

NOVEMBER 2016

DELIVERED MONTHLY TO 5,000 HOUSEHOLDS

# your EAU CLAIRE

BRINGING EAU CLAIRE RESIDENTS TOGETHER



# STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. [WWW.MOVEMBER.COM](http://WWW.MOVEMBER.COM)

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

	WHAT	HOW	WHEN
<b>01</b> 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'
<b>02</b> 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 Movember
<b>03</b> 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 Movember



## Eau Claire Community Assoc.

c/o Calgary YMCA, 101-3 St. SW  
 Calgary, AB T2P 4G6  
 Phone: 403.269.9896  
[info@eauclaireca.com](mailto:info@eauclaireca.com) | [www.eauclaireca.com/](http://www.eauclaireca.com/)

## Elected Officials



**Councillor Druh Farrell**  
**Ward 7 Office**  
 P.O. Box 2100, Station M  
 Calgary, AB, Canada T2P 2M5  
 Phone: 403-268-2430  
 Fax: 403-268-3823  
 Email: [ward07@calgary.ca](mailto:ward07@calgary.ca)  
 Web: [www.calgary.ca/ward7](http://www.calgary.ca/ward7)



**MLA Kathleen Ganley**  
**Calgary-Buffalo**  
 #130, 1177 - 11 Avenue SW  
 Calgary, AB Canada T2R 1K9  
 Phone: (403) 244-7737  
 Fax: (403) 541-9106  
 Email: [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca)

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING EAU CLAIRE FOR 3 YEARS!

# CHRISTMAS CRAFT FAIRS

**4<sup>th</sup> Annual St. William Christmas Craft Market:**  
11020 Fairmount Dr SE (across from Southcentre Mall and Trico). Saturday December 3<sup>rd</sup> 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](http://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](http://www.lakebonavistacommunity.com).

[news@great-news.ca](mailto:news@great-news.ca)  
**Editorial  
Content  
DEADLINE  
1<sup>st</sup>**  
of each month  
for the next  
month's  
issue



## 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](http://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](http://calgarylibrary.ca).



## 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.

## LIVERight<sup>™</sup> Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

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

Visit [liver.ca/edmontonhealthforum](http://liver.ca/edmontonhealthforum) today!



## LIVERight<sup>™</sup> Gala

CALGARY - FRIDAY, DECEMBER 9

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

Visit [liver.ca/CalgaryGala](http://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*

**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](http://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](http://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.



DECEMBER

**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](http://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](http://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](http://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](http://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](http://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](http://www.marketcollective.ca)

CALGARY



WILDLIFE

**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](http://www.calgarywildlife.org) for more information.

**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 8

The Board of Trustees is excited to announce a new award that recognizes CBE alumni who have made a difference, and we need your help to find these outstanding individuals.

The CBE Legacy Award celebrates public education. It will shine a spotlight on former students who live our beliefs - that a strong public education system is the foundation of our society, and the legacy of learning we create makes a world of difference for all of us.

Our former students positively impact our communities, our country and our world. Legacy Award recipients will embody the foundation they received during their education and represent the legacy of the CBE: preparing students for life, work and inspiring life-long learning.

Our alumni are leaders, entrepreneurs and difference-makers. They are artists, trail-blazers and dedicated volunteers. We want to hear their stories and celebrate their success.

We expect to present the CBE Legacy Award several times a year at public board meetings, with the first award presented this month. All award nominations will be reviewed and award recipients selected by the CBE Legacy Award Committee.

Recipients must:

- Be an alumnus of, or have attended, a CBE School.
- Be 18 years of age or older at the time of nomination.
- Exemplify at least one or more of the CBE Results:

**Mission:** has used high school as a foundation for continuous learning and success in life and work.

**Academics:** possesses the knowledge, skills and attitude required for academic success, and is effectively prepared for life, work and further learning.

**Citizenship:** has been a responsible citizen who is an informed and involved member of his/her community – locally, nationally, globally.

**Character:** possesses the character to do what is right, act morally with wisdom, and balance individual concerns with the rights and needs of others.

**Personal Development:** has acquired the skills, attitude and knowledge to achieve his or her highest potential.

Nominations must include a (maximum) 500-word statement of support.

To nominate an outstanding CBE alumnus, or for more information about the Legacy Award, please visit the CBE website at <http://cbe.ab.ca/about-us/board-of-trustees/Pages/legacy-award.aspx>.



**MEAL DEAL**

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

Calgary



## It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit [calgary.ca/businessrecycling](http://calgary.ca/businessrecycling) to learn more.



✓ paper and cardboard



✓ metal



✓ untreated wood



✓ glass



✓ plastic film and containers

2016-2358

## 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


# WINTER WORD *fair*

Buy great gifts for the book lovers in your life!

Independent booksellers and bookish vendors will be on hand at Central Library with incredible book-related wares for sale.

**December 1, 5:00-8:00 pm**  
Central Library, 616 Macleod Trail SE

Visit [calgarylibrary.ca](http://calgarylibrary.ca) for details.





## Beware Black Henbane! Not Just a Pretty Posy

These showy, bell-shaped, purple-veined yellow flowers were spotted along the Elbow River bike pathway in Stanley Park in late August.

Also called Stinking Nightshade, henbane (*Hyoscyamus niger*) shares its plant family name with potatoes, tomatoes and tobacco. But most parts of the henbane plant contain poisonous alkaloids causing vision problems, flushed skin, convulsions, coma, and even death.

Henbane originated from the Mediterranean and was documented by the ancient Greeks; it's hallucinogenic properties were said to have revealed prophecies to the priestesses. It moved into Europe and elsewhere in the middle ages where it was used as a medicinal plant for its sedative, analgesic and narcotic effects. Considered magical, it was often associated with witchcraft and the practice of ancient rituals. It was even used to flavour German beer and enhance its intoxicating effects until banned in 1516. Scholars debate whether henbane (or perhaps hemlock) is "hebenon", the poison poured into Hamlet's father's ear and who's murder set the events of Shakespeare's famous play in motion.

Henbane can be found in sunny, well drained areas with sandy soil, such as can be found along the banks of the lower Elbow River. Naturalist Gus Yaki and his merry band of botanists documented henbane in the Britannia Slopes/Sandy Beach area this year. This 2016 plant inventory updated a 40-year-old Field Naturalists' study that did not record the presence of henbane.

More commonly found in disturbed areas, how henbane came to be along the lower Elbow River is a mystery. Perhaps flood waters carried the seeds, they were introduced to the park through contaminated fill or tires, or they hitched a ride on people, dogs, birds or other creatures.

This biennial plant can reach up to a meter in height. Henbane leaves are sticky and hairy and give off a foul odour. The 5-lobed flowers, up to 5 cm across, are born on a stock. They contain both male and female parts and may be insect or self-pollinated. In just one season, a single plant can produce many thousands of tiny seeds that remain viable for several years. Because henbane is a noxious weed in Alberta, it is not recommended for garden cultivation or as a flowering plant to support native pollinators.

In mid September, volunteers with S2G+, Sustainable Youth Canada, Calgary River Valleys, and Calgary Parks helped bag weed heads in Stanley Park. It is desirable to control invasive weeds like henbane that impede the germination and growth of desirable native plants by outcompeting them for sunlight and moisture. Native plants are essential to support healthy populations of insects, birds and other wildlife in our natural parks.

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://facebook.com/S2Gplus)*

## CCSD BOARD OF TRUSTEES

Website: [www.cssd.ab.ca/board-of-trustees](http://www.cssd.ab.ca/board-of-trustees) • Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.ab.ca)

### Learn more about your Calgary Catholic School District Board of Trustees!

Calgary Catholic School District (CCSD) has seven trustees that work together for the whole district, with each representing wards in Calgary and the surrounding area. Cheryl Low is currently serving as board chair and Margaret Belcourt is our vice-chair. The Board of Trustees sets the direction of the school district through governance. It is the role of trustees to lead with inclusion; to understand the needs of our community; to be informed in our decision-making; and to serve our stakeholders by providing an opportunity for success for each and every student.

School councils are an important communication link to the Board of Trustees, as they represent school communities throughout the district. Councils are established in all schools and serve as a vehicle for parents/legal guardians, principals and teachers to meet and work together towards common goals – resulting in a more vibrant and effective school community. All parents/legal guardians with students attending school are members of their local school council and are encouraged to participate in council activities.

Parent and Trustee Forums are held annually in November, January and March. More information can be found on the CCSD website ([www.cssd.ab.ca](http://www.cssd.ab.ca)) under Parents/School Council. These forums provide an opportunity for the Board of Trustees to meet with parents, to share information and to gain valuable insights that support board decision-making and advocacy for our students. Topics range from budget and district priorities to current issues such as international travel, the Modernized Municipal Government Act (MMGA) and City Charters.

The Board of Trustees recognizes the importance of parental voice in education and provides a district membership to Alberta School Councils Association (ASCA). ASCA is the provincial association representing parents on school council and brings the parental perspective to government and education organizations in Alberta.

Trustees rely on school councils to bring them critical perspectives about education, an individual school's needs and community concerns. Each school council brings a distinct voice and broad representation to the dialogue on education. Through this engagement, the Board of Trustees can share information and gain valuable insights that support board decision-making and advocacy for our students. To learn more or get involved in school council, contact your child's school principal.



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

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

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

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

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

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

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

**Corduroy** by Don Freeman

**I Like Myself!** by Karen Beaumont

**The Blossoming Universe of Violet Diamond** by Brenda Woods

**The Invisible Boy** by Trudy Ludwig

**Gaston** by Kelly DiPucchio

**Rump: The True Story of Rumpelstiltskin** by Liesl Shurtliff

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

# SUGAR WAR

## The impact of sugar on health continues to be a controversial topic

by Angela Villavicencio, Calgary restaurant owner  
submitted with authors permission by Opal Publishing, Calgary

Many countries around the world have set targets to limit added sugar in foods, which they justify by expressing concern on the likely negative impact sugar can have on health (Ruxton et al., 2010). However, of all the studies published thus far, there is little evidence that supports the idea that sugar can actually cause disease or any health problem (Stanhope, 2016). There are plausible research studies that suggest that sugar can lead to cardiovascular disease or type 2 diabetes. There are also epidemiological studies showing that sugar consumption is associated with weight gain. But the truth is there are many evidence gaps and before policy changes happen added sugar will remain in just about everything.

While science waits for valid evidence there are others who have taken matters into their own hands. Dr. Mark Hyman claims that sugar, not fat, is the culprit behind weight gain. His reasoning lies in the fact that Americans consume the most sugar in the world and the USA has the highest percentage of overweight adults and

children. The question is should you wait for science to take its time only to find out the truth about sugar?

Although science may not have the answers yet, excessive sugar consumption logically doesn't seem like a good idea. Like the good old saying goes, everything in moderation!

So, if you are deciding to reduce or quit sugar than you have probably realized it's a lot harder than you thought it would be. Sugar seems to be in everything. Not just in the obvious candy or soda pop, but also in food items you probably never thought had sugar. Sugar hides in foods such as tomato sauce, bread, juice, cereal, etc. But is it really necessary to quit your favorite foods?

Check out this dessert for some inspiration! Yes, it is possible to enjoy food and reap the nutritional benefits!

### Easy No-Bake "Tim-Bits"



#### Ingredients:

- ½ cup Organic Walnuts
- ¼ cup Organic Almonds
- ¼ cup Organic Cocoa Nibs
- ¼ cup Organic Shredded Coconut
- 1 Tsp. Organic Raw Cocoa Powder
- 1 Tbsp. Organic Raw Unpasteurized Honey
- 3 Organic Dates

Directions: Soak walnuts in water for 10-15 minutes. Soak dates for 10-15 minutes. Mix all ingredients in a food processor and make it little balls. \*Note: You can use maple syrup or 3 more dates instead of honey. You can replace raw cocoa with raw carob powder.

## 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



## MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW  
kent.hehr@parl.gc.ca  
403-244-1880  
www.KentHehrMP.ca

### We Remember

As November 11<sup>th</sup> approaches, I hope you once again take time to remember those that have sacrificed, those that continue to take on the perilous work of safeguarding Canadian freedoms, and the soldiers who are now representing us abroad as peacekeepers.

It is my honour and pleasure to serve as our nation's Minister of Veterans Affairs. In this role I am entrusted with the mandate to support our veterans – young and old – and in the commemoration of all of Canada's past conflicts.

Just one of the memories that I will be reflecting on this month is the impact of the First World War on Western Canada High School where some 170 Old Boys and 6 Masters had enlisted by 1916. The Calgary Herald estimated some 40% of all the boys who ever attended the college had enlisted and went off to war: and you can see this sacrifice memorialized at the cenotaph today just behind the school. Young men, with their entire futures in front of them, were brought into one of the world's most brutal conflicts and sacrificed themselves our freedoms. It is a story I think of often when I attend ceremonies across this country and serve as Minister of Veterans Affairs.

I invite you to look online on my ministry's website at <http://www.veterans.gc.ca/eng/events> to see what events are in our community.

Now, it has been nearly a year since I was appointed by Prime Minister Justin Trudeau as a member of his cabinet. In last year's election campaign we promised Canadians a government that would uphold our sacred obligation to veterans.

In Budget 2016 the Government of Canada put **\$5.6 billion** additional dollars into Veterans Affairs, showcasing a clear commitment to bettering the lives of our nation's heroes.

This year we have announced the re-openings of the nine Veterans Affairs offices closed by the previous government. In addition to reopening these much needed offices – which support veterans across this country – we are also opening an extra office in Surrey, BC, to support the thousands of veterans who live in that city. Above and beyond this we have increased benefits to veterans by increasing the Earning Loss Benefit to 90% from 75%, increased the Disability Award and are on track to hire up to 400 more frontline staff. With increasing benefits and frontline staff we can better support veterans and make sure they transition smoother into civilian life.

It is in this sacred trust I continue to work to better the lives of veterans and keep the promises we made in the 2015 election.

As always, you can contact my office by email at [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at [www.KentHehrMP.ca](http://www.KentHehrMP.ca) where you can watch clips of yours truly in question period and sign up for my e-newsletter.

# BUSINESS CLASSIFIEDS

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**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](http://www.communitymediation.ca), 403-269-2707.

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Aside from the odd spot of traffic, most of us have a fairly easy time getting around our city while walking, cycling, driving, or taking transit. There are many of us, however, who find our city hard to navigate. As recently as 2012, 10% of Calgarians reported having significant disabilities. By 2019, 200,000 Calgarians over the age of 15 will live with disabilities.

The City of Calgary is committed to building an inclusive society where everyone can access programs in a way that respects the independence and dignity of people with disabilities. Other orders of government have also taken notice. Several provinces have passed strong barrier-free legislation, and the Government of Canada is currently working on a national accessibility strategy.

Last year, Council supported my motion to find ways to make our public facilities and public realm barrier-free. The work includes an accessibility audit of all our civic facilities, as well a plan to improve how they function for Calgarians with various disabilities.

My motion also asked staff to encourage better accessibility of private developments through the planning process, and to partner with advocacy groups to increase the amount of barrier-free housing.

I am encouraged that the initial response from City staff will result in some quick and easy wins in and around the municipal complex at City Hall. These measures will make navigating City Hall easier for those visiting to drop off a permit application, pay a bill, or attend a Council meeting. Wayfinding signs directing people towards accessible facilities have already been installed on the LRT platform at City Hall. Banding decals have been installed on the glass elevators in the Municipal Building to assist blind visitors. Elsewhere, our Roads department purchased wheelchairs to give its staff personal experiences of what it is like to move around Calgary's streets with disabilities.

Achieving an accessible city is much like achieving a clean city or a safe city. There is no finish line. Through continuous improvements, striving for an increasingly accessible city is worth the investment.

If you see an opportunity to improve accessibility on public property, please call 3-1-1 or go online to [www.calgary.ca/311](http://www.calgary.ca/311). To learn more about this and other Ward 7 topics, visit [www.druhfarrell.ca](http://www.druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).



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The second sitting of the 29<sup>th</sup> Legislature reconvened on October 31<sup>st</sup>, 2016 and it was my pleasure to represent the constituents of Calgary-Buffalo there. This session the Legislature will be discussing how our government can strengthen the economy, ensure stability in service-delivery, and make Alberta one of the most environmentally-responsible energy producers in the world. Acting on the recommendations put forward by the Climate Change Advisory Panel, Alberta introduced the Climate Leadership Plan in November of 2015. The Plan includes a series of actions that will roll out beginning January 2017.

Government is addressing climate change because it directly affects our health, environment and the economy of the province. For too long the reputation of our

energy industry has been damaged by outdated policies that have hurt our access to new markets. By address climate change head-on, Alberta is repositioning itself as a forward-looking energy producer. There are four core aspects of the Climate Leadership Plan:

1. An accelerated phase out of coal-powered electricity. The Canadian Association of Physicians for the Environment estimates that pollution from coal-fired power is responsible for million in annual health care costs. Government is accelerating the phase-out to reduce needless hospital admissions, premature deaths, and emergency room visits.
2. Transitioning to a system where one-third of coal-fired generation is replaced by natural gas generators, and two-thirds by renewable energy.
3. An economy-wide price on carbon pollution of \$30/tonne that while be phased in beginning January 2017. Alberta's carbon levy will reward families, businesses and communities that take steps to lower their emissions. The levy will also diversify our energy industry and create new jobs, with carbon rebates introduced to offset the costs associated with the levy to help low and middle-income households adjust. Every dollar will be put to work in Alberta, or returned to Albertans.
4. A 100 megatonne (Mt) annual limit on oilsands emissions (currently at roughly 70 Mt). The Climate Leadership Plan has been endorsed by major industry players including CNRL, Shell, Suncor and Cenovus. By showing leadership to protect our health, environment and the economy for future generations, we will improve Alberta's reputation and access to new markets.

The full climate leadership plan can be accessed here: <http://www.alberta.ca/climate>, and my office has further information about the plan for anyone interested. By leading the way on climate change, Alberta is protecting the province's health, environment and economy.

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## 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 [EC@great-news.ca](mailto:EC@great-news.ca)



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### Calling All PARENTS

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# Eau Claire

## Real Estate Update

Last 12 Months Eau Claire  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$0.00	\$0.00
September 2016	\$649,000.00	\$620,500.00
August 2016	\$980,000.00	\$925,000.00
July 2016	\$351,400.00	\$321,450.00
June 2016	\$957,000.00	\$910,000.00
May 2016	\$284,900.00	\$274,000.00
April 2016	\$444,500.00	\$422,500.00
March 2016	\$0.00	\$0.00
February 2016	\$419,900.00	\$403,000.00
January 2016	\$0.00	\$0.00
December 2015	\$684,450.00	\$658,750.00
November 2015	\$670,000.00	\$570,000.00

Last 12 Months Eau Claire  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	4	0
September 2016	4	1
August 2016	6	3
July 2016	3	2
June 2016	6	8
May 2016	6	4
April 2016	13	4
March 2016	6	0
February 2016	7	3
January 2016	11	0
December 2015	8	2
November 2015	5	2

To view the specific SOLD Listings that comprise the above MLS averages please visit [eau\\_claire.great-news.ca](http://eau_claire.great-news.ca)

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