, and spring birding courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations.

We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park. All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.



Saving Time

ends Sunday, November 6.

Set your clocks back 1 hour and enjoy the extra sunshine.



The Red Crossbill

By J.G. Turner
 Photo by Andy Reago
 & Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

Fun Facts:

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter

- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make themselves visible
- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

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

Lest We Forget

The National (Silver) Cross Mother represents all mothers whose sons or daughters died while on active duty. Chosen by The Royal Canadian Legion, the annual honouree places a wreath at the base of the National War Memorial at the National Remembrance Day Ceremony.



MLA CALGARY - FISH CREEK
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facebook.com/RichardGotfried4FishCreek • @GotfriedMLA

Legislative Session started October 31st with an orange Halloween hue. Session will see me in Edmonton from Monday – Thursday until mid-December, however my Calgary Team is always pleased to serve you. I am also available by appointment most Friday's for constituency business, so please do not hesitate to contact us. Session will be busy and I am sure that the Climate/Carbon Tax file and Power Purchase Agreement (PPA) issues will take centre stage. I have regularly spoken out on these issues and will continue to do so on your behalf. Please visit my Question Period and Member Statement playlist on YouTube at youtube.com/user/mypcmla.

Another item that will not be debated, but that will impact Alberta's youngest demographic, is Alberta Education's curriculum redevelopment. As a parent of three children, I have many questions. I am a firm believer that our educational systems should primarily encourage fundamental skills and critical thinking, while also encouraging innovation and creativity. Teaching children how to think, not what to think allows them the opportunity to formulate their own ideas based on personal inquiry and research. Although considerable work was done in this area by the previous government, much of that work will not carry forward. There are currently no public engagement sessions scheduled, but I would encourage you to voice your opinion around the potential impact of curriculum redesign and how it might impact you, your children or grandchildren. If you would like to provide input I would encourage you to contact my office or your local school trustee.

November provides an opportunity for all to remember and reflect on those who have and who continue to make sacrifices for their country and others in need around the globe. It is a privilege and an honour to give thanks to our veterans across the country on November 11th. I will be marking the day with veterans in the community and wearing my poppy with pride. The history of the poppy as the universal symbol of Remembrance Day is an example of one woman's commitment to honouring the courage and sacrifice of WWI veterans. Moira Michael diligently lobbied the US War Department, individual congressmen, veterans, and the general pub-

lic for two years. In September 1920 the American Legion adopted the Flanders Fields Memorial Poppy as the United States' national emblem of Remembrance. Over the next few years the message of remembrance spread to other countries. I am thankful for Ms. Michael's efforts and persistence in recognizing these champions of liberty and freedom around the world. Remembering selfless sacrifice of generations past gives each of us courage to face our own daily challenges.

For all communities within Calgary-Fish Creek upcoming by-elections will be held to replace Rt. Hon. Stephen Harper and Hon. Jason Kenney. Both have recently stepped down as MP's for Calgary Heritage and Calgary Midnapore respectively, and I humbly thank them for their service. Nominations will be held by each party to select a candidate, and I would encourage all of you to exercise your democratic privilege by participating in both party nominations and Federal by-elections.

MLA Cafés will be hosted on Friday, October 28th & November 4th at my office from 10am-12pm. I would encourage you, as always, to have your voice heard. If you are unable to visit the office and would like to connect, I am happy to schedule a phone call and encourage you to reach out with respect to issues of importance to you.



IS YOUR GYM AS FIT A YOU ARE?

GET EVERYTHING YOU NEED TO STAY FIT UNDER ONE ROOF, AT AN AFFORDABLE PRICE.

At Trico Centre for Family Wellness we offer a wide range of activities, programs, and services for all fitness levels and interests. From Olympic lifting platforms to ice arena rentals to a newly refurbished wave pool...we've got what it takes to keep up with your goals.

DISCOVER YOUR PERFECT FIT.

Trico Centre for Family Wellness
 11150 Bonaventure Drive SE
www.tricocentre.ca





A ROSE IS A ROSE

Barbara Shorrock

We don't have a number for how many gardeners in Calgary grow roses, but Lois Hole tells us that 4 out of 5 in England do, where the rose is the national flower. There is enormous variety in the **Rosa** genus, with many new varieties being developed every year across the world. Here in Calgary, we have our own particular challenges with altitude, short growing season, Chinooks, periods of drought and snow possible every month. Nevertheless, roses are hugely popular and many thrive in our gardens, just like their owners (or servants, if you choose to care for the more tender types). If you look on book store shelves, you will find volumes of books on how to choose, how to care for, how to master the art of rose growing. Beware the lovely picture-laden tomes written for other climates – pretty to look at but impossible here. For the purposes of this article, we will talk about only those roses that can be grown successfully in Calgary.

Hardy roses can survive our winter on their own without extra work by the gardener. They are tough. Size-wise, they vary from miniature and ground cover types only a few inches tall to great shrubs, climbers, hedges and every size in between. The flowers themselves can be single (12 petals or less), semi-double (13-20 petals) or double (20 or more petals). Colours vary from pure white through all the pinks and reds to peach and yellow. Some of them, like Morden Sunrise, have a range of colour in each bloom. They are most often grown on their own root-stock.

Most "Old Garden Roses" bloom only once per year, but within that three or four week period produce as many blooms as others who bloom for months. Even though labelled "hardy", it can be a good idea to mulch them in the fall as if they were tender.

"Parkland Roses" are bred specifically for Canadian prairie conditions at Morden, Manitoba. They are extremely hardy and most bloom all summer long. Anything with "Morden" in its name is a Parkland rose.

"Explorer Roses" were created by Agriculture Canada and are named for Canadian explorers, a particularly tough and hardy breed of men. These modern shrubs are crosses of *Rosa Rugosa* or *Rosa Kordesii*. *John Cabot*, for example, will grow up to 7 feet tall, and blooms until stopped by frost.

"Canadian Artists" is the newest series of hardy roses, developed in Canada and named in celebration of Canadian artists. They are bred to be exceptionally hardy, reliable, and disease resistant. Look for names like Emily Carr and Oscar Peterson.

Tender roses need more help from the Calgary gardener. Briefly, you must mulch them in the fall, and make an effort to cover them with snow if Mother Nature is stingy throughout the winter. This category includes Hybrid Teas, Floribundas, Grandifloras, English roses, Miniatures and most grafted roses. The serious rose grower may go so far as to dig them up and bury them in a trench in an empty bed for protection, but a good layer of peat moss and something to keep it in place, like black soil or old carpet should be effective. Styrofoam boxes and insulated tarps also work. If your roses are in pots, you can move them into an insulated heated garage, remembering to water them from time to time as they rest. Hybrid Teas are the darlings of rose society competitions, but don't always make a grand show in the garden. Floribundas give a bouquet on every branch. Grandifloras are the best of the Hybrid Tea and Floribunda, providing long-stemmed clusters that repeat and repeat.

There you have it – we are spoiled for choice. Calgary has an enthusiastic Rose Society, with knowledgeable members who would love to help you.

Barbara Shorrock is a retired realtor, gardener, writer, reader, and traveler. She can be found most first Wednesdays at the *Queensland Garden Club in Queensland*.



CALGARY



Yoga for Older Adults



Please come join us for a drop-in beginner yoga class designed for older adults. No previous experience necessary.

When: Starts Tuesday Sept 13, 2016 until Dec 13, 2016

Location: Queensland Community Centre

Time: 10:00am-11:30am

Cost: Free for Fall

Equipment: yoga mat provided but you can bring your own

**Only 20 spots available so please sign up with Linda Brown.

After School Drop-In Program

This drop-in After School program will provide a safe and fun environment for youth to have the opportunity to be active through basketball, volleyball, badminton and other fun activities. The activities will be supervised and lead by recreational leaders.

When: 13 weeks of Drop-in programming starting Wednesdays Sept 21, 2016 until Dec 14, 2016

Location: Queensland Community Centre

Time: 3:45-5:45pm

Cost: Free for Fall - Ages 11-15

**Only 30 spots available so please sign up with Linda Brown to reserve your spot.



WHAT'S HAPPENING

Kids Help Phone

24 hour 1-800-668-6868, kidshelpphone.ca

- Anonymous and confidential
- Toll-Free professional, bilingual counselling and referral services for youth up to 20.
- Online and phone counselling available.

Scrapbooking with Grandma Judi

Any child from the age of 6 onward and interested in learning the art of scrapbooking, is welcome to join Grandma Judi at the Queensland Community Centre. Dates: Saturdays. Time: 10 a.m. to 2 p.m. Adult Classes—Fridays— Call for dates. There is a limited amount of space for this date, so please contact Judi 271-2176 to reserve a spot. Hope to hear from you soon!

These are for children ages 6 to 12 years. The times are from 10:00 a.m. to 2:00 p.m. Also, on Friday evenings we will be having a monthly Scrapbooking program for students 12 plus to adults.

Guides – Girls can join at anytime of the year if there are spaces in the unit and we have opportunities for women over 18 years of age. Please contact 1-800-565-8111, answered locally.

Queensland Playgroup: *Are your children bored or lonely? Do you crave some adult conversation? Need to get out of the house?* Drop in to meet some new friends for you and playmates for your little ones!

Large gym to run in, lots of toys, weekly crafts ...

Queensland Community Centre. Mondays, Wednesdays, and Fridays, 9:00 – 11:00 am. \$1 per child per visit (or bring a snack to share). Call for Fall Schedule.

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 the Queensland Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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



Remembrance Day Word Search

E R T S H N E X S W B K I Y P Y
 L V E O A G A O O R W N Y R A R
 R I N B A C L R E E F R F E T O
 Y O B R M D R L E A X O L V R T
 R P U E I E T I N T G L A A I C
 R O P E R T M T F H E A N R O I
 C A R O A T R E U I M V D B T V
 C T W B P Y Y F R E C A E P U T
 R E B M E V O N O A H E R O A H
 F R E E D O M T R O O P S S O L

- BATTLE
- BRAVERY
- COURAGE
- FLANDERS
- FREEDOM
- HERO
- HONOR
- INFANTRY
- LIBERTY
- LOSS
- NOVEMBER
- PATRIOT
- PEACE
- POPPY
- REMEMBER
- SACRIFICE
- SOLDIER
- TROOPS
- VALOR
- VETERAN
- VICTORY
- WAR
- WREATH



COUNCILLOR, WARD 14
PETER DEMONG

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

Hello Ward 14,
 There is one theme to every November column: my Ward 14 Communities BBQ. It takes a lot of space to thank everyone, so I will just briefly touch on a timely topic. The website calgary.ca/snow is full of information on a subject that is self explanatory, and likely to be relevant over the next few months.

Ward 14 Communities BBQ: wrap-up and many thanks!

I want to thank everyone who attended for helping make my Ward 14 Communities BBQ a huge success this year. I estimate we had more than 2,000 people visit, and we will be giving thousands of dollars to Ward 14's Community Associations. I hope to see you there next year if you weren't able to attend.

Those who did attend can attest to the fact that my BBQ is beginning to become a victim of its own success. I want to apologize to anyone who made the trip, but was unable to get a burger, beverage, or free membership due to limited supply. Sponsorship funds have been hard to come by recently because of the economic conditions that we find ourselves in. That—along with the BBQ's sudden increase in popularity—necessitated that a limit be put on the number of free memberships given away.

Of course, there are many people to thank for this huge success. There were so many community groups, exhibitors, volunteers, and of course the community associations themselves who helped. I have to say this every year: there are not enough words to describe how grateful I am.

There is one group in particular that deserves a very special thank you. They gave their time and opened up their wallets.

Thank you to the Ward 14 Communities BBQ's generous sponsors:

- Calgary Co-op
- Canyon Creek Toyota
- Genstar

- Great News Publishing
- Jack Carter Chevrolet Cadillac Buick GMC
- Mattamy Homes
- No Bull Bookkeeping
- Progressive Waste Solutions
- Qualico
- Safeway
- South Trail Insurance
- Southcentre Mall
- Southgate Chevrolet Buick GMC
- United Communities

I hope to see you next fall at my 7th annual Ward 14 Communities BBQ too. You can be assured that I will be doing everything in my power to make my BBQ an even bigger and better experience for you in 2017.

I don't know the exact date yet, but it will be posted at calgary.ca/ward14bbq when it is scheduled, and you can visit calgary.ca/ward14connect to sign up for email updates.

Feel free to contact me anytime, and don't forget to get yourself a poppy!

Like us on Face book!
 @Queensland Playgroup

Come Learn through play at

QUEENSLAND PLAYGROUP!

- Free play
- Arts & Crafts
- Wide games
- Play dough & much more!

Lots of fun and stimulating activities to encourage meaningful play.

Connect with other parents and caregivers while playing in a fun, safe environment. \$1 per child or bring a healthy snack to share.

649 Queensland Dr SE

THANK YOU

TO THE FOLLOWING VOLUNTEERS FOR WORKING AT THE

BINGO

October

Ralph Nichols
 Joanne Ogilvie
 Meagan Payne
 Richard Payne
 Blanche Sherid
 Dave Drebit
 Sonia Ayres

Willis Sturrrup
 Aud Beck-Olsen
 Lynn Jewitt
 Nikki Nelson
 Mitch Bunda
 Sue Read
 Zoe Nelson

Volunteers are needed for November 7 evening & late night at Grey Eagle Bingo Hall. Please call Linda @ 403-278-3366 if you are available to volunteer.

BRAIN GAMES SUDOKU

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

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

Apples	Celery	Oranges
Bananas	Cucumber	Potatoes
Broccoli	Lettuce	Tomatoes
Carrots	Mushroom	Green Pepper
Cauliflower	Onions	

*(selection will vary)

Large Family 40-45 pounds	Family 30-35 pounds	Senior/Single 20-25 pounds
\$35.00	\$30.00	\$25.00

Good Food Boxes are ordered once a month. Payment for your Good Food Box will be required when you place your order. All food boxes need to be picked up from Queensland Community hall on the day of delivery.

For more information or to place an order:
Email: mavergo@shaw.ca

Order by November 8 for November 17 Delivery.



Poppy Facts

The poppy came to prominence after Canadian Artillery doctor John McCrae wrote the poem *In Flanders Fields* in 1915.

FP
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