

OCTOBER 2017

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QUEENSLAND COMMUNITY ASSOCIATION

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IMPORTANT NUMBERS

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

PRESIDENT'S MESSAGE

October is here and what a great month it is.

We finally have our new web site up and running. If you would like to check it out, the web site is: queenslandyy.ca. There are still articles of interest that we will be adding but for now it contains all of the basic information you may need. I truly am pleased to see that this web site is available for all residents here in Queensland as well as others throughout the city of Calgary.

Our fall programs are up and running. The afterschool program started later than we expected but is there for children from grade one to grade six. The times are from 3:15 to 5:00 p.m. every Tuesday and Thursdays. There will be many activities and games the children can play in the gym and they have qualified instructors from the city to enjoy this time with. This is a free program, great for helping to develop social skills and aiding with the education of playing great games as a team. This is also a wonderful time for letting out their built-up energy after working hard in school all day.

If anyone has a child who needs a little extra time with reading, spelling, English, math etc., I will be in the board room during this time to give one on one help. I have had this program for 5 years and I really enjoy working with the children. This is a free program and if you would like your child to have some extra

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If anyone has a child who needs a little extra time with reading, spelling, English, math etc., I will be in the board room during this time to give one on one help. I have had this program for 5 years and I really enjoy working with the children. This is a free program and if you would like your child to have some extra help, please contact me or Linda at the community center. 403 278-3366 I am available both Tuesday and Thursday.

OOOOOOOOO!!!

Our HALLOWEEN PARTY will be held on October 28, from 6-8 p.m. This is a great time for all with lots of games etc., so make sure you mark this on your calendar. This is not only for children but parents as well. The costumes are fantastic. Please check out the Crier for more information. I have heard that they have yummy treats.

Thanksgiving Day will be here in a few days. I love this time of year to gather with family and friends to give thanks for our many blessings. Some of us have had a stressful year, either it being financial or health wise but isn't it wonderful that we live in a country where we are feeling safe and have the opportunity to receive so much. Oh yes, there is all the food that gets prepared and eaten over this time as well. Oh my, I can smell that turkey now. I love going to the farmer's market and getting the fresh produce from the many farmers who have done such a great job with the harvest.

I am very thankful that I live in Queensland. It is a beautiful community with so many conveniences available for us. How many communities have such easy access to bus service, shopping, doctors, churches and an awesome community

building with many programs available for everyone. Also, I love being so close to Fish Creek to be able to take in all of nature.

Halloween will be here soon. Make sure you dress your children so drivers will be able to see them. We want everyone to have a safe and happy time. Drivers-----please slow down. Our children are very excited about this night and sometimes with their excitement they will make a poor judgement when crossing the street.

Well that is all for now. Be happy and enjoy every minute and opportunity to be with your family and friends.

Until next time,
Judith

BOARD OF DIRECTORS

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“To promote and facilitate community spirit and involvement in Queensland and Diamond Cove”

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

YOUR COMMUNITY PROGRAMS - EVENTS



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

COOKS' CORNER



Slow Cooker Mongolian Beef

- Ingredients
- 1 ½ pounds Flank Steak
 - ¼ cups cornstarch
 - 2 tablespoons Olive Oil
 - ½ teaspoons mince Garlic, Cloves
 - ¾ cups Soy Sauce
 - ¾ cups Water
 - ¾ cups Brown Sugar
 - 1 cup grated Carrots
 - green onions, for garnish
- Instructions
1. Cut flank steak into thin strips. In a ziplock bag add flank steak pieces and cornstarch. Shake to coat.
 2. Add olive oil, minced garlic, soy sauce, water, brown sugar and carrots to slow cooker. Stir ingredients. Add coated flank steak and stir again until coated in the sauce.
- Cook on high 2-3 hours or on low 4-5 hours until cooked throughout and tender. Can serve over rice and garnish with green onions.



Christmas Craft Baking and Gift Fair

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Call Mark: 403.862.3973

November 25, 2017
10:00-3:00
Tables are \$25.00
Call Linda at 403-278-3366 to reserve now!



BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 11

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

Volunteering

is good for the soul



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
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
September 2016	\$389,900	\$380,000

Last 12 Months Diamond Cove MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2016	\$0	\$0

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

8 OCTOBER 2017 | Call 403-263-3044 for advertising opportunities

QUEENSLAND • DIAMOND COVE | OCTOBER 2017 9

BUSINESS CLASSIFIEDS

For business classified ad rates call
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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 senior's 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.

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.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly for four hours Monday to Friday. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

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

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

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

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.



BRAIN GAMES SUDOKU

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



Re-elect Mary Martin

Trustee Wards 13 and 14 Calgary Catholic School District

Serving you as:

- Director, Alberta Catholic School Trustees' Association (2007-2010)
- Director, Alberta School Boards Association (2010-2011)
- Member, Alberta School Boards Association Task Force on Student Health (2009-2013) Lead, Alberta School Boards Association Student Health Regional Teams (2010-2013)
- Alberta Representative, National Committee on Student Health (2012-2013)
- Member, Alberta School Boards Association Transformation of School Board Governance Task Force
- Chair, Metro School Boards Group (2012-2014)

- Vice-Chair, Calgary Catholic School District Board of Trustees (2010-2011)
- Chair, Calgary Catholic School District Board of Trustees (2011-2014)
- Vice President, Alberta School Boards Association (2015-2017)
- President, Alberta School Boards Association (2017 -present)

For:

- Effective, authentic engagement
- The creation and strengthening of strategic partnerships
- Shared responsibility and transparency

I am asking for your vote on October 16th

Please feel free to contact me at: marylrmartin@gmail.com
Tel: 403-238-3298 Cell: 403-827-2196 Twitter.com/marylrmartin www.marylrmartin.ca



October in Fish Creek!

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 2017/18 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. Thank you again for your support.

Fish Creek Speaker Series

Kananaskis Public Safety:

Who We Are and What We Do

Presented by Kananaskis Public Safety Specialists
Thursday, October 26, 2017 – 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd. SW
Kananaskis Public Safety is a division of Alberta Parks that provides emergency mountain rescue services to the Kananaskis Region. We specialize in avalanche, high angle, water, and high mountain emergency response, and regularly team up with Conservation Officers to offer a complete rescue service. Kananaskis Public Safety Specialists are professionally trained guides who have devoted our lives to mountain travel. We have combined the guiding skills and experiences with rescue skills to become experts in Mountain Rescue. Learn more about

this exciting career field on October 26. Free to Friends members and \$5 for non-members. For more information visit www.friendsoffishcreek.org/event/kps

Limited Edition 25th Anniversary Signature Image Artwork Now on Sale!

As a part of the Friends' 25th Anniversary celebrations, local artist and Master Pointillist, Jim Pescott, created a beautiful original painting entitled *Autumn Colour—Fish Creek Provincial Park*. 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 (not numbered or signed by the artist) for sale. Please drop by the office to see the paintings or purchase this artwork through the online store www.friendsoffishcreek.org/store

ReWilding Through Restoration

ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. This program involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. Friends of Fish Creek volunteers take part in the planting, maintenance and monitoring of the ReWilding Through Restoration sites until the sites are fully established. This important program is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment. It costs only \$15 to ReWild 1m² of the Park. Together, ReWilding is possible! To support ReWilding Through Restoration, visit www.friendsoffishcreek.org/rewild

ReWilding through Restoration Guided Walk with Drew McKibben

Saturday, October 7, 1:00 pm - 3:00 pm

To register visit www.friendsoffishcreek.org/event/rewilding-walking-tour

25th Anniversary Brick Program

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today! For more information contact the Friends or visit www.friendsoffishcreek.org/brick

DOLLARS & SENSE



Become Familiar with Wealth Transfer Strategies

by Toddy Kam, CFP®, CFA

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gifting** — Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- **Beneficiary designations** — Many of your financial assets — including life insurance policies, RRSPs and

TFSAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- **Trusts** — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. A testamentary trust, created in your will, can allow your heirs to effectively income split with the trust, potentially decreasing overall taxation.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- **Permanent Life Insurance** — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.

Front Yards in September


By Barbara Shorrock

September is a most excellent time of year to observe your neighbours' front gardens as the success of their efforts is abundantly apparent. If you have spent any time walking along your community's sidewalks lately, you will have noticed who gardens in front of their home, and who does not. We have just come through the hottest, driest, most challenging summer in many decades. I have no statistics to support my statement, but I would venture a guess that 90% of my neighbours have given up watering their grass, relying upon Mother Nature to bring it back to life with autumn rains. The lush green lawns where owners have watered and watered this summer definitely stand out. But anyone can have lush green grass with timely fertilizing and regular (and expensive unless you are fortunate to not have a water meter) application of water.

The gardens that are most impressive, however, have gone way beyond grass. First of all, they all have full or almost full sun during the day, eliminating those who face north. Secondly, variety and colour that attracts the eye is abundant. Annual flowers such as petunias and geraniums are typical standbys because they demand little effort and bloom from spring until frost. The talented gardeners who keep to a budget have planted many different bulbs and perennials that bloom in turn throughout the growing season. This year, I have noticed more vegetables being grown in the sunny front yards, sometimes alone, sometimes mixed in with flowers and shrubs. What a delight! One family specializes in sunflowers of several heights and colours, bordered by potatoes - beauty and practicality. On another walk, I counted at least seven varieties of squash crawling over the narrow strip of lawn that borders the sidewalk (a nod to the cultural norm of the street) along with to-



matoes heavy with fruit. All this is backed by colourful flowers both annual and perennial - a creative mix of vegetable and flower garden all on display to enchant the walking neighbour. (There is probably more in there, but I was doing my best to keep my feet on the sidewalk and not trespass.) We have in our community a few marvelous rock gardens which look as if they need minimal maintenance, a mistaken notion by some of the lawn people. Just stop weeding and primping for a few weeks and see how untidy things become. The truly minimal maintenance people have been inspired by the desert communities of the USA and turned their patch of land into gravel and rocks, sometimes punctuated with trees, junipers and other arid plants. Even these gardens add variety to our typical grass monoculture landscape.

In older communities such as mine, the trees are mature. They create a canopy and character to the street missing from newer neighbourhoods where front garages take precedence. It always is saddening to see a large tree come down, but heartening when a new one is planted. Giant spruce trees in front of your windows can make your house really dark; understandably they sometimes have to go. You may not have planted that particular tree, but if you take it out, you have the choice of what to put in its place. The savvy home-owner knows that a new baby tree will grow into a beautiful mature one in the future, enhancing your front garden and the enjoyment of your home, for you and future generations. In gardens, as in many things, one style does not fit all. Whether you favour gravel and stones, vegetables, flowers or grass, the bones of the garden are the trees and shrubs. Go for a walk and look around with new eyes. You may find inspiration for next year.



JACKSON & JACKSON
LANDSCAPING

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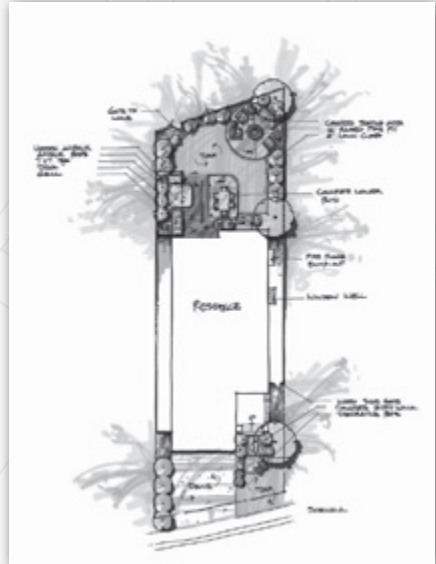


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A	W	I	T	C	T	H	I	C	S	A	S	P	E	P
R	S	O	N	W	N	H	O	A	M	A	U	N	O	I
C	U	R	S	E	U	P	U	U	L	A	P	W	T	E
O	S	E	N	E	H	A	L	L	O	W	E	E	N	R
S	G	Y	Y	T	H	C	H	D	R	R	O	U	G	
T	H	M	L	T	C	E	L	R	S	D	N	I	T	B
U	A	T	I	F	T	O	N	O	S	P	A	E	L	L
M	L	S	S	A	I	R	U	N	A	N	T	E	W	A
E	S	N	D	R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

BLACK CAT	SUPERNATURAL	FLY
POINTED HAT	CLOAK	WITCH HUNT
BROOMSTICK	UGLY	HALLOWEEN
POTIONS	COSTUME	WITCHCRAFT
CAKLE	WART	MAGIC
POWERS	CURSE	
CAULDRON	WICCA	

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As fall creeps upon us, the leaves descend and the nights become longer, I will turn my focus to the Fall Legislative session which is scheduled to start October 30. October reminds us to give of thanks, living a life of gratitude adds richness and fullness to all those we come in contact with. I give thanks for my family, friends, health, and living in a free, democratic society. I am also grateful for peaceful elections and transitions in government. Remember the opportunity for residents to vote in the Municipal elections and members to cast votes for the leader of the United Conservative Party during the coming month!

By now all of us have received our Green Bins from the City. I have been informed that the pilot project exceeded expectations. On a provincial level, many “green initiatives” have been ongoing for years. Some interesting facts regarding recycling in Alberta are below.

- In 2016 Albertans returned over two billion beverage containers to depots for reuse/recycling – a return rate of 86.2 %.
- Alberta Beverage Container Recycling Corporation (AB-CRC), is a non-profit, consumer funded program that the government does not contribute to, nor receive money from. The program is funded by: unredeemed deposit refunds and market value of recovered material. These do not cover all program costs and a voluntary container recycling fee (CRF), paid by consumers at point-of-purchase (e.g. the \$0.08 fee), and covers any remaining costs.
- The ABCRC regularly monitors and adjusts fees every February 1. Overall, program funding is used to cover the net costs to recover and process used beverage containers, and to ensure the overall sustainability of the beverage container recycling system.
- The electronics recycling program is currently adding 275 products over the next few months and so I would encourage you to call 1-888-999-8762, email electronics@albertarecycling.ca or check their website at www.albertarecycling.ca to find out all the products included.

As always, find me on Facebook, follow me on Twitter or Instagram, call the office for a phone conversation, meet with me in person, or visit one of my regular MLA Cafés (October 21st, 10-12pm). I, my staff and my office are always open, welcoming and accessible to you. And Happy Thanksgiving!

Calgary Humane Society
Connecting Lives

Halloween Hazards! Keeping Your Pet Safe

Happy October!

It’s hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy some sweet treats!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

- 1. Keep candy out of reach of pets!** Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
- 2. Set up a safe space!** Setting up a room with your pet’s favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. Leave Fido at home.** Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
- 4. Put a sign on the door asking trick or treaters to knock.** Many pets may react to the doorbell more than knocking.
- 5. Be cautious with your costume, especially if your pet is easily frightened.** Consider setting your pet up in a safe space before getting changed into your festive duds.
- 6. Be careful with Fido’s costume.** Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
- 7. Do not allow your cats to roam.** A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
- 8. Looking for more tools to help a stressed out pet at Halloween?** Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

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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	Family	Senior/Single
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 10 for October 19 Delivery

A Word from the Wise

Author J.R.R. Tolkien favoured the use of proverbs in his writing and even created a few proverbs himself. The most famous of his proverbs come from The Fellowship of the Ring: "All that is gold does not glitter," and "Not all those who wander are lost". Both lines are from the same poem.



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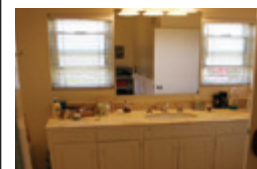
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