

NOVEMBER 2017

DELIVERED MONTHLY TO 2,800 HOUSEHOLDS

QUEENSLAND DIAMONDCOVE CRIER

THE OFFICIAL QUEENSLAND & DIAMOND COVE COMMUNITY NEWSLETTER



PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Bob: 403.257.3465 / 403.461.3490

SAFETYSYNC

Manage Your Workplace Safety

safetysync.com



Carpet Hardwood Tile Vinyl Laminate



MOHAWK



Karastan

www.deerfootcarpet.com

6170 12th ST SE

CONTENTS

- 5 PRESIDENT'S MESSAGE
- 7 COOKS' CORNER: SNACK MIX
- 7 CHRISTMAS CRAFT BAKING AND GIFT FAIR
- 8 GENTLE YOGA AT QUEENSLAND
- 9 REAL ESTATE UPDATE
- 12 NOVEMBER IN FISH CREEK
- 13 RESIDENT PERSPECTIVES:
TREATING THE LITTERBOX BLUES
- 14 HOME GARDENING WITH BARBARA:
YOUR PERSONAL HOME LIBRARY
- 16 REMEMBRANCE DAY WORD SEARCH
- 18 GOOD FOOD BOX
- 18 CARNIVAL/SILENT AUCTION



7



12



13



18





QUEENSLAND COMMUNITY ASSOCIATION

649 Queensland Drive SE, Calgary, Alberta T2J 4S8
 Phone: (403) 278-3366 | Fax: (403) 278-3366
 Email: qca99@hotmail.com

Delivered monthly to 2,800 households and businesses for 5 years!

Advertising Opportunities

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

Editorial Submissions

qca99@hotmail.com

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB T2C 2K2

Check out our website: www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of 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.

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654



PRESIDENT'S MESSAGE

YAHOO! WE HAVE A WEB SITE!
www.queenslandyyc.ca

Please come and check us out!

We are very new but we should have all the info up and running by the end of December. We are hoping that we can update everything each month so you will be kept informed of the happenings in and around Queensland. This way all of the communications lines between the Queensland Community Association and the Queensland Residents will be available. You will be informed of all the Board Meeting Minutes, The Queensland By-laws, Program Happenings etc. **We are also on Facebook.**

Remember Our Veterans

On November 11th, please take time to remember our veterans who fought so very hard for us to have peace and freedom in Canada. Many of us have grandparents, uncles, aunts, parents, brothers and sisters who have served during past wars or served in the military during peace times.

The military families are very proud people and so they should be. They have put their lives on the line for everyone in Canada. I think of the wives and children left at home when dad has had to leave on orders to take part in something in another country, not knowing what is going to happen or when he will return. The stress must be overwhelming. They deal with it though because that is their way of life. My hat goes off to every one of you.

Our veterans are very special. You have given me many years of security, happiness, freedom and a country that I can call my home. Thank you for being brave and courageous. You are all the best!

Wow! Can you believe we are in the month of November already?

Other than our regular programs that are all on the go, here are a couple of items to mark on your calendar for this month.

Scouts Winter Carnival: November 18, Check front bulletin board for times etc.

Queensland Christmas Craft and Bake Sale: November 25, 10:00 a.m.– 3:00 P.M.

For more information about programs etc. please contact Linda at the community center 403 278-3366.

That is all for now. Have a great month.

Judith

JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

- Kitchen, Bathroom and Basement Remodeling
- Affordable Custom Landscape Plans
- Home Renovations and Additions
- Stamped and Exposed Concrete
- Custom Decks & Fences
- Retaining Walls

BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

BOARD OF DIRECTORS

649 Queensland Dr. SE • Phone: 403.278.3366 • Fax: 403.278.3366

EXECUTIVE

President	Judith Nichols
Past President	Marc Savoie
1st Vice President	Steve Foote
2nd Vice President	Brian Heritage
Treasurer	Ryna Smith
Secretary	Eva Reid

DIRECTORS

Ways and Means	Paul Hamonic
Maintenance (Building)	Erin Tatlock
Civic Affairs	Anita Sukhdeo
Membership Director	Meagan Payne
Youth Director	Shawna McIntyre
Sports	Aaron Allard Pang
Social Director	VACANT
Neighbourhood Watch	Judith Nichols
Bingo	Blanche Sheridan
Casino Director	Martine Myrthu
Director at Large	Roy Reid
Director at large	Jeff Myrthu

CO-ORDINATORS

Programs	Linda Brown
Hall Rentals/Crier	Linda Brown
Traffic	Steve Foote
Community Garden	
Hockey	Breakers Hockey
Guides	Answered locally
Bow River Softball	Kathy Worthington
Scouts	Chris Forsyth
Calgary Police Service	

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

YOUR COMMUNITY PROGRAMS - EVENTS



NOVEMBER CALENDAR

MONDAYS	Jazzercise After School Program
TUESDAYS	Sparks/Brownies/Guides Yoga
WEDNESDAYS	Play Group Pickleball Art Class Jazzercise Basketball First Wed. Garden Club After School Program
THURSDAYS	Quilting Beavers, Cubs, Scouts
FRIDAYS	Private Functions
SATURDAYS	Private functions
SUNDAYS	Basketball Soccer



Christmas Craft Baking and Gift Fair

November 25, 2017

10:00-3:00

Tables are \$25.00

Call Linda at 403-278-3366 to reserve now!

COOKS' CORNER



Snack Mix

Ingredients

- 3 cups bite-size cheddar-flavored crackers
- 1 cup pretzel bites
- 1 cup dried fruit
- 1 cup dry-roasted peanuts
- 1 cup white chocolate chips

Preparation

Combine all the ingredients. Store in an airtight container in a cool, dry place.



Letter to the editor

Dear Great News Publishing,

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

Thanks for all your help,

Sincerely,
Laura
Owner of Buds and Blooms

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

403-263-3044

sales@great-news.ca

*Actual customer experience.

2018

QUEENSLAND COMMUNITY ASSOCIATION MEMBERSHIP FORM

\$20.00

Name: _____

Address: _____

Phone: _____

Method of payment: Cash: _____ Cheque: _____

Cut out this coupon and mail or drop off at the Queensland Community Hall

FOR ART'S SAKE

November

By Hilary Angrove

November: the month where there's too much snow for hiking but not enough for skiing, when the snowbirds go south and potential tourists stay south. Not a snowbird and don't have a November vacation lined up? Luckily, November in Calgary offers many opportunities to get cultured, from just a stone's throw away.

The Calgary Underground Film Festival elevates Calgary's cultural landscape with the best in local and international independent cinema. Recently, they noticed Calgarians' growing desire for non-fiction films so from November 16th - 19th they will be presenting a unique roster of never before screened in Calgary documentaries.

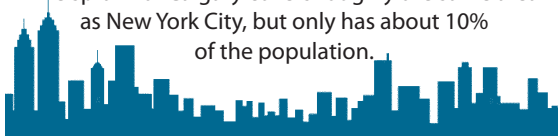
Without a doubt, Calgarians have an appetite for engaging, educational, cinematic output. From November 16-19, The Marda Loop Justice Film Festival will be screening films on issues important to us as individuals, Canadians, global citizens, and humans. Improve your dinner table discussion and hang out for post-show discussions with local and international cinematographers, and take advantage of the Festival's different opportunities to interact with experts.

Not a cinephile? Explore the untold stories of lemurs in Madagascar with Mireya Mayor during the National Geographic Live presentation at Arts Commons on November 5th and 6th. The talk includes a post-show Q & A - a chance for you to fully engage with this inspiring explorer.

Calgary is a wonderful place with much to offer - and there are a multitude of places to get cultured, beyond this list.



The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.



Gentle Yoga at Queensland

Come and join us!

We will be offering Gentle Yoga again at Queensland with Instructor Helen

Time will be Tuesdays from 10:00 - 11:00

\$80 for 14 sessions or \$10 drop-in fee

Call Linda at 403-278-3366 for more information



New Hall Rental Rates

Gym Use	\$50.00 per hour
Gym Use for Weddings etc.	\$400.00 plus \$100.00 for cleaning

A DAMAGE DEPOSIT OF \$200.00 IS REQUIRED FOR LARGE GYM FUNCTIONS (e.g. weddings craft shows etc.)

Children's Parties	\$150.00 plus \$100.00 for cleaning
Boardroom	\$25.00 per hour
Multi-Purpose room	\$25.00 per hour
Small Meeting Room	\$25.00 per hour



Pickle Ball

Pickle Ball is every Wednesday afternoon from 1:00 p.m. to 2:30 p.m. The fee is \$2.00 for Queensland Membership holders and \$3.00 for anyone who does not have a membership. No experience necessary!



South Calgary Kids Art Classes

Fall 2017 in Queensland

September 13 to November 29 on Wednesdays 4:30-6:00 p.m.

Register via e-mail-kidsart@telus.net and to request more info.



Queensland/Diamond Cove Real Estate Update

Last 12 Months Queensland MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$384,900	\$376,500
August 2017	\$379,900	\$382,000
July 2017	\$383,950	\$371,500
June 2017	\$424,450	\$411,250
May 2017	\$405,000	\$391,000
April 2017	\$362,450	\$366,000
March 2017	\$374,950	\$364,500
February 2017	\$299,900	\$280,000
January 2017	\$367,900	\$362,000
December 2016	\$0	\$0
November 2016	\$405,000	\$397,500
October 2016	\$389,900	\$386,000

Last 12 Months Diamond Cove MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$535,000	\$528,000
August 2017	\$0	\$0
July 2017	\$559,900	\$544,000
June 2017	\$534,900	\$506,000
May 2017	\$0	\$0
April 2017	\$569,900	\$555,000
March 2017	\$709,900	\$707,500
February 2017	\$649,000	\$642,500
January 2017	\$0	\$0
December 2016	\$735,000	\$700,000
November 2016	\$0	\$0
October 2016	\$749,000	\$748,000

To view more detailed information that comprise the above MLS averages please visit queensland.great-news.ca or diamond_cove.great-news.ca

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.



MLA Calgary - Fish Creek
Richard Gotfried
 Bay 7, 1215 Lake Sylvan Drive SE,
 Calgary, AB, Canada T2J 3Z5
 ☎ 403-278-4444 📠 403-278-7875
 ✉ calgary.fishcreek@assembly.ab.ca
 🌐 www.richardgotfried.ca
 📱 @GotfriedMLA
 📺 gotfriedmla

As November descends upon us, I reflect on the sacrifices of those who have served and now serve in our armed forces. The last few months have also given us pause to reflect on the dedication of our defenders and first responders. Every day, they give and put their lives on the line for our protection and principles of freedom. On Remembrance Day, November 11th, I would encourage each of you to take a moment to ponder not only those we have lost but what we have gained in return for their sacrifices. 2017 marks the 90th anniversary of the Battle of Vimy Ridge. This battle defined the young nation of Canada. It firmly planted Canada on the international stage as a leader and champion in standing against tyranny and oppression. The battle set Canadians apart for their willingness to give selflessly in the service of others. Today Canada remains a strong, free country that stands for freedom of conscience, freedom of religion, freedom of thought, freedom of belief, freedom of expression, freedom of the press and of other mediums of communication, freedom of peaceful assembly, and freedom of association. I have gratitude for recent peaceful elections. Evolution without revolution is key to our peaceful democratic system. The secret ballot is a cherished pillar of modern democracy. As Legislators, we need to be vigilant in all aspects of society in keeping with the principles of good government, and to never overreach into individuals personal charter rights.

My regular MLA Café's will be going on the road in the coming months, so watch for updates on what community associations and local businesses we will be visiting. For November, find me at Cornerstone Music Café Monday the 20th from 9:30-11am. The coffee and hot chocolate will be delicious. As always, my job is to listen and represent you to the best of my ability. So please be sure to reach out through Facebook, Twitter, Instagram, phone, email, or in person! Thank you.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 15

**STOP WORKING OUT
START WORKING IT**

JAZZERCISE

CHECK OUT OUR NEW CLASSES:

DANCE MIXX • STRIKE • FUSION • STRENGTH • CORE

CORE

DANCE MIXX

THE NEW JAZZERCISE

STRENGTH

INTERVAL

FIRST CLASS FREE

649 Queensland Dr. S.E. Mondays & Wednesday 6:30 pm
 9202 Horton Rd. S.W. Royal Canadian Legion Sat 8:30 am

Wear comfortable clothing that does not restrict your movements and allows for sweat evaporation. Also be sure to bring a water bottle and towel. To view basic movements performed in class, go to jazzercise.com.

Patsy 403-651-7421 ptjazz@telus.net facebook.com/patsyjazzercisepage

jazzercise jazzercise.com • (800)FIT-IS-IT



FRIENDS of Fish Creek

November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

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, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes
Thursday, November 23, 2017 7:00 – 8:00 pm

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/speaker-series

Giving Tuesday and ReWilding Through Restoration
Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. **Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park.** www.friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership.

Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit www.friendsoffishcreek.org/store



A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litter box, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



Your Personal Home Library

By Barbara Sharrock, bshorrock@telus.net

When you have an interest in a topic or hobby, it is only natural to read about it, and serious readers all have their own libraries. While we are blessed with an excellent public library system in Calgary, you can't pop by at midnight or 6:00 am when you want to look something up; hence the personal library. I have been collecting books about plants and gardening for years, and have my favorites. Check them out, and add to your own collection those that sound appealing and appropriate for this time in your life. (I have several about vegetable gardening, for example, which no longer apply as my shady garden now grows only flowers.)

Lois Hole's Perennial Favorites – Although published in 1995, it is still the essential primer for perennials in Alberta. Contains descriptions of her 100 favorites, and most will be found in local Calgary gardens.

Lois Hole's Bedding Plant Favorites – 92 of her favorite annuals, as of 1994, and still applicable to our Alberta gardens. This is a must for the beginning gardener with perfect pictures and clear descriptions.

And other books by Lois and Jim Hole – many others on Trees and Shrubs, Vegetables, Roses, and Bulbs.

Great Canadian Plant Guide by Trevor Cole– Short descriptions and photos of 3000 plants sorted by their Latin names. You will be comfortable with botanical names by the time you have read through this one, guaranteed. A small and compact little volume that fits in a handbag.

The A-Z of Garden Flowers by Bay Books – This one is a bigger volume, with many tender varieties that are not hardy here, but a great resource to have on the library shelf when a name comes up that needs researching. I don't find their zone information to be very accurate – they think everything needs Zone 7 or better, even our hardy Cranesbill Geranium!

Encyclopedia of Container Gardening by Geoffrey Burnie – Absolutely anything that grows in a pot, outdoor or indoor.

Front Yard Gardens by Liz Primeau – Fabulous ideas for projects large and small – great photos of examples to copy.

Herbs, the Complete Gardeners Guide by Patrick Lima

Best Bulbs for the Prairies by Liz Leatherbarrow & Lesley Reynolds – These are Calgary Horticultural Society women who really know their stuff. They have written several books.

The Prairie Gardener's Book of Bugs by Nora Bryan & Ruth Stahl – You may not need this every month, but there are times it is real handy to have at your fingertips.

Alberta Yards & Gardens, What to Grow by the Alberta Agriculture Food & Rural Development. – A big book for under \$10.00 full of valuable information. Order online through the Alberta Government.

If you have a favorite gardening book, please email me and let me know so I can add it to the list!

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 with your address 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. The memberships that community families purchase means groups like Girl Guides are able to use these wonderful facilities. If you haven't bought your community membership, please do it soon so that groups like Girl Guides have a place to hold their meetings.

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 April 21, 2018 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.

SCHOOL SHOUT-OUTS

St. Bonaventure Junior High School

School motto: *spirituality, citizenship, and excellence.*

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

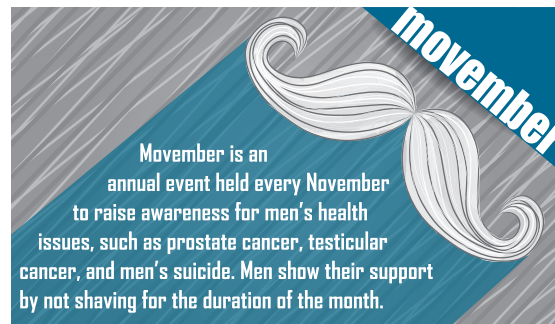
Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry. Through this, students were able 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 attended a band bootcamp with Monsignor J.S. Smith and Father James Whelihan. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.

BRAIN GAMES SUDOKU

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



Come Learn through play at

QUEENSLAND PLAYGROUP!

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

Lots of fun and stimulating activities to encourage meaningful play. Wednesday mornings 9:00 - 11:00

Connect with other parents and caregivers while playing in a fun, safe environment.

REMEMBRANCE DAY WORD SEARCH

battle	E	R	T	S	H	N	E	X	S	W	B	K	I	Y	P	Y
bravery	L	V	E	O	A	G	A	O	O	R	W	N	Y	R	A	R
flanders	R	I	N	B	A	C	L	R	E	E	F	R	F	E	T	O
freedom	Y	O	B	R	M	D	R	L	E	A	X	O	L	V	R	T
hero	R	P	U	E	I	E	T	I	N	T	G	L	A	A	I	C
honor	R	O	P	E	R	T	M	T	F	H	E	A	N	R	O	I
infantry	C	A	R	O	A	T	R	E	U	I	M	V	D	B	T	V
liberty	C	T	W	B	P	Y	Y	F	R	E	C	A	E	P	U	T
loss	R	E	B	M	E	V	O	N	O	A	H	E	R	O	A	H
november	F	R	E	E	D	O	M	T	R	O	O	P	S	S	O	L
patriot																
peace																
poppy																
remember																
sacrifice																
soldier																
troops																
valor																
veteran																
victory																
war																
wreath																

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 Queensland and Diamond Cove. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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

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

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

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.

SNOW REMOVAL: Natural Selection Environmental Landscaping. Trim and prune bushes and trees, tree removal, and property maintenance contracts. For free estimate call or text preferred Stephen 403-890-5947. We guarantee professional work.

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.

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

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

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

FOR ALL YOUR TUPPERWARE NEEDS: Purchases or Warranty, all new catalog! Call Sheila 403-560-6020 e-mail: sheila4tupperware@hotmail.com website: sheilaminogue.my.tupperware.ca.

HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 - TH Maintenance Services. Find us on Facebook.

YOUR CITY OF CALGARY



November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60

and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.



Carnival/ Silent Auction Plus, homemade baked goods

Supporting our Queensland Scout Group 172

Bring your family for a fun filled adventure!

\$1 at the door \$3/family

Children's Carnival Games for prizes!

November 18
at the Queensland Community Centre

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	Medium	Small
40-45 pounds	30-35 pounds	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: ambervergo@gmail.com

Order by October 31 for November 9 Delivery

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



**MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY**

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

Hoffman INSTITUTE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"
W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate

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

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

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

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
403-266-9655
michael.t.martin@rbc.com

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

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

www.martinwealth.ca



There's Wealth in Our Approach.™



FIND YOUR FIT

Affordable monthly continuous passes. More than 70 drop-in fitness options to choose from every week - all are included in your pass!

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



evolved HEALTH

personal training studios
www.evolvedhealth.ca
403-244-1377

BOOK YOUR FREE CONSULTATION

NORTH

1414 Kensington Rd NW

SOUTH

380 Canyon Meadows Dr SE



**LIVE BETTER.
LIVE STRONGER.**

with our 1-on-1, 15-minute
weight training workout

SCHOOL OF ROCK
ROCK ENROLL
NOW ACCEPTING ALL STUDENTS
SIGN UP TODAY

CALGARY SOUTH
403.460.ROCK (7625)
#321-10820 24 Street SE
CALGARYSOUTH.SCHOOLOFROCK.COM

Bag to Earth® Food Waste Bags



Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag **is made entirely of renewable and sustainable resources**
- Features Unique Leak-Resistant Cellulose Lining... **it's "clear paper" - not plastic**
- Tough... **No need to double-bag as with other bag products**
- Environmentally Friendly... **and completely compostable**
- Certified Compostable... **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🇨🇦

Visit www.bagtoearth.com
for more product information & how to purchase

