

NOVEMBER 2016

DELIVERED MONTHLY TO 13,700 HOUSEHOLDS

your **ASPEN**SPRING

BRINGING ASPEN ESTATES/WOODS, COUGAR RIDGE, SPRINGBANK HILL, WENTWORTH & WEST SPRINGS RESIDENTS TOGETHER







THE ARMORY

Ready for Move In This Summer!



COVE PROPERTIES
FOUNDATION STRENGTH HISTORY



Personal touch. Global reach. The core values that define us

Beautifully Designed Project

- Spacious suites designed for luxury living
- Secure, underground heated parking
- Individual Storage areas for each Unit in parkade
- Premium hardwood options available to personalize your home
- Eight designer colour packages (each with optional upgrades)
- Spacious private balconies

Gourmet Kitchens

- Quiet energy saver dishwasher
- Solid Wood cabinets with soft close dovetail pullouts
- Oversized, flat surface eating bars

Spa-inspired Bathrooms

- Fully tiled walk-in showers in all Master Ensuites

Exterior Building Finishes

- Smooth finish acrylic stucco with beautiful brick base and columns, true fir timber accents
- Dura-deck coating on balconies
- Min. 25 year roof shingle
- Extensively landscaped grounds including in-ground irrigation system

HVAC and Electrical Features

- 4 port USB outlet in kitchen
- Smart wiring for HDTV in every unit
- Air conditioning included in all suites
- Pot lights throughout

Building Life Safety Features

- State of the art video surveillance at key access points to building
- Fully sprinklered parkade and balconies



145 Burma Star Road SW, Calgary AB
Show Home: 403.984.0928

Engel & Völkers Calgary
Licensee of Engel & Völkers Canada Inc.
#140 - 215 9 Avenue SW
Calgary, Alberta
Office: 587-387-2228
www.markdevernden.com

MARK D. EVERNDEN
Private Office Advisor
c 403.829.3776
f 403.592.7791
e mark.evernden@evcanada.com

**You only live once -
we show you where!**

Not intended to solicit properties already listed for sale.


ENGEL & VÖLKERS
CALGARY


**Springbank Hill
DENTAL**

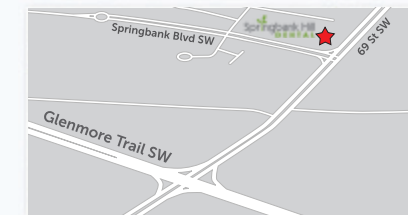
☎ 403.454.4757

NOW OPEN

- Family and Cosmetic Dentistry
- Evening and Weekend Appointments
- Direct Insurance Billing
- Dedicated Children's Play Area with iPads
- Botox Cosmetic & Therapeutic Treatments
- Start-to-Finish Dental Implants
- Invisalign Clear Braces



DIRECTIONS



CONTACT INFO

Dr. Michael Sander, DMD

Springbank Hill Dental
#133 - 7460 Springbank Blvd. SW
Calgary, AB T3H 0W4

T: 403.454.4757

W: www.springbankhilldental.com

E: springbankhilldental@gmail.com

New Patients and Emergencies Always Welcome



Clear Water Academy

A CATHOLIC SCHOOL OF INTEGRAL FORMATION

High School Info Session
Wednesday, Nov. 16
7:00 p.m.

Jr. Kindergarten - Gr. 9
Info Session
Wednesday, Nov. 23
7:00 p.m.

clearwateracademy.com

**Visit Admissions on our website to register or
call 403-240-7901**

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	HOW	WHEN
01 GROW	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 MOVE	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 November
03 HOST	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 November



Aspen Estates/Woods • Cougar Ridge •
Springbank Hill • Wentworth & West Springs

Elected Officials



Ron Liepert
MP Calgary Signal Hill
#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666
Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca



Councillor Richard Pootmans
Ward 6 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430
Fax: 403-268-3823
Email: ward06@calgary.ca
Web: www.calgary.ca/ward6



Mike Ellis
MLA, Calgary-West
Unit 234, 333 Aspen Glen Landing SW
Calgary, AB Canada T3H 0N6
Phone: (403) 216-5439
Fax: (403) 216-5441
Email: calgary.west@assembly.ab.ca



Debora Drever
MLA, Calgary-Bow
6307 Bowness Rd NW
Calgary, AB Canada T3B 0E4
Phone: (403) 216-5400
Fax: (403) 216-5402
Email: calgary.bow@assembly.ab.ca

NEWSLETTER AD SALES



Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

Springbank Ladies Time Out	6
Real Estate Update	9,11,13,15
My Babysitter List	17
At a Glance	18
Your Community Business of the Month	20



GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING ASPEN WOODS, SPRINGBANK HILL AND
WENTWORTH FOR 6 YEARS!



Springbank Ladies Time Out

Springbank Ladies Time Out invite the community to join us for our Deck the Halls Christmas Market on Monday, December 5th from 9am-12noon at Eden Brook Reception Centre at Lower Springbank Road and 17th Ave SW. You will be able to find everything from homemade artisanal items to delicious foodie treats. Vendors will be posted on our website at www.springbanklto.com. There will be door prizes, coffee, tea and holiday treats, as well as a chance

to visit with friends and to share the holiday spirit! Proceeds from this event will be donated to local charities supported by Springbank Ladies Time Out.

We provide an opportunity for women of all ages in the Calgary area to meet new people, to socialize and to participate in a wide variety of registered classes and activities including cooking, yoga, arts and crafts, floral arranging and much more. Classes and events are held on Monday mornings at the Eden Brook Reception Centre. Please visit our website at www.springbanklto.com or Facebook/Springbank LTO for a list of classes as well as information on January 2017 registration for the winter session.



*"I didn't expect to
feel so comfortable
here."*

Feeling at home means enjoying the things you like to do. Which is why at Amica, you can always enjoy your day the way you like to – read your book in a quiet corner or enjoy a snack when you want to.

You can expect an all-inclusive community that is personalized to you with a range of first-class amenities and services. You can choose care and support options tailored to your unique needs and preferences.

Independent Living • Assisted Living

Expect More.™

— * —
***Come learn about our enhanced care and support options.
Call or book a visit online at amica.ca***
—



AMICA™
at Aspen Woods

amica.ca


Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary
403-240-4404

South of Bow Trail SW
off 85th Street SW


Get Your Pass Today!

403.246.5511

www.alivedanceworks.com



Monday, Tuesday, Wednesday, Thursday, Friday & Sunday classes



Youth Yoga Sundays @ 11:00 am

10 Yoga Classes for \$160



HAIR A CAIN

MOBILE HAIR STYLIST

416.567.3457 - Hairacainn@gmail.com

Weave Specialist - 100% Virgin Hair

Hair Wefts Weaves

Custom Wigs Braids

Wedding Packages Hair Extensions

Accounting and Tax Services

Bookkeeping - monthly, quarterly or annual • Year-end Financial Statements

Corporate and Personal Tax Preparation, Filing and Planning

Albert R. Rupps Professional Corporation

Chartered Professional Accountant

(587) 703-3961

arrpc@telus.net

IN & AROUND CALGARY

Did You Know?


Cloverdale Paint Now Offers Discounts to Community Association Members!

Cloverdale Paint is now offering club member pricing to community association members and organizational members of the Federation of Calgary Communities!

What does this mean for you? Well, whenever you need to buy paint you simply go to Cloverdale and say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint accessories!

Cloverdale Paint approached us to set up this discount program as they understand that community associations, their volunteers, and their members are at the heart of our city, and they wanted to give back in some way.

Thanks to Cloverdale Paint for their support and commitment to the community association network and for helping improve neighbourhood life in Calgary!



Springbank Hill Real Estate Update

Last 12 Months Springbank Hill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$733,500.00	\$703,500.00
September 2016	\$774,900.00	\$765,000.00
August 2016	\$939,000.00	\$885,000.00
July 2016	\$792,450.00	\$782,750.00
June 2016	\$769,950.00	\$762,250.00
May 2016	\$738,950.00	\$711,600.00
April 2016	\$819,900.00	\$795,000.00
March 2016	\$743,000.00	\$720,000.00
February 2016	\$724,000.00	\$696,000.00
January 2016	\$564,900.00	\$547,500.00
December 2015	\$824,450.00	\$787,500.00
November 2015	\$799,900.00	\$750,000.00

Last 12 Months Springbank Hill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	22	12
September 2016	18	17
August 2016	22	8
July 2016	14	16
June 2016	28	20
May 2016	17	12
April 2016	20	11
March 2016	19	18
February 2016	20	7
January 2016	14	1
December 2015	4	4
November 2015	14	1

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

COMMUNITY NEWSLETTER AD SALES



Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

Discovery Ridge

Remedy'sRx

The Local Drug Store

Compounding Pharmacy and Travel Clinic

THE FLU VIRUS CAN LIVE UP TO 48 HOURS ON OBJECTS.



Don't go viral.
Get your flu shot here.
Walk-ins and appointments available.

*Source: Public Health Agency of Canada

IDEAL PROTEIN WEIGHT LOSS PROTOCOL

A medically developed weight loss management program including:

- A healthy, flexible program that suits your lifestyle
- One-on-one coaching by our pharmacist
- Methods to promote fat loss while supporting muscle mass

Sign-up and consultation fees waived with this ad

712-10 Discovery Ridge Hill SW

(403) 475-HEAL

ORANGE BOB

PIZZA
PASTA
RICE

The Best Pizza In Town

www.orangebobs.com

Pickup or Delivery Call: 403.242.5678

Pizza

Pasta

Rice

Korean Food

PIZZA - UNLIMITED TOPPINGS
Large \$15.95 Medium \$12.95

HOURS OF OPERATION

Monday – Saturday 11:30 am – 10:00 pm
Sunday and Holidays 4:00 pm – 9:00 pm

#8 - 7337 Sierra Morena Blvd. SW T3H 3V4



Aspen Woods Real Estate Update

Last 12 Months Aspen Woods

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$812,500.00	\$808,750.00
September 2016	\$976,944.00	\$940,944.00
August 2016	\$869,000.00	\$869,000.00
July 2016	\$986,500.00	\$967,500.00
June 2016	\$879,900.00	\$860,000.00
May 2016	\$884,394.00	\$854,000.00
April 2016	\$1,046,999.50	\$1,022,500.00
March 2016	\$903,950.00	\$882,500.00
February 2016	\$1,250,000.00	\$1,060,000.00
January 2016	\$1,159,900.00	\$1,140,500.00
December 2015	\$713,500.00	\$684,750.00
November 2015	\$775,000.00	\$747,000.00

Last 12 Months Aspen Woods

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	18	6
September 2016	27	10
August 2016	11	5
July 2016	14	12
June 2016	14	15
May 2016	23	16
April 2016	19	14
March 2016	14	10
February 2016	15	9
January 2016	19	2
December 2015	7	4
November 2015	16	5

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

COMMUNITY NEWSLETTER AD SALES

GREAT NEWS
PUBLISHING 

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

LIVERight™
Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

**A free educational session on
liver health and liver disease**

Visit liver.ca/edmontonhealthforum today!



LIVERight™
Gala

CALGARY - FRIDAY, DECEMBER 9

**3rd Annual LIVERight Gala
in support of liver research**

Visit liver.ca/CalgaryGala today!



liver.ca

Canadian Liver Foundation
Fondation canadienne du foie

*Bringing liver research to life
Donner vie à la recherche sur le foie*



NOV. 20 • 2:30 P.M.

WESTERN FINAL

McMAHON STADIUM

TICKETS ONLY
\$34.50
(REG. \$39.50)

Visit Stampede.com/Newsletter
and enter the promo code: **NEWSLETTER**



West Springs Real Estate Update

Last 12 Months West Springs
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$769,900.00	\$738,000.00
September 2016	\$674,000.00	\$649,000.00
August 2016	\$679,900.00	\$683,750.00
July 2016	\$749,900.00	\$786,000.00
June 2016	\$685,000.00	\$682,300.00
May 2016	\$614,450.00	\$587,000.00
April 2016	\$798,000.00	\$770,000.00
March 2016	\$549,900.00	\$537,250.00
February 2016	\$744,000.00	\$720,000.00
January 2016	\$823,999.50	\$792,800.00
December 2015	\$644,900.00	\$630,000.00
November 2015	\$939,950.00	\$933,500.00

Last 12 Months West Springs MLS Real Estate
Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	22	15
September 2016	35	9
August 2016	19	10
July 2016	24	15
June 2016	29	20
May 2016	17	16
April 2016	19	17
March 2016	24	16
February 2016	19	11
January 2016	23	8
December 2015	10	7
November 2015	13	12

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

COMMUNITY NEWSLETTER AD SALES

GREATNEWS
PUBLISHING

27
YEARS

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

THE PROPHETS OF MUSIC

presents

DECEMBER 3rd, 2016

**Prophets of Music
presents:**
Jocelyn Alice //
Chris Stills //
Mocking Shadows //
**+
Special Guests //**
**for an evening of
exceptional music
at the Palace Theatre
(Flames Central) .**
Tickets available soon
prophetsofmusic.org //

For information on
our programs and
community outreach
initiatives visit:
prophetsofmusic.org

Prophets of Music is
dedicated to supporting
emerging Canadian
artists in the creation
of exceptional original
music. We provide
resources, mentorship
and education in music
fundamentals, artistic
development, perform-
ance, production,
business essentials,
brand development,
and promotion.






FREEZE YOUR FAT

with non-surgical fat-reduction



PRIVATE INVITATION
THURSDAY DECEMBER 1ST, 1 PM - 3 PM

Join us to learn more about what CoolSculpting will do for you. You will receive a personal customized treatment plan.

Learn about:

- The science behind this Health Canada approved, non-surgical fat-reduction treatment.
- How CoolSculpting works to eliminate stubborn fat that resists all efforts through diet and exercise.
- How to maximize your time and budget!

Receive a private complimentary consultation with a CoolSculpting expert.

LEARN MORE AT OUR COOLSCULPTING EVENT

✻

COMPLIMENTARY CONSULTATION
Attendance by Confirmed Reservation
Please RSVP to
kamila@totalskincarecentre.com

TOTAL | SKINCARE | CENTRE

636 45 St SW, Suite 202 • 403-216-4685 • www.totalskincarecentre.com



Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$544,400.00	\$522,500.00
September 2016	\$574,900.00	\$562,500.00
August 2016	\$580,000.00	\$569,300.00
July 2016	\$574,800.00	\$548,000.00
June 2016	\$622,500.00	\$612,000.00
May 2016	\$561,950.00	\$543,500.00
April 2016	\$559,000.00	\$544,250.00
March 2016	\$525,000.00	\$520,000.00
February 2016	\$509,900.00	\$493,500.00
January 2016	\$544,900.00	\$529,500.00
December 2015	\$549,900.00	\$532,000.00
November 2015	\$524,900.00	\$519,000.00

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

	No. New Properties	No. Properties Sold
October 2016	15	8
September 2016	14	9
August 2016	8	5
July 2016	15	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5
January 2016	18	3
December 2015	9	3
November 2015	6	7

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

COMMUNITY NEWSLETTER AD SALES

GREATNEWS PUBLISHING 27 YEARS
Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

KABUKU

SUSHI

www.kabuku.ca

Aspen Location

2136 10 Aspen Stone Blvd S.W
Calgary AB T3H 0K3
Phone: 587-955-8884

Downtown Location

414 3 Street S.W Calgary AB T2P 1R2
Phone: 403-237-8884

Do TAXES have you PUZZLED?



Vanessa A. Brown
Chartered Professional
Accountant, CA, CMA

corporate tax
partnerships
trusts
GST
payroll
personal tax

Get help putting it all together.

NOW ACCEPTING NEW CLIENTS www.vabrown.ca 403.229.1996

CALGARY'S STAR CHRISTMAS LIGHT INSTALLERS



Stella Lights

Great Rates, Fully Insured,
Experienced & Professional

Up to 15% off Early Bird Offer.
Ask for Details.

FOR A FREE QUOTE CALL: **844-HOHOHO-I**
844-464-6461

COMMUNITY COUGARS
GAMES THIS FALL

FRIDAY, NOVEMBER 4
7PM MEN'S HOCKEY
@ FLAMES COMMUNITY ARENAS

THURSDAY, NOVEMBER 10
6PM MEN'S AND WOMEN'S BASKETBALL
@ MOUNT ROYAL UNIVERSITY KENYON COURT

FRIDAY, NOVEMBER 18
7PM WOMEN'S HOCKEY
@ FLAMES COMMUNITY ARENAS

SATURDAY, NOVEMBER 26
5PM MEN'S AND WOMEN'S VOLLEYBALL
@ MOUNT ROYAL UNIVERSITY KENYON COURT



**FREE ADMISSION
WITH THIS COUPON TO ANY
COUGARS GAME DURING
THE 2016-2017 SEASON**

WE ❤️ OUR COMMUNITIES



Aspen Spring
mybabysitterlist

Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	21	403-805-2008	Yes
Brodie	15	403-805-1469	Yes
Caleigh	12	403-470-3234	Yes
Christoph	25	587-998-6172	Yes
Eireland	14	403-616-9761	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	15	403-909-6936	No
Katherine	16	403-835-4547	Yes
Kosar	17	403-402-4298	No
Lauren	17	587-215-6198	Yes
Lauren	28	403-837-4018	Yes
Madison	13	403-830-9326	Yes
Marites	40	403-891-3771	No
Megan	17	403-970-6836	Yes
Melanie	13	403-532-2668	Yes
Michelle	16	587-891-8670	No
Miracle	13	587-968-0550	Yes
Natasha	26	403-408-9651	Yes
Nikolay	15	403-244-4776	Yes
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Qin Rui	18	587-830-5617	No
Rowan	18	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	29	403-990-8311	Yes
Yvette	14	403-217-5191	Yes
Zandra	22	403-828-8259	No

little
modern market

HOLIDAY EDITION
A MODERN + LOCAL POP UP MARKET

NOVEMBER 26
10AM - 6PM
RALLY POINTE | 11511 35 ST SE
\$5 ENTRY
@littlemodernmarket

MOBILE PHYSIOTHERAPY
AT YOUR DOOR

ENDURANCE on 8th
HEALTH CENTRE

Book your appointment today:
403.265.8383
Direct Billing Available

ENDURANCE8HEALTH.COM

LITERACY VILLAGE

Enriching
Reading,
Writing
& Spelling

AGES 5-7

403.690.9446
literacyvillage.info

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

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.

DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info www.glenbow.org/programs



NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info www.aspencrossing.showare.com/eventperformances



DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunch-box Theatre: It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunch-box Theatre. More info www.lunchboxtheatre.com

Dec. 2 – 4 The International Christmas Market at Spruce Meadows: Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit - just in time for the holidays. For info www.sprucemeadows.com/christmas_market

Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park: Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info www.heritagepark.ca

Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall: This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info www.calgaryphil.com

Nov. 26 – Jan. 8 Lion's Festival of Lights: The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info www.lionsfestivaloflights.ca

Dec. 2 - 4, 9 - 11, 16 – 18 Market Collective Cheer: Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info www.marketcollective.ca

*The Views
are breathtaking*

- Gated Community
- Age Restricted
- Luxury Living
- Lock & Leave
- Security
- Curtain Walls
- Window Views
- Steel & Concrete Construction
- Reserve your Terrace or Brownstone now then Move-In 2018



403.262.5070

theviewscalgary.com



Springbank

Nails Time

Services:

- Full Nail Services
- Waxing
- Eyelash Extension
- Kid's Specials
- Nail Parties (Birthday, Anniversary etc.)
- New Shawnessy location

To book an appointment:

www.nails-time.com

Call: 403-249-8844

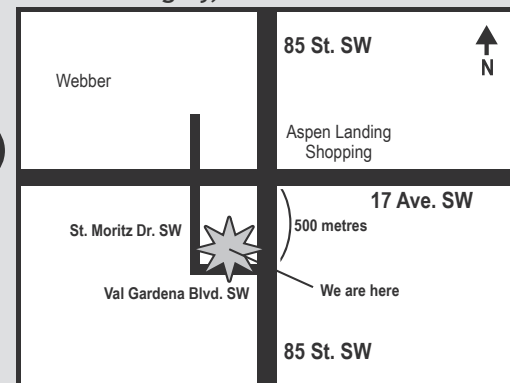
Phone: 403-249-8844

Email: sales@nails-time.com

Website: www.nails-time.com

Address: 4104, 288 St Moritz Dr. SW, Calgary, T3H 5H8

Business hours:
Mon-Fri: 10:00AM to 7:00PM
Sat: 10:00AM to 6:00PM
Sun: 11:00AM to 5:00PM



BOOKING DISCOUNT

20% For Eyelash
& **10%** for other services

- A Brand New, Spacious and Professional Nail Salon for Springbank Hill, Aspen Woods, Signal Hill, Christie Park and West Springs
- We commit to provide best services with our top-notch Technicians
- We follow very strict health and safety standards in our operations
- Walk-ins are welcome - but to serve you better, please book an appointment in advance

Gift Cards are Available • www.Nails-Time.Com

your **COMMUNITY** BUSINESS OF THE MONTH




• Hockey Equipment • Sports Apparel
• Full Service Hockey Pro - Shop

587-353-9378
Unit 405, 8560 - 8A Ave SW
Calgary AB T3H 1T1
www.westendsports.pro



West End Sports

TO: Local hockey families FROM: Local hockey families

What started as a joke between two dads at their sons' hockey game has turned into a locally-owned and operated sports store and pro shop. But what was the joke exactly? Well, the two families were tired of driving around the city to purchase equipment and sharpen skates and surely enough other Springbank parents felt the same, they thought. So, why don't we open a business? And, just like that, West End Sports in West 85th idea was born!

The families partnered-up to make their dream a reality; in the images you will see the proud owners Kade Johnson, Juanita Levandosky, Tammy and Robin Yakemchuk with their children. Their faces may be familiar, as both families are heavily involved in the West Springs and Springbank communities, being part of the local school boards and Robin is one of the directors of the Springbank Minor Hockey Association.

The two families have a passion for hockey, a drive to develop the Springbank area, and previous experience



starting up and managing businesses, thereby West End Sports was a recipe for success.

The families' two sons, Nicholas Johnson and Carter Yakemchuk, met in Timbits 5 years ago and have played on the same team ever since. During their sons' games the West End Sports store idea grew and became a 3-year-business-plan. The doors of the skate sharpening pro shop opened in September and now the owners are looking for support from the local hockey community.

The owners said that they are, "looking forward to providing quality, reliable products in a convenient location. We also pride ourselves on hiring friendly and energetic staff with 'hockey know-how.' Our Blade masters have an eye for detail acquired from their years of experience, skate sharpening."

Tammy and Robin have owned two Burger Kings in Fort McMurray for 17 years and the family moved to the Springbank area 6 years ago, while still managing these businesses.

Kade and Juanita are also proud owners of local Calgary business Akela Construction, which is a family-owned and operated outfit that has been around for 25 years.

The store is located in West Springs and is hoping to provide a sharpening service to local hockey families where parking is free and the sharpening is exceptional. "We have two Blade Master Pro sharpening machines giving us the capability to keep up with high demand."

Come in and support local business and see how sharp they are!

Unit 405, 8560 - 8A Ave SW, Calgary AB T3H 1T1
587-353-9378
<http://www.westendsports.pro/>



"You turned the darkest part of my life into day."
- Irene, WINS Client

Donate your gently used clothing, housewares and furniture to help Calgary women.

Get ready for the holiday season, while doing good for the community. Now is the perfect time to clean out and declutter your house. Thank you for your donations!



4 convenient locations including:
Richmond—2907 Richmond Rd. SW
Free donation pickup—womeninneed.net

UPCOMING OPEN HOUSES:

Sarcee Trail / Richmond Road S.W. Interchange Functional Planning Study

The City of Calgary is undertaking a study for the Sarcee Trail/Richmond Road S.W. interchange. Although there is currently no funding allocated to construct an interchange at this location, The City hopes to have these plans approved and have the interchange included as a candidate project for funding in 2018.

This timing allows us to evaluate the option to design and construct the interchange in coordination with the Southwest Calgary Ring Road (SWCRR) project, which is scheduled to open by 2021.

We will be holding two open houses to gather feedback from nearby communities and businesses on interchange design options, accesses and connectivity.

These two open houses will be held in late November. For information on the dates and locations, please visit www.calgary.ca/sarceerichmond.

No RSVP is required.



It's Okay To "Double-Dip"

Janine Rea, BA Economics

Key Points:

- When we say double-dip, we mean using the tax refund from your RRSP contribution to make an RESP contribution.
- Take advantage of the CESG program, which provides grant money for contributions made for an eligible child.
- Consider monthly Pre-Authorization Contributions instead of annual contributions toward your RRSPs.

If you have any questions about "double-dipping", I would be happy to help.

Help secure your family's future

As a parent, you have to be a terrific juggler. You juggle time to complete all the tasks and chores that fill your day. You juggle responsibilities to ensure your children have the best possible childhood and prospects for their future. Yet the toughest juggling act of all is managing your finances while raising a family. It can be even more difficult to find the extra dollars needed to invest towards a comfortable financial future, including your retirement and the educational plans of your children.

If you're a parent of young children, you are probably struggling with a tough decision: Is it better to first save for your retirement through registered retirement sav-

ings plans (RRSPs), or to save for your children's education through registered education savings plans (RESPs)?

Fret no more because there is a way to do both: Make your RRSP contribution before the deadline each year and use the resulting tax refund to make an RESP contribution. That's the ultimate "double-dip" because your child's RESP can also take advantage of "free" cash from the federal government in the form of a Canada Education Savings Grant (CESG).

Here's why the ultimate "double-dip" works so well:

- When you make your maximum allowable RRSP contribution, you may enjoy tax savings that can be applied towards establishing or adding to your children's RESPs.
- The federal government's CESG program provides a matching grant for each RESP contribution made for an eligible child. The Basic CESG is worth 20 per cent on the first \$2,500 of an annual RESP contribution or \$500 per year. This eligibility accumulates and carries forward, so even if you were unable to make enough of an RESP contribution to access the full Basic CESG money in previous years, you can start to make up for it now and in future years and get the Basic CESG money your child would have received in those earlier years.
- Families with children born after December 31st, 2003 who also receive the National Child Benefit Supplement may also qualify for additional funds through the Canada Learning Bond.

Start now

Finding the funds to make an annual RRSP contribution may seem difficult – especially, with all the daily juggling going on in your life. So why not start now? Talk to me about setting up a Pre-Authorized Contribution (PAC) to make monthly RRSP contributions. Your RRSP will begin to compound on a tax-deferred basis for potentially stronger growth over the long term. You can even arrange for your employer to reduce withholding taxes at source based on your RRSP contribution schedule, so that you can make monthly RESP contributions instead of waiting for your tax refund in the spring to make an annual RESP contribution. It's a win-win situation that will allow you to also capitalize on the ultimate "double-dip".

Let me help you feel more confident about your future – plus make sure you take full advantage of all the tax-saving and income-building opportunities that are available to you.



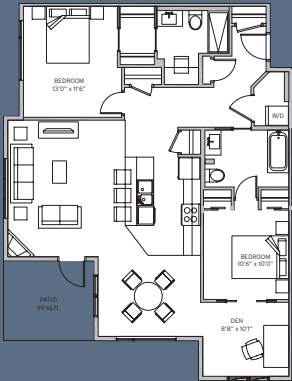
 THE ARMORY



EXTRA LARGE STORAGE AVAILABLE & IMMEDIATE POSSESSION INCENTIVES!!
ONLY 13 SUITES REMAINING. MOVE IN READY NOW

FEATURES

- Boutique 18+ Adult Building
- Quartz Counters with Mosaic Backsplash
- In-Floor Heating & Ducted Air Conditioning
- Quiet Interior Location next to Park
- Upscale Sophisticated Design
- Open-concept 2 Bedroom Suites
- Underground Heated Parking



UNIT B2
2 BEDROOM + DEN
1233 SQ. FT.

Currie's Newest and Most Exquisite Condo Residences from \$339,800

CurrieArmory.ca
403.984.0928



SALES CENTRE LOCATION: 145 Burma Star Road SW
SALES CENTRE HOURS: Mon.-Thurs. 2-8 pm
Sat. & Sun. 12-5 pm, Closed Fridays

 COVE PROPERTIES
FOUNDATION • STRENGTH • HISTORY

3

Savings Tips You Can Follow Even During the Holidays

Canadians used to save 20 per cent of their disposable income, but not anymore. Many working Canadians are barely making ends meet, according to a recent survey by the Canadian Payroll Association. It showed that 48 per cent of those surveyed are living paycheck to paycheck.

Saving for your retirement is important. So is planning for unexpected expenses that may happen in the shorter term, such as car repairs or vet bills. Everyone should have a rainy day fund because life brings many surprises. For some, that may mean job loss and illness unfortunately.

Putting money aside can make the difference between feeling stressed and being in control of your money. Here are three easy savings tips you can practice even during this busy and expensive time of year.

1. Start now. Some banks offer low-cost or no-cost accounts to young people, seniors, and low income Canadians.
2. Automate it. Transfer money to a savings account automatically every paycheck and watch your savings grow.
3. Make a budget and update it regularly. "Think about your short-term, medium-term, and long-term savings goals. A good way to start is to use the Financial Consumer Agency's budget tool," advises Jane Rooney, Canada's financial literacy leader. Do you need to buy a new washing machine within six months? Should you start saving for a child's education? What if you want to take a vacation next year?

Find more tips, tools, and useful resources online at it-paystoknow.gc.ca.

www.newscanada.com





DIVA | SALONspa

\$20 OFF ANY HAIR SERVICE

Market Mall | 403.289.0808
M003A 3625 Shaganappi Trail NW
divasalonspa.com

One voucher per visit. Only valid at our Market Mall location. Valid with New Talent or Stylists only. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Expires Dec 31, 2016



DIVA | SALONspa

\$10 OFF ANY SPA SERVICE

Market Mall | 403.289.0808
M003A 3625 Shaganappi Trail NW
divasalonspa.com

One voucher per visit. Only valid at our Market Mall location. Not valid with any other promotion. No cash value. Present this ad at time of purchase.

Expires Dec 31, 2016

**FREE IMPLANT
DENTURE
CONSULTATION**



The Westside's
Full Service
Denture Clinic

**WDC
WESTSIDE
DENTURE CENTRE**
enabling smiles + simple pleasures

**Tired of Loose
DENTURES?**
Implant Dentures
look, feel + function
like natural teeth



#202 - 1919 Sirocco Dr. SW. (by Sunterra Market)

www.westsidedenture.com | **Tel. 403.242.5880** | westsidedenture@shaw.ca



Image Dental
Family & Cosmetic Dentistry
Honest, Patient Focused Care
You Can Trust
We Welcome New Patients!

Book a Consult to Meet the Dentists!
Call 403-217-3100 | OPEN SATURDAYS!

Dr. Travis Polischuk, P.Eng, DMD
Dr. Adam Siray, DDS, BMSc
Dr. Harry Harder, DDS

Family & Children Dentistry | Sedation Dentistry | Implants | Direct Billing
West Springs Co-op Shopping Centre #315, 917 - 85 St SW (near Tim Horton's)



NORTH POINT
SCHOOL FOR BOYS

Learning Re-imagined

North Point School for Boys taps into K-Gr9 boys' natural curiosity and energy as a foundation for life-long learning. A strong academic program is just the beginning - we fuel motivation through real-life learning, digital platforms and outdoor adventure to develop well rounded, self-motivated, independent learners.

VISIT US @ www.northpoint.school
2445 - 23 AVENUE SW

**OPEN
HOUSE**

**7 PM
TUES
NOV
15
2016**

HOME GARDENING WITH BARBARA



A ROSE IS A ROSE

Barbara Shorrock

We don't have a number for how many gardeners in Calgary grow roses, but Lois Hole tells us that 4 out of 5 in England do, where the rose is the national flower. There is enormous variety in the **Rosa** genus, with many new varieties being developed every year across the world. Here in Calgary, we have our own particular challenges with altitude, short growing season, Chinnooks, periods of drought and snow possible every month. Nevertheless, roses are hugely popular and many thrive in our gardens, just like their owners (or servants, if you choose to care for the more tender types). If you look on book store shelves, you will find volumes of books on how to choose, how to care for, how to master the art of rose growing. Beware the lovely picture-laden tomes written for other climates – pretty to look at but impossible here. For the purposes of this article, we will talk about only those roses that can be grown successfully in Calgary.

Hardy roses can survive our winter on their own without extra work by the gardener. They are tough. Size-wise, they vary from miniature and ground cover types only a few inches tall to great shrubs, climbers, hedges and every size in between. The flowers themselves can be single (12 petals or less), semi-double (13-20 petals) or double (20 or more petals). Colours vary from pure white through all the pinks and reds to peach and yellow. Some of them, like Morden Sunrise, have a range of colour in each bloom. They are most often grown on their own root-stock.

Most "Old Garden Roses" bloom only once per year, but within that three or four week period produce as many blooms as others who bloom for months. Even though labelled "hardy", it can be a good idea to mulch them in the fall as if they were tender.

"Parkland Roses" are bred specifically for Canadian prairie conditions at Morden, Manitoba. They are extremely hardy and most bloom all summer long. Anything with "Morden" in its name is a Parkland rose.

"Explorer Roses" were created by Agriculture Canada and are named for Canadian explorers, a particularly tough and hardy breed of men. These modern shrubs are crosses of *Rosa Rugosa* or *Rosa Kordeii*. John Cabot, for example, will grow up to 7 feet tall, and blooms until stopped by frost.

"Canadian Artists" is the newest series of hardy roses, developed in Canada and named in celebration of Canadian artists. They are bred to be exceptionally hardy, reliable, and disease resistant. Look for names like Emily Carr and Oscar Peterson.

Tender roses need more help from the Calgary gardener. Briefly, you must mulch them in the fall, and make an effort to cover them with snow if Mother Nature is stingy throughout the winter. This category includes Hybrid Teas, Floribundas, Grandifloras, English roses, Miniatures and most grafted roses. The serious rose grower may go so far as to dig them up and bury them in a trench in an empty bed for protection, but a good layer of peat moss and something to keep it in place, like black soil or old carpet should be effective. Styrofoam boxes and insulated tarps also work. If your roses are in pots, you can move them into an insulated heated garage, remembering to water them from time to time as they rest. Hybrid Teas are the darlings of rose society competitions, but don't always make a grand show in the garden. Floribundas give a bouquet on every branch. Grandifloras are the best of the Hybrid Tea and Floribunda, providing long-stemmed clusters that repeat and repeat.

There you have it – we are spoiled for choice. Calgary has an enthusiastic Rose Society, with knowledgeable members who would love to help you.

Barbara Shorrock is a retired realtor, gardener, writer, reader, and traveler. She can be found most first Wednesdays at the Queensland Garden Club in Queensland.



MEAL DEAL

Store bought 100% "real" orange juice is 100% artificially flavoured.



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.

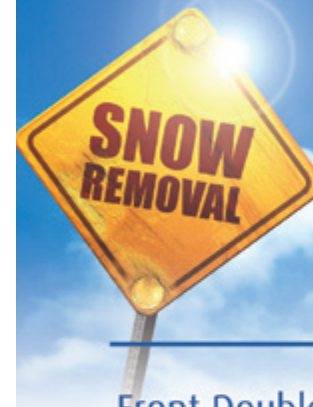
Fun Facts:

- 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 (wave-like) 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.

Your Neighborhood Exclusive!



Community residents receive our VIP pricing for snow removal all winter!

Front Double Car Driveway and all front walkways

\$189/month



Calgary's most reliable snow removal for 27 years!

Call today:
403-235-5353



Snow cleared within 24 hrs



Reliable peace of mind



Reduce slip-and-fall accidents

Professional Landscape Management

www.ulslandscaping.com



403.244.6944

www.residential-leasing.com



"Calgary's Preferred Property Management Specialist & Corporate Relocation Service"

EXECUTIVE HOMES AND CONDOS WANTED FOR CORPORATE RENTALS IN YOUR COMMUNITY

We are looking for new or updated Homes or Condos in your neighbourhood. Contact us today to receive a free rental evaluation.

Residential Leasing Group Inc.
Brad Currie, Broker/President

Assiniboine.com Christmas Lights Installation

Ask about Snow Removal, Plowing, Sanding



CALL NOW  ~ WCB ~ Licensed ~ Insured ~ Bonded
403.301.3300

Intelligent Homes Canada

Tired of paying too much for "Home Security"?
We activate existing systems.

Monitoring packages starting at \$9.99*

- Contract or month to month.
- Panel updates, upgrades, and replacements.
- Smart security and Smart home options.
- Wide range of equipment.
- Cameras & Surveillance systems.

**Call or email today for a free assesment
personalized to your specific needs.**

info@ihomes.io (403) 471-8139 www.ihomes.io



*Conditions apply.

Gardening by the phases of the moon

November 7 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

November 14 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

November 21 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

November 29 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

BRAIN
GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 39



**FOR GORGEOUS EYELASH EXTENSIONS
BOOK AN APPOINTMENT TODAY!**

You may contact
Alicia at **403-615-5282**

GLAM Beauty Lab
Strathcona SW, Calgary AB

 fb.com/GLAMBeautyLab  @GLAMBeautyLab

*Gorgeous
Lash
A Must*



BANK OF MOM AND DAD NO MORE: STUDENT MONEY TIPS

Ramen noodles, used textbooks, and tuition fees — a student budget can be challenging for both students and parents alike. And if you're trying to rely on mom and dad less — whether by choice or specific instruction — you can use all the money advice you can get. Whether you're a college or university student (or the parent of one) use these tips to get out on your own:

1. Free and discount events. Don't let a lack of funds keep you from having fun. University and college campuses offer tons of free or pay-what-you-can activities, like movie nights, sports games, concerts, and special interest clubs. Or

explore your local town or city with student discounts and freebies available at museums, restaurants, and tourist attractions.

2. Apply for scholarships. Seek out awards, bursaries, and scholarships— check obvious places like your school website and government aid, but also less obvious ones like banks and local businesses. Don't be afraid to apply for something for which you don't meet all the criteria. If it's very specific, chances are few will fit the bill perfectly and it'll be awarded to someone who decided to apply.

3. Direct deposit. Even if you're receiving student loans via direct deposit, you're not automatically set up to receive other government payments that way. So sign up for direct deposit to conveniently get your income tax refund, GST/HST credit, and other tax-related payments deposited straight into your bank account and get immediate access to your money from just about anywhere. Direct deposit is the fastest, safest, and greenest way to get your payments. Sign up for direct deposit by visiting your financial institution or go to directdeposit.gc.ca for more information.

4. Get app happy. Smartphone apps are a great life hack for anyone on a budget. You can sign up for notifications when something you need is on sale, price compare different brands and stores, and even get a discount or freebie just for downloading. Or join a trading app to exchange stuff you don't need any more for something you were planning on spending your hard-earned money on.

5. Double duty part-time work. Choose a part-time job that gives you cash for now and valuable experience for later. Get creative and find something at least remotely relevant to your field, like a position at your school newspaper, a social marketing gig with your student union, or a research assistant position with a favorite professor. Even if you only receive a small honorarium, you're filling out your resume with practical experience that'll give you a leg up on the competition when you graduate.

www.newscanada.com

YARD Busters
SNOW REMOVAL
CHRISTMAS LIGHTS
LANDSCAPING
DECKS & FENCES


403.265.4769
YardBustersLandscaping.com



ESKER FOUNDATION
CONTEMPORARY ART GALLERY

EXHIBITIONS
PUBLIC PROGRAMS | HANDS-ON WORKSHOPS
FREE ADMISSION | FREE PARKING

IN INGLEWOOD
ESKERFOUNDATION.COM



CALGARY'S NEWEST
**Dog Walking and
Chauffeur Services**
403-923-3120
k9concierge.ca
Inquire within for great rates!
Book by November 30th to receive your 1st walk FREE!!

ABOUT PAINTING
Professional,
Reasonable & Reliable
 20+ Years Experience - Free Estimates & Advice
Interior Painting
 ● Cabinet Spraying ● Wood Staining
 ● Spray Painting ● Ceiling Painting
 ALL WORK FULLY GUARANTEED
 2 YEAR WARRANTY
403-239-9022
 www.aboutpainting.ca

JACKSON & JACKSON
 CUSTOMER SATISFACTION GUARANTEED

We specialize in
 Bathroom &
 Basement Renovations

- Flooring
- Tile
- Doors
- Cabinets & Counters

FREE ESTIMATES
 403.256.9282
 NO JOB TOO SMALL

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 question, email askcharles@reca.ca.

How To Care For Your Pet In Winter



The harsh winter can affect our pets the same ways it affects us, so it’s important to consider the well-being of our furry family members throughout the season. Sure, bundling Milo up in a doggy parka might make for an adorable Instagram post, but there’s a lot more you can do to maintain your pet’s health this winter. Here are some tips:

Help him counter the elements. Your pet’s fur is his best defense against the cold dry air. Keeping his coat healthy will go a long way in protecting him from winter’s bite.

Fortunately, some of the same methods you use to keep your skin and hair healthy can help your pet too. Both omega-3 and omega-6 fatty acids help nourish the skin and coat. If your pet is scratching more than usual or his fur is visibly dry and dull, he may not be getting enough fatty acids from his diet and a supplement formulated for pets may be a good idea.

The salt and other chemicals commonly used to treat roads and sidewalks during the snowy months can also cause the skin on your pet’s paws to become dry and itchy and even begin to crack. A daily dose of omega-3 will go help with this as well.

You may also want to consider biotin, a natural health product for pets that can help strengthen keratin in skin and fur. Part of the B-complex vitamins essential for many body systems, biotin has been shown to be particularly good at supporting healthy and luxurious fur.

Reevaluate his diet. It’s always important for dogs to get daily exercise so unless there’s extreme weather, don’t let a little bit of cold stop you from going for a walk.

Remember that just like humans, dogs bodies burn more calories and require more energy to keep warm during winter so consider increasing your pup’s food intake a bit. Some processed pet foods can contain allergens that can contribute to skin problems and obesity.

Instead try exploring whole food options at your local natural health store to find pet foods made with quality ingredients. While there, inquire about a quality multivitamin that can help your pet get some of the nutrients that may be missing from his diet. Although these supplements may sound familiar, keep in mind that your daily dose is optimized for humans so look for products specifically formulated for pets. Find a CHFA Member health store near you at chfa.ca.

www.newscanada.com

5 cold weather essentials

for the rugged outdoorsman

Whether you live for the outdoors or simply love someone who does, focus on these tips to dress for success this winter.

1. Invest in warm, comfortable and durable boots. You don't mess around, and neither should your boots. Boots are an investment piece — if your feet aren't dry and warm, you're not going to be happy. So do yourself a favour and opt for a good quality, insulated waterproof boot. Check the sole of the boot — the thicker it is, the warmer your feet will stay.

2. Jeans, jeans, jeans. Did you know you can buy insulated jeans? They still look cool, but are more practical than ever for our bitter winters. A good pair of jeans can withstand daily wear and tear as well as nature's worst. A tough guy will never admit he gets cold, but with a pair of T-Max lined jeans available at Mark's, the next time he says he's warm, you'll know he means it.

3. Layering is key. If you're not prepared, quickly changing weather can either make or break your day. Get the proper protection by outfitting yourself in layers. Make

sure you have a base layer repelling the moisture away from your body. Your mid-layer should be a warm fleece to keep the heat in, and your outer-layer should be waterproof, breathable, and insulated for those extra cold days. Too hot? Take a layer off. Too cold? Put a layer back on.

4. Flannel is your friend. Flannel's versatility makes it perfect for yard work or hanging out by the campfire. And did you know plaid is now fashionable? Go for a bold plaid in autumnal hues like red, orange, yellow, and deep greens. Wear your flannel with dark wash jeans to dress it up or light wash to dress it down and pop on a vest for extra warmth. It's the ultimate manly piece in your wardrobe.

5. Wear a toque and gloves. On cooler days, if your core is protected but your extremities aren't, even the warmest coat won't help you out. Protect yourself from the elements by keeping these small accessories close by.

www.newscanada.com

LEST WE FORGET



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.

IN & AROUND CALGARY

Calgary Southwest Events

Remembrance Day at the Military Museums

This formal service is outside the museum. Dress in warm clothes and please bring along a non-perishable food donation for the Veterans' Food Bank. Be sure to explore the museum after the service; admission is free. Service begins at 10:30 am. Arrive early if you need to be seated. November 11, 4520 Crowchild Tr. SW.

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 all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

The Greek Ladies of Philoptochos Society Annual Bazaar

Fri., Nov. 7, 11 am to 8 pm, Sat., Nov. 8, 9:30 am to 7 pm. St. Demetrios Orthodox Community Hall. Come enjoy homemade Greek food and desserts. Admission is \$2 and includes a coffee, homemade pastry and raffle. Children under 12 free. Babysitting will be available. For further information please call Helen at (403) 242-0592 or Celia at (403) 242-2797. 1 Tamarac Cr. SW.

Wildflower Arts Salon Nov. 4, 10am–4pm. Acquire your own piece of artwork created by the artists of Wildflower Arts Centre. Works include painting, textiles, sculpture and pottery for purchase. Kick off your holiday shopping at this unique event! Free! 3363 Spruce Drive SW. For more info email WFAC@calgary.ca

Free Skate at Stu Peppard Arena Friday, November 11, 2016, Arena is open for Free public skating from 1 to 2:30 pm. Address: 5300 19 St. SW

Free Swim at Glenmore Aquatic Centre

Friday, November 11, 2016, 1–4:30 pm. Free public swim at Glenmore Aquatic Centre. Swim Times: 1 – 2:30 p.m. and 3 – 4:30 p.m. The half hour break will be waived if capacity permits. 5330 19 St SW

IN & AROUND
CALGARY

South Shaganappi Study:

You shared ideas. We developed concepts.

Let's evaluate.

The City of Calgary is continuing to conduct a transportation corridor study to explore the future design for the south end of Shaganappi Trail.

As part of **Phase 2: Concept Development and Analysis**, we are asking Calgarians to evaluate the preliminary concepts against the study's objectives and community values developed in Phase One: Project Initiation and Definition. We will then use the evaluation, along with additional technical review, to identify a set of recommendations for Calgarians to provide feedback on in Phase 3: Preferred Concept Selection in spring 2017.

Join us at the November open house or provide your input online.

Public Open House

Thursday, November 24, 2016

5:30 to 8 p.m.

Foothills Academy, Wellness Centre - 745 37th St. N.W.

Provide input online at calgary.ca/southshaganappi

Opportunities to participate online will be available around the same time as the events listed above.

Please note: an open house for the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in November. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same event with others who may share similar perspectives.

To learn more about the study, visit calgary.ca/southshaganappi or call 311.



MLA CALGARY - WEST
MIKE ELLIS

Unit 234, 333 Aspen Glen Landing SW
Calgary, AB, Canada T3H 0N6
Phone: 403.216.5439 • Fax: 403.216.544
Email: calgary.west@assembly.ab.ca

As fall is now upon us, I would like to extend an invitation to you and your family to join me for my **Open House** on November 16th 2016 from 4:30 to 6:30pm. The Open House is at my office Suite 234, 333 Aspen Glen Landing SW (above the CIBC in Aspen Glen Landing). Please RSVP to Calgary.West@assembly.ab.ca.

Each day I hear new stories of our friends and neighbours who continue to be affected by the downturn in oil prices. I recognize how stressful this time is for many families in our community. The PC caucus in Edmonton continues to work daily on your behalf, to encourage the NDP government to send strong signals to industry that Alberta is a place to invest. Although we may be in a downturn now, we urge the NDP to use this as an opportunity to encourage companies to invest in future projects and to do whatever is possible to keep Albertans jobs in place. With legislative policy like the carbon tax and climate change plan, the NDP continues to proceed down a dangerous path.

When I am listening to Albertans, I hear their stories of resourcefulness and that can-do spirit that has kept Alberta going through similar periods. I believe strongly that Albertans are resilient and tough. I remain very confident this period of difficult time will pass.

If you have any suggestions or concerns, I would be pleased to hear from you as your MLA. Please call my office at 403-216-5439 or email Calgary.west@assembly.ab.ca or join us at our Open House.



MP CALGARY SIGNAL HILL
RON LIEPERT

#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

Canadians are very fortunate to be able to live in a free and democratic society which has been made possible due to the sacrifices of those who came before us and fought for the freedoms that we are fortunate to enjoy today. On November 11th each year we honor and recognize the countless men and women who risked their lives to protect and defend ours.

In our constituency there are numerous Remembrance Day Ceremonies held as well as throughout the city and I invite you and your family to attend one close to you. I have included information about a few ceremonies below.

Last year I had the honor of representing the Canadian Government at the 100th Anniversary Commemoration of Battalion Park at 3001 Signal Hill Dr. S.W. The fifth annual ceremony will occur there again this year with ceremonies beginning at 10:30 a.m.

This year I have the pleasure of participating in the ceremonies hosted by the Bowness Community and the Canadian Legion Bowness Branch #238 located at 7904 43 Ave NW starting at 10:45 a.m.

Across the city there are several additional public ceremonies that take place. Central Memorial Park, Calgary's oldest park, hosts a Remembrance Day ceremony. Remember fallen soldiers in front of the First World War statue (located in front of the library) and the Boer War Memorial equestrian statue. This ceremony includes a parade with the Calgary Highlanders.

The largest ceremony is held at the Southern Alberta Jubilee Auditorium. This Remembrance Day ceremony is free and open to all, but try to get there close to 9:30 a.m. when the auditorium doors open as seating is assigned and tickets are issued on a first-come, first-served basis. This ceremony includes the laying of wreaths by political, veterans, military, civic and community organizations. Depending on the weather, there is also a march outside the west side of the auditorium after the ceremonies end. The 75-minute service begins at 10:30 a.m.

Leading up to November 11th ceremonies there are many programs that serve to recognize soldiers, one being at the Field of Crosses, a Canadian Legacy Project. Each year,

more than 3,000 white crosses are displayed along Memorial Drive to symbolize the roughly 3,000 soldiers from Southern Alberta who have died in action in various conflicts since the WW1. Visit the site at any point to read the names, ranks, regiments, date of death and age of death of the Southern Albertan soldiers killed in action. For a truly moving experience, visit at sunrise or sunset for the flag raising ceremony that takes place daily, or attend the Remembrance Day service.

Also, on Remembrance Day you are invited to take a free guided tour of the 13-hectare Burnsland Cemetery and learn more about some of the heroes that were laid to rest here. There are more than 22,000 buried at this cemetery, including many of Calgary's veterans from the First World War. This tour is also an opportunity to reflect on the Canadian Military and RCMP traditions. The tour begins at 2 p.m. and runs until 3:30 p.m.

In November I encourage you to proudly wear the red poppy to honor the veterans and soldiers that sacrificed their lives to ensure our safety and on the 11th if you are unable to personally attend a Remembrance Day ceremony, I ask that at 11:00 a.m. you take a moment of silence and reflect on those who led the path to the freedoms and privileges that we all enjoy in this great country, Canada.

BRAIN GAMES SUDOKU

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



The National (Silver) Cross Mother represents all mothers whose sons or daughters died while on active duty. Chosen by The Royal Canadian Legion, the annual honouree places a wreath at the base of the National War Memorial at the National Remembrance Day Ceremony.



MLA CALGARY-BOW DEBORAH DREVER

6307 Bowness Rd NW, Calgary, AB Canada T3B 0E4
Ph.: (403) 216-5400 • Fax: (403) 216-5402
calgary.bow@assembly.ab.ca
Twitter: @yycbow. Facebook: www.facebook.com/DeborahforCalgaryBow

Hello Everyone!

November is here and all members of the legislative assembly have returned to Edmonton, bringing with them the voices of their constituencies. The fall sitting is a busy time for me and for all Alberta MLAs. The things we debate in the Legislature can have a direct impact on you, and there are things you should do to make sure you benefit from government services and programs.

Perhaps the most important thing you should have done is to make sure you've filed your 2015 tax return. If you've done that you're automatically signed up for the Child Tax Credit and the Carbon Rebate program. Both of these are designed to offset the cost of raising a family, and both can help you out if your income is below the threshold. If you want more information about how these programs work please call our office.

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11, 2015, 2015, 2015

There are a number of events all around the community as we get closer to the winter holidays. I encourage you to check your local community association website for details and I do hope to see you out there!

November is of course, a time of remembrance and celebration of the freedoms we enjoy as individuals and as a nation. We owe these incredible gifts to the brave women and men who risked their lives to protect those freedoms, many of which made the ultimate sacrifice in the end.

Calgary Bow has traditionally been home to a large number of veterans and also hosts one of Calgary's oldest legions. Earlier this fall I spent some time at the Bowness Legion to learn more about this historic place, and to hear from some of the Veterans. The Royal Canadian Legion Branch #238 received its charter in December of 1947 with its first meetings held at the Bowness Fire Hall. By 1953 a small property was purchased and member volunteers worked to clean it up, and made a few additions including a small kitchen and an indoor bathroom for female members. An unfortunate fire displaced members to the Moose Hall in Montgomery until in 1962 the members came together to purchase the property Branch #238 sits on today. The cost is thought to have been about \$13,000 and since that time there have been a number of improvements and additions made to the building, mostly by proud volunteers and members.

I was honored to meet Mr. Daniel Girouard and his wife Mrs. Claire Girouard who have been members of the Bowness legion for 34 years. Mr. Girouard served our country during World War II, joining the Canadian forces in 1941 at the age of 21. Daniel served in Italy, France and Holland until 1946 and the end of the war. Shortly after returning to Alberta Dan met Claire and the two settled into Bowness in 1955. The pair have been members at the Bowness legion for 34 years and are much loved by the members there.

The Bowness Legion hosts a Remembrance Day Ceremony at the Bowness Community Association every November 11th. I am honoured to participate in this tradition and will be speaking at that event again this year. Participants march to the Bowness Legion following the ceremony for coffee and conversation. I encourage you and your family to join us.



COUNCILLOR, WARD 6 RICHARD POOTMANS

PO Box 2100, Station "M", Calgary, AB T2P 2M1
403-268-1035 • C: 403-660-6692
F: 403-268-8091 • E: Ward06@Calgary.ca
Communications & Community Liaison:
Eileen Badowich, CAward6@calgary.ca
www.calgary.ca/ward6 • f t

Please join your neighbours and the King's Own Calgary Regiment on Friday, November 11, 2016 for our fifth annual Remembrance Day ceremony at Battalion Park. Battalion Park, originally named Camp Sarcee in 1915, commemorates the soldiers who trained here for the trench warfare of World War I. Members of the Calgary, Lethbridge, Central Alberta and Edmonton battalions hauled over 16,000 stones onto the hill to form the numbers 137, 113, 151 and 51, representing the regimental numbers of their battalions. In 1991, after members of the 137 Battalion lobbied to have the stones declared a historic site, Battalion Park was opened.

We worked with the Parks Foundation, Signal Hill Community Association, and City administration to declare Battalion Park a designated Municipal Historic Resource on July 27, 2015. For last year's 100th Anniversary ceremony, I supported our application for a Federal Historic Designation of this site, and we hope to honour this designation during Canada's sesquicentennial with you next year. We hope you can join your community in a moment of silence to reflect on the sacrifices made by these brave Canadians.

Date: Friday, November 11th, 2016

Time: 10:30 am

Location: Battalion Park at Signal Hill

Access

- We encourage you and your family to walk to the cere-



mony. Pedestrians can access from Signal Hill Drive until 10:30am. No parking available on Signal Hill Drive SW.

- Parking will be available in designated locations at the Signal Hill Shopping Centre. Attendees will then continue up the stairs behind Lowes to the ceremony site.
- For attendees needing assistance, please proceed to the 'Assistance Drop Off Zone' on the east side of the parking lot where volunteers will be able to transport you to the ceremony site.
- You can also contact our office with any assistance request or for more information at 403.268.1646.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



INVEST IN YOURSELF

Train in a local private studio with

Samantha McLaren

CanFitPro Certified Personal Training Specialist

Fitness Instructor Specialist

Pre & Post Natal Fitness Specialist

CHALLENGE. CHANGE. COMMITMENT. CONSISTENCY

ascenthealthfitness.com

403.890.4999

sam@ascenthealthfitness.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 Aspen Estates, Springbank Hill, and Wentworth. 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."

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

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

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

NEED A HOUSE OR PET SITTER? Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@live.ca.

HOME BUSINESS OPPORTUNITY: Clinicaire 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. Clinicaire supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portbellotile.ca or contact 403-619-9962.

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.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

EKS ACCOUNTING & BOOKKEEPING: Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. Thank you.

DAYHOME IN STRATHCONA PARK SW: Play and Learn Childcare has openings for full time, part time, and before-and-after school care for children of all ages. Call Lorraine at 587-352-5337 for more information.

GOLDILOCKS MAID SERVICE: We are a dependable, top quality maid service. Licensed, registered and insured. We offer weekly/biweekly/monthly or one-time cleans. We also do move-in/move-out and commercial cleaning. Call or email for free quote at goldilocksmaid@gmail.com or 587-575-MAID(6243).

GRADE DOCTOR TUTORING SERVICES: Need that little boost in science? The Grade Doctor can help! 17 years of teaching science. 10 years' experience with diploma exam marking and item construction. Accepting students in all general sciences and all chemistry courses. Call 403-993-1463(C) or 403-228-1465(H). Don't delay, call today!

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, bi-weekly, monthly and one time. Excellent references. Insured and bonded. For a free on-site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

PRESCHOOL AT THE KIDS' COUNTRY CLUB: One spot available in our afternoon class taught by a caring ECE, certified forest kindergarten teacher. Come play in our beautiful classroom, explore the forest and creek and make new friends! For an incredible year full of adventures and learning please call Ingrid: 403-805-5949.

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

ACHIEVE LONGER, THICKER AND FULLER LASHES: with semi-permanent eyelash extensions. Ditch the mascara and look fabulous for the holidays. Lashes make the perfect gift as well! Special promo: \$40 off all full sets, starting at \$65. Book your appointment now at www.lalashlove.com/setmore.com. Lash by Lisa: 403-714-3370 or LaLashLove@gmail.com.

LANDA WOODWORKING: Owned and operated by a Journeyman Carpenter, Landa Woodworking specializes in custom cabinetry, custom furniture and hand-crafted wood servingware (bowls, cutting boards, kitchen storage boxes etc.). Landa Woodworking is also available to update your decor with new or re-finished doors, baseboards and trim. 403-613-1439. Email: landawoodworking@gmail.com

J.R. WATKINS PRODUCTS: visit www.onlythebestingredients.com or call 403-660-6300.

PERSONALIZED CLEANING SERVICES LTD: Starting to spend more time indoors? Let us help make home your favourite place! Licensed, insured and bonded. All supplies provided. Customer discount program. 200% satisfaction guarantee. Residential, commercial, move in/out. It's simple, just call, text or email Kim at 403-875-6219/info@pcscalgary.com. Also visit us at www.pcscalgary.com.

REGAL HOUSE CLEANING: Based in Aspen Woods. Your neighbourhood cleaning company. Keep it in our community. Why pay other companies' travelling time when we are in the same neighbourhood. Competitive rates. Licensed, bonded, and insured. A+ BBB rating. Weekly/bi-weekly/monthly, one off, move-in, move-out. Environmentally friendly products. Professional, uniformed staff. Call 403-671-1995. www.regalhousecleaning.com.



Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to AS@great-news.ca

JUSTICE FILM FEST

11TH ANNUAL

Visit us at our website www.justicefilmfestival.ca

NOVEMBER 15 - 20 2016



Like us on Facebook
Follow us on Twitter @justicefilm

FREE ADMISSION

CALGARY ALBERTA



CALGARY PUBLIC LIBRARY

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.

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

DISCLAIMER

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.

The Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

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



CHRISTMAS CRAFT FAIRS

4th Annual St. William Christmas Craft Market:
11020 Fairmount Dr SE (across from Southcentre Mall and 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.

Annual Bow Cliff Christmas Craft Fair and Bake Sale
Nov. 26, 10am – 3pm. 3375 Spruce Dr. SW

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

3000-10 Aspen Stone Blvd SW 403-210-1247
OPEN DAILY 9-9 (Holidays 10-7) www.blushlane.com



Organic Produce, Dairy & Meats, Sustainable Fish
Organic, Natural, Gluten Free & Vegetarian Foods
Gourmet Prepared Foods, Freshly Baked Goods & Deli
Health Supplements & Body Care



PLU# 1110114

Bring this coupon in for:

\$10 off your purchase of \$100 or more!

Minimum \$100 purchase required. No cash value. Expires November 30, 2016. Cannot be combined with other offers.

ASPEN LANDING DENTAL

403.263.0055

ASPENLANDINGDENTAL.COM



DR. SAM
KHERANI

228 - 339 ASPEN GLEN
LANDING SW
CALGARY - T3H 0N6
(IN THE ASPEN HEALTH CLINIC - 2ND FLOOR)



DR. SHAHIN
CHARKHANDEH

you deserve a beautiful smile

OPEN EVERYDAY FROM 8AM - 3PM. 7 DAYS A WEEK

BEST BREAKFAST/BRUNCH FWD MAGAZINE
2006, 2007, 2010, 2012, 2013
YOU GOTTA EAT HERE! - 2012
CALGARY HERALD READER'S CHOICE BEST BRUNCH
BEST BREAKFAST WHERE MAGAZINE
2007-2011
BEST BRUNCH AVENUE MAGAZINE 2010
BEST BREAKFAST UP MAGAZINE 2009

#104, 350 ASPEN GLEN LANDING SW
(403) 457-3000 FOR RESERVATIONS WWW.DINERDELUXE.COM @DINER_DELUXE

Hooked on Real Estate

David Pellettier
– REALTOR®

Learn more at:
403.869.7971
westsidecalgary.com



Not intended to solicit clients currently under contract.

MARKET. COMMUNICATE. NEGOTIATE.