

OCTOBER/NOVEMBER 2017

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your **SHEPARD EXPRESS**

THE OFFICIAL SHEPARD & AREA COMMUNITY NEWSLETTER

A young child with blonde hair, wearing a black t-shirt with a white skeleton graphic, is focused on carving a large, bright orange pumpkin. The child's hands are visible as they work on the surface of the pumpkin. In the background, another person wearing a red jacket is partially visible, also appearing to be involved in the activity. The scene is set indoors, likely in a home or a community center, with a wooden surface visible in the foreground.

NEXT SCA MEETING

WEDNESDAY

OCTOBER 18

7:00 PM



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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!

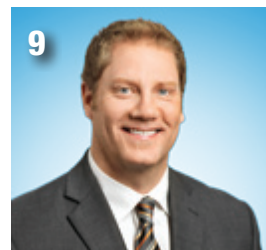
Thanks for all your help,
Sincerely,
Laura
Owner of Buds and Blooms

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.

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SHEPARD COMMUNITY ASSOCIATION

10800 - 84 St. SE
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www.shepardcommunityhall.ca (NEW)

Delivered monthly to 1,100 households and businesses for 5 years

Editorial Submissions

shepardexpress@gmail.com
All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
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Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Check out our website:

www.great-news.ca
GREAT NEWS PUBLISHING **28** YEARS

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

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

Great News Publishing and Shepard Community Association does 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	511
Weather Information	
Gamblers Anonymous	403-237-0654

EDITOR'S BITS

Shepard Community Association Executive Board

PRESIDENT - Sandra Weir
ShepardBoardChat@gmail.com
VICE-PRESIDENT - Natalie Reid
TREASURER - Barb Williams
SECRETARY - Sherban Comanescu

Directors At Large

- Bryan Bunz
- Brian Webb
- Mike Reid
- Sue Berg

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shepardcommunityhall.ca

Shepard Community Association

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www.shepardcommunityhall.ca

Shepard Newsletter Contributions ...keeping YOU on track!

ShepardExpress@gmail.com

Next SCA Meeting Wednesday Oct. 18 at 7pm

Please join us in our new community home!
Shepard Community Hall

SAVE THESE DATES
2017 SCA Monthly Meetings (on Wednesdays)
Oct. 18, Nov. 15



Road Ramblings

- Road Report - www.511alberta.ca
- SE Ring Road 17 Ave. - 22X Issues - Chinook Road Partnership
- 22X / Deerfoot / Ring Road – c/o Carmacks at 403-543-8750, www.carmacksent.com
- City of Calgary Roads - call 311/ www.calgary.ca
- RockyView County Roads 403-520-6378/ www.rockyview.ca
- Alberta Transportation 1-877-898-7623 or <http://www.transportation.alberta.ca/eastgp.htm>

Local Landscape Links

South Shepard Area Structure Plan - Updates

<http://www.calgary.ca/PDA/LUPP/Pages/Current-studies-and-ongoing-activities/East-region-planning/South-Shepard-Area-Structure-Plan.aspx?redirect=/southshepard>

Revised Public Lands Act (Water) Affecting Private Land Owners

http://www.wetlandsalberta.ca/water_act/

Area Development Permits & Public Notices

Note – there is an inter-municipal agreement whereby you can appeal either County or City listings even if you live in the other tax area.

City of Calgary – Thursday's Calgary Herald or www.Calgary.ca/publicnotices
(Email to Ward12@calgary.ca to be included in weekly email updates.)

Rocky View County – Check your weekly Rocky View Times newspaper weekly

NEW! Calgary Police Service - HUB Messaging system
www.calgary.ca/cps/pages/the-hub.aspx

Calgary Police Service - HUB Auto-Messaging System, same website for registration,

- Community events
- Information alerts
- Existing Amber alerts
- Missing persons
- Emergency incidents
- Neighbourhood crime alerts
- Threats to school safety
- Public warnings
- Crime prevention information

Register your phone, text or email today!

SCHOOLS

Chestermere High School	403.272.8868
Chestermere Lake Middle School	403.273.1343
Indus School	403.936.5855
Langdon School	403.936.4579
Prairie Waters Elementary School	403.285.6969
Prince of Peace Luthern School	403.285.2288
Rainbow Creek Elementary School	403.273.8129
Rocky View Learning Connections - Chestermere Campus	403.235.0294
Douglasdale School	403.777.6177
McKenzie Towne School	403.777.6185
Msgr. J.S. Smith	403.500.2069
St. Albert the Great	403.500.2114
École de la Source (FR) K-9	403.255.6724
Ste-Marguerite-Bourgeoys (S) (FR) K-12	403.240.2007
École de la Rose sauvage (FR) 10-12	403.230.3112
Trinity Christian School K-9	403.254.6682

WORSHIP

McKenzie Towne Church	403.257.5360	St. Augustine's Anglican Church	403.279.3105
St. Albert the Great Catholic Church	403.257.6054	River View Christian Church	403.279.6334
First Alliance Church	403.252.7572	Red Deer Lake United Church	403.256.3181
Ogden United Church	403.271.2700	Langdon Community Church	403.936.5974
St. Bernadette's Church	403.236.2979	Calgary Living Word Assembly	403.472.0292

COMMUNITY

Shepard Community Association	shepardexpress@gmail.com	403.290.0144
Shepard Hall (Calgary) Rentals	info@shepardcommunityhall.ca	403.290.0144
Calgary Police Service – Community Liaison Officer (Constable Mike Moore)	POL4262@calgarypolice.ca	
Indus Curling Rink		403.936.5656
Chestermere Public Library		403.272.9025
Glenmore Square Library		403.260.2600
Fish Creek Library		403.221.2090
Shawnessy Library		403.221.2072
Scouts Canada	www.myscouts.ca	403.283.4993

ELECTED OFFICIALS

RockyView County - Councillor Rolly Ashdown	rashdown@rockyview.ca	403.230.1401
City of Calgary - Councillor Shane Keating	ward12@calgary.ca	403.268.1698
MLA Rick Fraser	calgary.southeast@assembly.ab.ca	403.215.8930
MLA Leela Aheer	chestermere.rockyview@assembly.ab.ca	403.207.9889
MP Tom Kmiec (Shepard)	Tom.Kmiec.c1@parl.gc.ca	403.974.1285
MP Martin Shields (Bow River)	martin.shields.c1@parl.gc.ca	403.793.6775



Impacts of Blue Light and Screen Time

What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.
2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.
3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

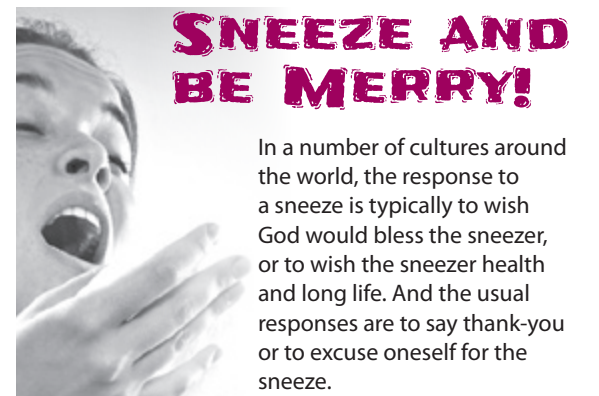
Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

Dr. Dianna Leong, Optometrist

www.healthychildren.org/mediauseplan



In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.

HIGHER STATES: GLENBOW MUSEUM, OCT. 7, 2017 – JAN. 7, 2018

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



DOWNTON ABBEY ROAD – JUBILATIONS DINNER THEATRE,

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilations.ca.



VINTAGE REDEFINED MARKET

– 1390 17 AVE S.E.,
NOV. 3 & 4

Vendors from Calgary to various parts of Western Canada bring you everything the vintage and antique market has to offer! Over 25,000 sq ft of vendor space featuring: true vintage, collectibles, re-purposed, reclaimed, oil & gas, jewelry, antiques and more! More info eventbrite.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Peace by Piece Christmas Marketplace – Cormack Hall, 903 75 Ave S.W., Nov. 4

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

A Night of Chicago Jazz featuring Ramsey Lewis – Jack Singer Concert Hall, Nov. 17

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

Moscow Ballet's Great Russian Nutcracker – Jack Singer Concert Hall, Nov. 18

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscommons.ca.

Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

BUSINESS CLASSIFIEDS

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at 403-263-3044 or sales@great-news.ca



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t [RickFraserYYC](https://twitter.com/RickFraserYYC)

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.

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In August, I organized a meeting with concerned Copperfield residents regarding a wetland that seemed to have dried up. Vesta Properties, Councillor Keating's office, and Alberta Environment were also in attendance. Notes from that meeting can be found on my Facebook page: RickFraserYYCSE. You can also request a copy of the notes by emailing Calgary.southeast@assembly.ab.ca

I had a concerned constituent visit my office about the Alberta Animal Protection Act. I put a call out to constituents for feedback and the message is clear, you'd like me to look at pursuing changes to the act. I have created a group attached to my Facebook page where I will be posting frequent updates: Alberta Animal Protection Act. I welcome constituents to join and follow my progress.

I empathize with parents upset about the Calgary Board of Education's new bus routes and scheduling. I ask that concerned constituents contact their school Trustee with feedback. You can also contact my office, so I can provide comments to the Government's Minister of Education.

Events and congratulations

- Silverado Block Party Fundraiser sponsored by Multiply Church to raise funds for the outdoor skating rink (<http://silveradoca.ca/>)
- Toured Wellspring Calgary's temporary south location. (<http://wellspringcalgary.ca/>)
- Toured Calgary Wildlife Rehabilitation Society's facility. (<http://calgarywildlife.org/>)
- Burgers to Beat MS at Glenmore and 130th Avenue locations (<https://burgerstobeatms.ca/>)

Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' questions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

If you have any questions, concerns or are in need of assistance, please contact my office at 403-215-8930 or calgary.southeast@assembly.ab.ca.

NOVEMBER NOVEMBER NOVEMBER



King of Hobbies & the Hobby of Kings



Stamp collecting started with a Young Queen Victoria of England of the British Empire, later the British Commonwealth.

A member of the British Parliament was at a post office, where mail was sent and received with the receiver paying the rate charged to deliver a letter. A woman came in to see if there was any mail for her. The postman found a letter and asked for the money to pay for delivery. She examined the envelope and returned it. The Member of Parliament, Roland Hill, stepped forward and offered to pay the rate, but the woman thanked him, but refused to allow payment.

As she left the Post office, Mr. Hill followed her and asked why she refused his offer. The lady was embarrassed and told him that the letter was a sign that her brother was alive and fine, thus she did not need to pay. Roland Hill then considered that many people probably had some way to not pay for delivery. He then proposed that there should be a better and more efficient system. He researched the system and came up with a plan to have the mail paid by the sender.

He convinced the government and after much discussion it was discussed to use a universal rate inside England for all mail. He devised an adhesive stamp bearing the picture of Queen Victoria to be placed on an envelope for a letter. It was decided that the mail rate would be determined by weight with 1 English penny (about 2 cents) per ounce. The stamps were printed on sheets of 100 which were separated by cutting with scissors. Therefore, the first postage stamps were without perforation. Perforation machines were then developed. The sheets were then changed to be a red color for the penny rate and after that other stamps in different denominations were used to handle larger and heavier mail.

Other countries followed this featuring their monarch/leader's pictures. Gradually all countries joined a Universal Postal Union to regulate rates between countries. Countries found the opportunity to tell stories on the stamps of their homeland and promote their parks, animals, historic figures and more.

Canada has told the story of our history on stamps. This year we celebrate 150 years as a self-governing country. Our first Prime Minister, John A. MacDonald was first along the Fathers of Confederation.

The Calgary Philatelic Society, and the British North America Society-Calgary are clubs for those who are interested in the wonderful hobby of philately.



SHEPARD COMMUNITY ASSOCIATION Community Memberships - \$20

Family Names or Business _____

Mailing Address _____

City _____ Postal Code _____

Phone _____

Email _____

(Note – all information received is treated with strict confidentiality)

Please mail \$20 cheque only payable to Shepard Community Association to:

Attention: SCA Memberships
Shepard Community Association
10800 – 84 Street SE, Calgary AB T3S 0A5

you would be interested in volunteering for or any position within the Shepard Community Association and return this sheet with your payment.

- Board of Directors
- Events Planning
- Hall Bookings
- Casino Fundraising
- General Cleanup
- Seasonal Parties (Adult)
- Hall Maintenance
- Seasonal Parties (Children)
- Grounds Maintenance
- Hall Construction
- Potluck Nights
- Other: Please specify



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Councillor Candidate

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