

NOVEMBER 2017

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

your **WILLOW** **MAPLE** PARK ————— RIDGE

BRINGING WILLOW PARK AND MAPLE RIDGE RESIDENTS TOGETHER



D • E • S • I • G • N
FACTOR
H • O • M • E • S

www.designfactorhomes.com

403-243-7038

Sylvan
Learning

**BRING YOUR CHILD
IN ON...**

Black Friday for an assessment for
\$1.00! NOV. 24TH ONLY!

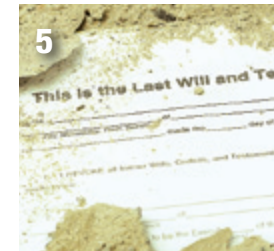
OR on **Cyber Monday** for a **1/2 PRICE**
assessment! **NOV. 27TH ONLY!**

403-777-4974

Valid @ Canyon Meadows Dr. & Canmore locations ONLY. The
ad must be presented at the centre for the offer to be valid.

CONTENTS

- 5 **DOLLARS & SENSE: RAISE YOUR "AWARENESS" OF THE BENEFITS OF LIFE INSURANCE**
- 8 **TAKE ON WELLNESS: THE THREE BIGGEST MISTAKES PEOPLE MAKE TRYING TO LOSE WEIGHT, INCREASE ENERGY, AND GET FIT – AND WHAT TO DO INSTEAD**
- 9 **MATCH SHORT AND LONG-TERM GOALS WITH THE RIGHT INVESTMENTS**
- 10 **AT A GLANCE**
- 12 **GUIDES CANADA: BLACKFOOT DISTRICT**
- 13 **YOUR CITY OF CALGARY: NOVEMBER IS ADOPT-A-SENIOR-PET MONTH**
- 14 **BUSINESS CLASSIFIEDS**
- 16 **SAFE & SOUND: INFLUENZA SEASON**



"We Care"
DEERFOOT
Carpet & Flooring



403-255-5880

Carpet Hardwood Tile Vinyl Laminate



www.deerfootcarpet.com

6170 12th ST SE



CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from. Send to news@great-news.ca. If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



YOUR WILLOW PARK/ MAPLE RIDGE

Delivered monthly to 4,200 households and businesses for 14 years!

Advertising Opportunities

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

Editorial Submissions

news@great-news.ca

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

Published by Great News Publishing

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

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

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

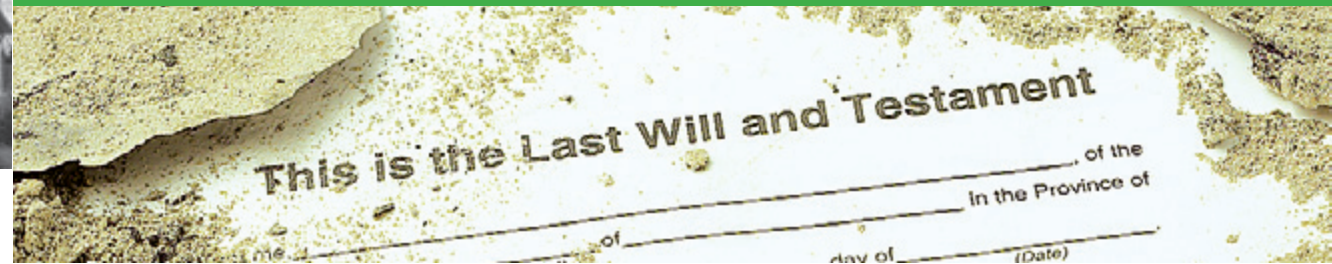
GREAT NEWS  **28** YEARS
PUBLISHING

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.

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

Great News Publishing 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.

DOLLARS & SENSE



Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you're married

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you're married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.



WILLOW PARK-MAPLE RIDGE COMMUNITY ASSOCIATION

680 Acadia Drive SE | Calgary, AB T2J 0C1
 Phone: 271-8044 | Fax: 278-3718
 info@willowridge.ca | www.willowridge.ca

ELECTED OFFICIALS



Councillor Peter Demong
Ward 14 Office
 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 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

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

SCHOOL SHOUT-OUTS

St. Bonaventure Junior High School

School motto: spirituality, citizenship, and excellence.

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

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

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

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

Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).

Serving Traditional Fish and Chips

- Organic Potatoes
- Wild-Caught Fish
- Non-GMO Oil
- Traditional Meat Pies
- British-Style Mushy Peas
- British Curry Sauce

KIDS EAT FREE*
 Every Tuesday
*1 free fish bites with purchase of each Adult Meal

Lunch Discounts
 Wed & Thur - Seniors (60+) 10% off
 Fri 10% off- Fire, Police, Nurses, EMS, Teachers, Military

TWO LOCATIONS - OPEN TUES - SUN

- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.999

www.thebritishchippy.com

Ornamental
 landscape maintainers

Full Service Landscape Company specializing in:

- Tree pruning
- Shaping
- Trimming
- Tree removal
- Tree Health Assessments

Don MacDonald, Arborist
Over 45 years' experience

One of Calgary's most respected professional Arborists & Journeyman Landscape Gardeners
 Graduated of Horticulture - Dalhousie University

Onsite ISA Certified Arborists at every job
TOP QUALITY EXPERT SERVICE

403-273-7957 | 403-371-7847
 www.ornamentallandscape.ca



The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

What is your health goal?

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: “We are what repeatedly do. Excellence is not an act but a HABIT.” Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.

Match Short and Long-Term Goals with the Right Investments

By Jason Kruse, Edward Jones

Not all investments are created equal. Some are better suited for short-term goals, while others can help you build resources for objectives far in the future. As an investor, then, one of your biggest challenges will be to match your short- and long-term goals with the appropriate investment vehicles. How should you proceed?

For starters, identify your short- and long-term goals. Your shorter-term goals will change throughout your life. When you are starting out in your career, for example, you might aspire to purchase a home in the next three to five years. Later on, though, your biggest short-term objective might be to save enough money for a long tour of Europe – without racking up credit card debt.

As for long-term goals, your biggest one likely will be to enjoy a comfortable retirement. But you may well have other long-term plans, too, such as sending your kids to post-secondary school in 10 or 15 years.

After you have a clear sense of your short- and long-term goals, you can choose the right investments to help you meet them. Let's start with the shorter-term ones. When you're saving for a down payment on a home or for an expensive European vacation, you want to make sure that a certain amount of money will be available to you at a certain time. Consequently, you may want to avoid stocks or stock-based vehicles, which will constantly fluctuate in price, because you don't want the value of your investment to be down at the moment you need the money. Instead, for short-term goals, you may want to consider a fixed-income vehicle, such as a bond, which is designed to provide regular interest payments and return your full principal upon the bond's maturity (providing the issuer doesn't default, which, with investment-grade bonds, is generally unlikely).

For longer-term goals, such as education for your kids and a comfortable retirement for yourself, it's a different story. To achieve these goals – and especially for retirement – you generally need to accumulate as much as you can. As a result, you need investments with growth potential, which means you will need to consider stocks and stock-based instruments. As mentioned above, stocks will always fluctuate in value, and they may be worth more or less than your original

investment when sold. However, building a portfolio with an investment mix that's appropriate for your risk tolerance, and that contains a reasonable amount of growth-oriented vehicles, can potentially help you overcome short-term volatility and continue making progress toward your long-term goals.

Plus, you have some attractive long-term options available. With a Registered Education Savings Plan (RESP), you can save for your child's education and possibly achieve tax benefits, too. And by contributing regularly to your RRSP or TFSA, you can take advantage of tax benefits while spreading your dollars among a wide range of investments. But there's one thing all long-term investments have in common: You need patience and discipline to stick with them.

So, there you have some ideas on short- and long-term investing. Keeping this distinction in mind when you invest can help boost your confidence that you're making appropriate moves for all your goals.

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
10333 Southport Rd, Suite 507
Calgary, AB T2W 3X6
403 225-0011
Member - Canadian Investor Protection Fund
jason.kruse@edwardjones.com
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

- FREE ESTIMATES
- RESIDENTIAL COMMERCIAL
- FULLY LICENSED & INSURED

TIMBER RIDGE

TREE SERVICE

Professional Tree Care
SERVING CALGARY FOR 12 YEARS

Workmanship Guaranteed to Customer Satisfaction

Call Daniel Owner/Operator • 403-532-3190

- HEDGE TRIMMING
- TREE REMOVAL
- TREE PRUNING & SHAPING ALL TREES
- STUMP GRINDING
- FIREWOOD FOR SALE
- YEAR ROUND SERVICE

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

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



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

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

Boy film screening – Esker Foundation, Dec. 7

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

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

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

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

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

TAKE ON WELLNESS

It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women

invest one hour per day, on herself, by herself, with herself. And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others' buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!

DECEMBER DECEMBER DECEMBER

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.

Spark units have been going on nature walks and learning about animals. They have held enrolments, sold cookies, went on scavenger hunts, learned about healthy lifestyles and are making poppies for Remembrance Day.

Brownie units are working on their program, going to camp and learning about Canada 150. 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 and the Military Museums.

Pathfinder & Ranger units had a campfire in Fish Creek Park, volunteered with the CIBC Run for the Cure, volunteered at community Halloween parties, went to Nite Trek camp and will be having a bridging Laser Quest outing.

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!

YOUR CITY OF CALGARY



November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or order).

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

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

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

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

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

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

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

www.martinwealth.ca



There's Wealth in Our Approach.™

PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Bob: 403.257.3465 / 403.461.3490

CURBMASTER
CONCRETE & LANDSCAPE

www.curbmasterfx.com

SNOW REMOVAL

Family Owned & Operated

403.240.2526

Monthly Contracts start at \$99.00

November

November is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

SAFETYSYNC

Manage Your Workplace Safety

safetysync.com

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News
Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in 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.

WHITTON ELECTRICAL SERVICES: Master Electrician 10+ years' experience; available for all your electrical needs. Need your basement wired? Or installing a new hot tub? Big box companies say it's not possible?! Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

ALPHA PLUMBING LTD: Boiler system, furnace and gas fitting specialist putting customer service first! Journeyman certification, insured and BBB accredited, we are eager to show you how our skillset and honest approach leave our customers happy! Call Dan 403-589-7843, email dan@alpha-plumbing.ca, or visit us online www.alpha-plumbing.ca.

ARTWOOD FLOORS: We supply, install, sand, stain, and finish site and pre-finished hardwood floors. 20 years of experience. Dustless sanding, commercial grade finishes and quality workmanship at competitive prices. For a free estimate call 403-251-9980 or visit our website at www.artwoodfloors.ca.

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!

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

GARAGES, DECKS, RENOVATIONS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you on your home projects! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

BUILT BY EDDY CONTRACTING: Renovations, basements, kitchens, bathrooms. Experienced, affordable, local. We live where you live, so we understand the sense of pride you have in your home and community. Licensed, insured, WCB, BBB accredited. 403-804-0277 builtbyeddy@gmail.com.

FOR ALL YOUR DRYWALL RENOVATION NEEDS: Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

CAN DO SERVICES LTD: Office/residential cleaning. Fully insured, WCB, and bonded. Looking for that special clean? Give us a call. Available for cleaning move ins/outs, open houses, and display homes. Call or email today for a walk-through estimate for your one-time, weekly, or monthly rates. 403-585-4291, candoservicesltd@gmail.com.

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.

SAVE \$\$\$\$ FOR CHRISTMAS! We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$15 per hour to start. Call 403-225-3441.

CUSTOM CRAFT PAINTING: Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

COMPUTERS & DEVICES CAUSING YOU GRIEF? Frustrated and don't know where to start? Trusted technician (20+ years' experience) offering patience and understanding with on-site support services that target your specific needs. Contact Debra - 403-630-2862. www.ddlcomputersolutions.ca.

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.

VACATION TIME? HANDYMAN SERVICE? Documented daily home checks to meet insurance requirements while away. Snow removal, plant care. Also able to do light fixture installation and other minor repairs. Reasonable rates, insured and WCB. Geoff: 403-880-9211.

WANTED - GUITAR TEACHER: Looking for a guitar teacher with 3+ years of teaching experience, willing to teach in a group setting. Must be available Sundays from 11:45-12:45 and able to commute to Church location in Lake Bonavista. Contact Darcy at dvanh88@shaw.ca.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

KEENLINE DESIGN: Overwhelmed by a disorganized home? We specialize in creating organized, simple, beautiful spaces for everyday living. Services include interior redesign, home organization, one-day room makeovers, downsizing, holiday decorating. Visit our website at keenlinedesign.com. Contact Megan at 403-993-1249, megan@keenlinedesign.com.

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

PROJECT TEK INC: Complete home renovations, bathrooms, kitchens remodeling, laminate flooring, basement renovation, audio video automation and integration, whole house audio, home theater and surveillance camera system. Insured, licensed and bonded. References. Financing available. 403-861-8324, www.project-tek.biz.

SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service, including hot water tanks, gas fitting, back flow testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.



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



Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

Fantastic Jewellery Repairs

Superior Jewellery repair by
German Master Goldsmith and Designer

With over 38 years of repair and design experience! He works with top quality equipment and tools made in Germany and Switzerland. Including a \$45,000 Laser Welder for extremely small, thin, and delicate repairs, and a \$14,000 Leica Camera and Magnifier for extra tiny diamond and gemstone setting.

With the right tools and 38 years of experience you can repair anything.

Ring sizing • Clasps • Insurance Work • Excellent Ring Design
Earrings • Necklaces • Stone Setting • Plating • and more!

 I Love My Diamond LTD.

South Centre Executive Tower | Suite 635 - 11012 Macleod Trail SE
587-393-7979 | info@ilovemydiamond.ca | www.ilovemydiamond.ca | Open Tues-Sat 11am-6pm

SPECIAL OFFER

Visit us today with any repair or design and receive a

FREE Jewellery Present & 15% OFF



COMMUNITY ANNOUNCEMENTS

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

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo fiddle or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

FLC SENIORS CLUB 55+:(Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.

SCHOOL SHOUT-OUTS

Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about pre-school routines. In October, our morning and afternoon classes enjoyed learning about the season of Autumn, Harvest and Thanksgiving traditions as well as celebrated Halloween. Highlights of the month included field trips to Kayben Farms and the Calgary Corn Maze where the children learned about pumpkins, visited with farm animals and enjoyed a fun-filled autumn adventure. In November, our classes look forward to immersing themselves in fairy tales and nursery rhymes in the classroom as well as exploring the world of Dinosaurs.

If you are looking for more information about Mapleridge Preschool, please contact us at 403-278-9594 or visit our web site at www.mapleridgepreschool.com.



MLA Calgary - Acadia
Brandy Payne
#10, 8318 Fairmount Drive SE
Calgary, AB, Canada T2H 0Y8
☎ 403-640-1363 📠 403-592-8171
✉ calgary.acadia@assembly.ab.ca

Hello friends and neighbors,

I hope you've enjoyed our lovely fall and had a wonderful Thanksgiving with friends and family.

The month of November is a time for remembering those who sacrificed for our freedoms. I am extremely grateful to all the men and women who showed courage, determination, and bravery when they were called upon by their country to serve. It is important for us to share our veteran's stories and experiences with the younger generation so their bravery and sacrifice is not forgotten. During the month of November, I ask you to join me in wearing a poppy to honor and remember those who fought to protect the freedoms and values we Canadians hold dear.

Our Provincial Government is working to make life better for Albertans. Our economy is recovering, with economists across the country predicting that Alberta will lead the way in economic growth in Canada this year.

Still, we know many families are facing financial challenges, which is why we're committed to making life more affordable for Albertans. We froze tuition fees at Alberta's universities, colleges and post-secondary institutions - for the third year in a row.

Through Energy Efficiency Alberta, we have helped thousands of Albertans save money on their electrical bills with instant savings and online rebates on energy-saving products like LED light bulbs, programmable thermostats, tankless hot water heaters, and much more. You can learn more and sign up for updates on the program at www.efficiencyalberta.ca.

As we move through the Fall Legislature Session, our government will continue to make improvements to modernize Alberta laws and make life better for all Albertans. I look forward to hearing your thoughts, insights and opinions of the proposed legislation by email at calgary.acadia@assembly.ab.ca, by phone 403-640-1363, or I person at #10, 8318 Fairmount Dr. S.E

Thee Lingerie Shoppe
...because it fits!

A104 1600 90th Ave SW
(Glenmore Landing)
403-460-3373
www.tlsbras.com

PRIMA DONNA
twist

Calgary's Largest Independently-owned Art Supply Store

KENSINGTON NEW LOCATION
ART SUPPLY and INSTRUCTION

6999 - 11 St SE
Now located in SE Calgary near Deerfoot Meadows
We're closer than you think!!

UPCOMING WORKSHOPS

Gelli Plate Printing	Fri, Nov 3 (1-4pm)	\$40
Alcohol Ink Sampler	Sun, Nov 5 (1-4pm)	\$75
Intro to Drawing Manga	Wed, Nov 15 (6-9pm)	\$65
Watercolour Sampler	Sun, Nov 19 (1-4pm)	\$75

NEW PRODUCTS

Ecoline Watercolour Markers - 29 Colours - \$4.50 each

We have ongoing independent study art classes in a variety of media (oils, acrylics, wc and more)

STORE HOURS:
Mon - Thurs 9-8
Fri - Sat 9-6
Sun & Hols 11-5

403-283-2288
info@kensingtonartsupply.com

Assiniboine.com
Christmas Lights Installation

Ask about Residential & Commercial Snow Removal

ASSINIBOINE CALL NOW 24/7 - WCB - Licensed - Insured - Bonded
LIGHTS & LANDSCAPES | **403.301.3300**

ARISE FAMILY CHURCH

Thank you to our service men & women

Remembrance Day
Let Us Forget 11th November

Sunday Service 10:15 am to Noon
680 Acadia Dr SE (Willow Ridge Community Center)
www.jlmin.org

Your Brows are the Frame. Your Skin is the Canvas

Beauty is art

Call Sara at 403-690-4460
or visit us at BelleVisage.ca
to view some stunning transformations

Little Victories
PHOTOGRAPHY

403-714-9769
www.littlevictoriesphotography.com
littlevictoriesphotography@gmail.com

CALGARY CAREER AND EMPLOYMENT CENTRE (CCEC)

NO COST services designed to assist you identify the steps required to achieve your employment and career goals

- ✓ Career Coaching
- ✓ Job Search
- ✓ Resumes and Cover Letters
- ✓ Interview Techniques
- ✓ Computer One-On-One
- ✓ Resource Centre
- ✓ Webinars
- ✓ Weekly Career Café
- ✓ Employer Services

403-668-5445
Southcentre Executive Tower
350, 11012 Macleod Trail S.E.
Calgary, AB T2J 6A5
www.mcbridecareergroup.com

Canada Alberta

OLD GOLD AND DIAMOND BUYERS LTD.

Why do we pay you MORE CASH?
Only Old Gold Jewellery & Diamond Buyers Ltd. test your old Gold and Silver with X-Ray technology right in front of you!

All 10k & 14K GOLD jewellery has silver in it used as fillers to make it 100%
Only Gold and Diamond Buyers Ltd. pays you for the silver

We're using a scale that is accurate to 1000th of a gram

THIS IS WHY WE PAY YOU MORE CASH!!

Sell your Gold for Cash and receive a **FREE Jewellery Gift!**

South Centre Executive Tower
Suite 635 - 11012 Macleod Trail SE
403-217-4653
Watch our videos online!
goldanddiamondbuyers.ca
Operating Hours:
Tuesday - Saturday 11am-6pm



A DEGREE ABOVE
HEATING & AIR LTD.

**YOUR WILLOW PARK & MAPLE RIDGE
FURNACE SPECIALIST**

Keith A. Bergen
SHEET METAL MECHANIC

Furnace Replacements & Repairs
Air Conditioning | Air Cleaners
Humidifiers | Ventilation | Custom Sheet Metal

Call today!

403-519-4268

www.adegreeabove.com

— The —
NEXT BEST THING
to a
**PUMPKIN SPICE
LATTÉ**

Visit our Willow Park store today!

**564 • 10816 Macleod Trail SE
587•475•2039**

   @made_foods
MADEFOODS.COM



**Bag to Earth®
Food Waste Bags**



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

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

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

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

