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Elected Officials



Councillor Peter Demong Ward 14 Office

P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-1653 Fax: 403-268-3823 Email: ward14@calgary.ca Web: www.calgary.ca/ward14



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

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PROUDLY SERVING WILLOW PARK AND MAPLE RIDGE FOR 13 YEARS!



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

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

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

Wellness Access Program

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

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week including aquafitness in our newly refurbished pool.
 Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.



 November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

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

Families, Children & Youth

All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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Are You On Track to Meet Your Financial Goals?



Jason Kruse, Financial Advisor

When it comes to investing, it's important to know how you're doing. Now is a good time to take the opportunity to determine if you're on the right path toward meeting your financial goals.

Consider taking these steps:

Identify your goals. To know if you're making progress toward your goals, you first have to identify them. Of course, you'll have a variety of goals in life, such as helping pay for your children's postsecondary educations. More than likely, though, your most important long-term financial goal is to build enough resources to enjoy the retirement lifestyle you've envisioned. But we all have different ideas for how we want to spend our retirement years. Some of us may want to stay close to home, volunteering and pursuing our hobbies, while others want to visit the vineyards of Bordeaux or explore the pyramids of Egypt. So, name your goals and, as much as possible, put a price tag on them. Once you know about how much your retirement is going to cost, you can create an investment strategy that may ultimately provide you with the income you will need.

Locate "gaps" – and work to fill them. After you've had your investment strategy in place for a while, you may see that some "gaps" exist. Is your portfolio not growing as fast as it should to help you reach your goals? If not, you may need to review your asset allocation to make sure it is aligned with your risk tolerance and portfolio objective. Do you find that you own too many of the same types of investments? This overconcentration could be harmful to you if a downturn affects one particular asset class, and you own too much of that asset. To help prevent this from happening, be sure to diversify your dollars across a range of investment vehicles. Keep in mind, though, that diversification can't quarantee a profit or protect against all losses.

Protect yourself – and your family. Saving for your ideal retirement is certainly a worthy goal, but you have other ones – such as providing for your family in case you aren't around, or if you become ill or incapacitated and can't work for a while. That's why you will need adequate life insurance, and possibly disability and/or critical illness insurance, too. Your employer may offer you both these types of coverage as an employee benefit, but it might not be enough – so you may want to explore private coverage as well.

By following the above suggestions, you can create some strategies that will bring you a lifetime of benefits.

NO TIME LIKE THE PRESENT TO KEEP YOUR FUTURE ON TRACK

A portfolio review will help ensure your investments are keeping pace with your goals. Call or visit our office today.



Jason R Kruse, CFP, CIM

Financial Advisor
10417 Bonaventure Drive SE, Unit C3
Calgary, AB T2J 6Y2
403 225-0011
Member - Canadian Investor Protection Fund
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Southcentre Executive Tower, Unit 350. 11012 Macleod Trail SE. Calgary, AB



Ask Charles

My real estate professional told me there is a standard rate of commission in Alberta, is that true?

It depends what they mean by "standard". There is no legislative requirement or governing body that specifies the commission rate an authorized industry professional can or will charge.

The fact is, commission is something you can negotiate with your real estate professional. Some real estate professionals aren't willing to negotiate their commission while others are. That's their right. As a buyer or seller, you have the right to work with someone who charges a commission that you're comfortable with.

Before choosing a real estate professional, you'll likely want to compare the services and fees of a few real estate professionals. These interviews can help you understand the range of commission rates available, and the services provided at the various rates.

Typically, professionals calculate commissions by:

- a percentage of the sale price
- a flat fee or schedule of flat fees
- a fee for service
- a combination including any of these

Goods and Services Tax (GST) applies to real estate fees, as they are a "service."

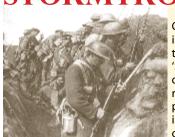
When you're signing an agreement to work with a real estate professional, make sure you understand the commission arrangements. The service agreement you sign is a legal document and it's binding. If you don't understand something in it or you don't agree with something, don't sign. Seek legal advice or find a different real estate professional to work with.

While some businesses or companies may have specific commission structures, extensive changes within the Canadian real estate industry in recent years means there isn't a standard commission rate.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a auestion, email askcharles@reca.ca.



STORMTROOPERS



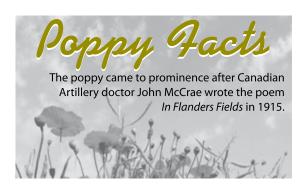
Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.



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Fairmount Dr SE (across from Southcentre Mall and Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW Trico). Saturday December 3rd 10am – 3pm.

St Gerard's Bazaar: Annual Bazaar and Garage Sale. Saturday, November 19, 2016. 9:00-3:00 pm. St. Gerard's Church, 8944 Elbow Dr. SW.

Auburn Bay Christmas Craft and Marketplace

Nov. 19, 10am – 4pm. Auburn House, 200 Auburn Bay Blvd SE. For more info visit www.auburnbay-connect.com.

Bonavista Christmas Craft Fair

Sat. Nov. 19 – sun. Nov. 20, 11am – 4pm. 1401 Acadia Dr SE. For more info www.lakebonavistacommunity.com.

Arbour Lake Christmas Craft Fair

Nov. 5, 2016 at 11:00am-3:00pm **Arbour Lake Residents Hall**

St. Andrew's Presbyterian Church Christmas Bazaar: Saturday, November 5th, 10am-2pm.

STOP MEN **DYING TOO YOUNG**



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

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

		WHAT	H O W	WHEN
01 G R	0 W	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 M C	O V E	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HO	ST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember
a s		(a)		

IN & AROUND CALGARY

EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.

Calgary Southeast Events

Canadian Pacific Remembrance Day Service

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

Stuff A Bus Nov. 5, 2016. 9am – 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

Free Skate at Ernie Starr Arena Friday, November 11, 2016, arena is open for free public skating from 1 to 2:30 pm. Address: 4808 14 Ave. SE.

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

Christmas in Inglewood - Nov 18, Nov 20

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





Last 12 Months Willow Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$482,400.00	\$457,500.00
September 2016	\$579,900.00	\$567,000.00
August 2016	\$574,900.00	\$580,500.00
July 2016	\$587,450.00	\$569,000.00
June 2016	\$459,000.00	\$439,000.00
May 2016	\$496,200.00	\$491,250.00
April 2016	\$694,000.00	\$667,250.00
March 2016	\$542,000.00	\$524,000.00
February 2016	\$599,700.00	\$580,000.00
January 2016	\$519,000.00	\$516,937.50
December 2015	\$514,850.00	\$500,500.00
November 2015	\$492,444.00	\$482,944.00

Last 12 Months Willow Park
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	9	8
September 2016	6	5
August 2016	7	6
July 2016	8	8
June 2016	8	5
May 2016	6	4
April 2016	7	2
March 2016	7	2
February 2016	7	8
January 2016	5	3
December 2015	2	2
November 2015	3	2

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

LIVERight

EDMONTON - SATURDAY, NOVEMBER 19

A free educational session on liver health and liver disease

Visit liver.ca/edmontonhealthforum today!





CALGARY - FRIDAY, DECEMBER 9

3rd Annual LIVERight Gala in support of liver research

Visit liver.ca/CalgaryGala today!





Canadian Liver Foundation Fondation canadienne du foie

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Guides Canada BLACKFOOT DISTRICT

Lest We Forget

November is a time when we reflect on the sacrifices our men and women in service made and continue to make fighting for the rights and freedoms of all people. We must never forget.

We would like to thank everyone who supported Guiding by buying a box of our yummy mint chocolate cookies. Cookies help support our many activities throughout the year.

All the units in Blackfoot District came together for a super swim night at Acadia Pool. It was a wild and wet evening of fun and games.

Spark units have been enjoying the good weather by going on nature walks and learning about animals. They have held enrolments, sold cookies, went on scavenger hunts and are making poppies for Remembrance Day.

Brownie units are working on their program, going to camp and doing outside activities. Some held Halloween parties, enrolments and will have a visit from a Girl Guide music trainer.

Guide units went to camp, sold cookies and will be having a fabulous bridging Laser Quest outing. Some girls will be volunteering at Remembrance Day ceremonies at the Jubilee Auditorium,

Pathfinder & Ranger units went to a Stampeders football game, had a campfire in Fish Creek Park, volunteered with the CIBC Run for the Cure, hosted Halloween parties & went to Nite Trek camp.

Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please call 403-283-8348

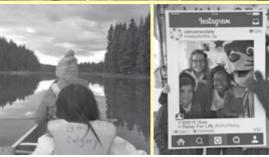
Girl Greatness Starts Here!











IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

October was a dazzling showcase of autumn colours at Mapleridge Cooperative Preschool. We started the month with class field trips to the Calgary Corn Maze and Kayben Farms. All the children were wowed by the barnyard animals, giggled as they jumped on the giant bouncy pillow and had a great time on their autumn adventure.

The month ended with a spook-tacular Halloween Party! The wonderful costumes, yummy treats, fun, games and crafts made it a great success. Thank you to everyone who helped out.

This month at MCP, the four-year-olds will enter the amazing world of dinosaurs, while the three-year-olds will be exploring colours and shapes. And the 4yr old classes will have an exciting visit from Mad Science with their program on Dinosaurs.

Each November, the students at MCP receive customized school t-shirts that they printed their names on. Students proudly wear it to school and special field trips. Both Mrs. Killam and Mrs. Marshall look great in their t-shirts too!



St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

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

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

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

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







Last 12 Months Maple Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$499,900.00	\$487,500.00
September 2016	\$537,450.00	\$518,500.00
August 2016	\$0.00	\$0.00
July 2016	\$0.00	\$0.00
June 2016	\$557,450.00	\$520,000.00
May 2016	\$599,900.00	\$587,500.00
April 2016	\$564,900.00	\$551,250.00
March 2016	\$539,900.00	\$525,000.00
February 2016	\$619,839.00	\$595,000.00
January 2016	\$532,400.00	\$518,750.00
December 2015	\$532,400.00	\$518,250.00
November 2015	\$460,000.00	\$434,000.00

Last 12 Months Maple Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	4	1
September 2016	6	2
August 2016	3	0
July 2016	2	0
June 2016	1	2
May 2016	3	1
April 2016	3	4
March 2016	5	3
February 2016	5	3
January 2016	0	2
December 2015	2	2
November 2015	5	4

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



Winter Word Fair

Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

Central Library

Thursday, December 1 | 5:00 pm–8:00 pm Everyone welcome!

Calgary Public Library Foundation Tours

The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!

To register, visit LibraryFoundation.eventbrite.com or call 403.260.2631.

Library Updates

The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at **calgarylibrary.ca**.

calgary

Nurturing a sense of belonging on National Child Day Nov. 20

National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.

This year's theme is a young person's right to belong.

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

One way your family can celebrate National Child Day is to share a book or story about belonging.

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

More books about belonging (Calgary Public Library may have these to lend):

Corduroy by Don Freeman

I Like Myself! by Karen Beaumont

The Blossoming Universe of Violet Diamond by Brenda Woods

The Invisible Boy by Trudy Ludwig

Gaston by Kelly DiPucchio

Rump: The True Story of Rumpelstiltskin by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



The Red Crossbill

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

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

Fun Facts:

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

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

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



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Illegal Encampments

A message from the Federation of Calgary Communities **Building Safe Communities Program**

Illegal encampments are complicated social issues involving people camping on ground they do not own or have authorization to do so by owners of the property. These illegal encampments can usually be found in wooded areas, parks, bodies of water and can be abandoned or still in use. When illegal encampments are abandoned it can cost on average \$4,000 to clean up the site. If you find an illegal encampment in your neighbourhood call the City at 3-1-1.

Before it can be cleaned up and removed the Calgary Police Service (CPS) must place a 72 hour trespass notice before clearing out the area. It's recommended that residents wait for CPS or Bylaw Officers to dispose of the encampment properly.

Additional Resource:

The Alpha House, an agency that serves vulnerable populations in Calgary, the agency has an Encampment Team that helps individuals who need relocation and provides support for those setting up illegal encampments with legal accommodations.

To file a complaint or learn more about what to do about an encampment in your area, call 311.

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com) under the Building Safe Communities tab.



cardboard

It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit calgary.ca/businessrecycling to learn more.

untreated wood











BUSINESS CLASSIFIEDS

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NEPTUNE PLUMBING & HEATING LTD: Oualified journeymen plumbers/gasfitters, very experienced in Willow Park and Maple Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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

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

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AIRWAYS VENTILATION LTD: Furnace replacements, direct vent wall heaters or unit heaters for the garage and hot water replacements. We also install lowmaintenance, high-efficient, water-conservative humidifiers. Other comfort options we can provide are electronic air cleaners, attic ventilation fans, bath fans and range hoods. Call Don 403-829-0730.

AFFORDABLE DENTAL CARE: We follow Alberta Blue Cross fee guide no extra billing. Our dentists and hygienists are Canadian trained. Visit www. calgarydentalcenters.com. Save money and smile. All dental plans accepted. Direct billing, Payment plans available OAC. Call 403-272-7272 or 403-287-6453.

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

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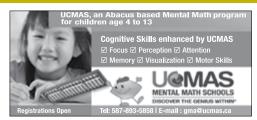
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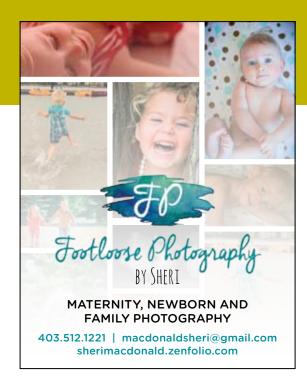
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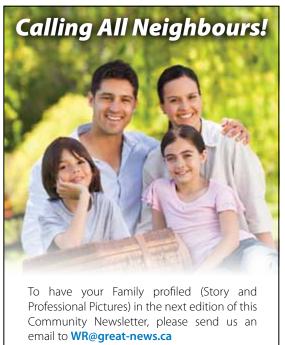
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Hi Friends and Neighbours,

In November, we remember the lives and experiences of our veterans in service - to commemorate them in taking a standing against injustice. I would like to personally thank these individuals and their families for all you have contributed to Canada's strength - your actions and voices are heard this Remembrance Day and throughout the year.

In Alberta, we value our veterans, our families, and are communities' involvement in shaping our province's core beliefs.

Because this is your Alberta and it needs your voice.

One way to have your voice hard is through Alberta's agencies, boards and commissions, and now there is a centralized approach for recruitment and appointment. This will ensure fairness and transparency, and help end the perception that these appointments are solely rewarded political insiders. Also, did you know that these boards direct the spending of almost half of Alberta's budget? Therefore, it is important that they reflect the diverse experiences, situations, and expectations of the people of Alberta.

Information about the agencies, the work that they do, who is serving on the boards, any remuneration that may apply, and what opportunities are currently available, is now online at www.boards.alberta.ca.

If you're interested in a specific agency and there are no current opportunities – no problem. Just fill out the online form, select agencies of interest and you will receive an email when there is an opening. We want everyone to know about the important work that boards do and encourage Albertans, regardless of gender, ethnicity, or where they live in the province, to consider serving in this way.

To address the concerns of many Albertans – job loss and instability due to the global oil market - the Government of Alberta is working very hard to support persons into a new career, or to start up their own business.

My staff and I would be happy to direct you to the variety of resources, courses, grants, and funding to help you and your family stay resilient during these tough economic times. If you would like assistance in accessing these supports, you can reach us by email at Calgary. Acadia@assembly.ab.ca, by phoning 403-640-1363, or visiting #10, 8318 Fairmount Dr SE. We are open Mondays 10:00AM-3:00PM and Tuesday – Friday 10:00AM-4:00PM.

If you missed our open house in October, we are hosting one more in November that you won't want to miss. It will be held Saturday November 26, 2016 from 2:00pm -4:00pm in our office, we hope to see you there!







COUNCILLOR, WARD 14 PETER DEMONG

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

Hello Ward 14,

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

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

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



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

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

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

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

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

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

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

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

IMPORTANT NUMBERS ALL EMERGENCY CALLS 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 403.943.3000 Rockyview General Hospital Sheldon M. Chumir Health Centre 403.955.6200 403.943.9300 South Calgary Urgent Care Health Centre 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

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Deadline – 1st of each month for the next month's publication Contact news@great-news.ca

- Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FLC SENIORS CLUB – TAI CHI 55+: Study of Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.

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Name	Age	Contact	Course
Alysha	13	403-254-8539	Yes
Mackenzie	15	403-452-6992	Yes
Alissa	16	403-542-6142	Yes
Kaley	16	587-998-2190	Yes
Rachael	41	403-701-2647	No

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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around

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

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