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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



Evergreen Community Association

PO Box 24007 RPO Evergreen
#100, 2250-162 Ave SW
president@myceca.ca | www.myceca.ca

Elected Officials



Councillor Diane Colley-Urquhart Ward 13 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



Dave Rodney Calgary-Lougheed
#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@assembly.ab.ca

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Evergreen mybabysitterlist

Name	Age	Contact	Course
Jack	13	403-201-0528	Yes
Jordan	14	587-225-0555	Yes
Noah	14	403-477-5209	Yes
Holly	14	587-890-9295	Yes
Mel	14	403-629-8404	Yes
Diana	15	587-481-4810	Yes
Gabrielle	15	403-201-0528	Yes
Aurora	15	403-266-2806	Yes
Michelle	15	403-256-4366	Yes
Valeria	15	403-830-7991	Yes
Cristina	15	403-245-5184	Yes
Valeria	15	403-830-7991	Yes
Kalysta	15	403-926-0563	No
Anastasia	16	587-580-5929	Yes
William	16	587-352-7162	No
Bronte	16	403-880-1572	Yes
Hannah	17	403-993-0740	Yes
Jill Ann	17	587-834-4771	Yes
Sarah	17	403-998-9639	No
Kassandra	17	403-926-9056	Yes
Maddie	17	403-201-7075	Yes
Kenzie	18	403-861-9671	No
Jessica	19	403-826-6276	No
Ria	20	403-470-9783	No
Danita	22	403-990-0205	Yes
Janelle	24	403-808-2505	Yes
Ashley	31	587-226-2692	Yes
Carla	33	403-890-9467	Yes
Natalie	34	780-237-5331	Yes
Joy	44	403-606-6236	Yes
Emelisa	48	587-436-7520	No

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.

IN & AROUND CALGARY

Programs and Events in Fish Creek

Winter Birding Course

12 Week Winter Birding Course starts Monday, January 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conduct these outings as a fundraiser for the Friends of Fish Creek.

Registration Required and Space is Limited. For more info, including fees and course times, and to register visit www.friendsoffishcreek.org/programs/birding-course

Alberta Parks - White Goat and Siffleur Wilderness Areas of the Central Rockies

Thursday, November 24, 2016 7:00 pm - 8:00 pm

Presented by Graham Thursfield Visitor Services Coordinator - Rocky Mountain House

Wilderness areas along the Central Rockies are home to incredible wildlife and spectacular scenery that many of us in the Calgary area may not think of visiting. This is your chance to see and learn about some magnificent spots in our Parks network. Join our presenter Graham Thursfield for this virtual grand tour of some magnificent places. For more info stay tuned to www.friendsoffishcreek.org/programs/speaker-series

Push To Open Nature Speaker Series

The Place for Parks and Nature at End of Life

Thursday November 3, 2016 7:00pm—8:30pm Fish Creek Environmental Learning Centre

We all feel it, whether looking outside, at a beach, in a field, or on a mountain - nature gives us perspective about life and death. Join us to hear the discoveries and practical applications of lead researchers Sonya Jakubec, RN, PhD (Associate Professor, School of Nursing and

Midwifery, MRU), and Don Carruthers Den Hoed, PhD candidate (East Kananaskis Area Manager— Alberta Environment and Parks, and Adjunct Professor, School of Nursing and Midwifery, MRU). Together this team bridges their work in nursing care and parks management in order to understand the role of parks in community health.

To register please contact Jill Jennings: Jill.Jennings@gov.ab.ca or 403-297-7850.

Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular autumn, winter, and spring birding courses, a subscription to our newsletter Voice of the Friends, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations. We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park. All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

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

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

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

Wellness Access Program

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

Adults

- Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

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

Families, Children & Youth

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

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

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

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 11

South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca



Let's make sure that no one in our communities go hungry this holiday season.

The holiday season is just around the corner and this year the South West Communities Resource Centre (SWCRC) will be helping local families in 28 communities make it through the stressful time of November and December 2016. Our community resource workers often see local families who require food hampers and help others with resources for basic needs; unfortunately the demand for these services are expected to grow in the weeks to come. We understand that the neighbourhoods in South West Calgary are diverse and there are many who continue to thrive, while others are struggling to pay bills, put food on their tables and meet their basic needs. We need the help of **Neighbours Helping Neighbours**.

This holiday season the SWCRC will focus on the "Celebration of Food" – something that ties families together no matter what your culture is or your family's belief. Food is an extension of all cultures that brings people together and gives us something to share. It encourages conversations. Sadly many families will not have the gift of great food on their plates this year. Budgets for food are the first to slip and food hampers don't provide choice. This year we are asking for YOUR help in providing opportunities for vulnerable families to *purchase their own groceries*.

For six weeks in November and December 2016 we are asking neighbours to **help by purchasing a Grocery Gift card** for us to give to local families who can use your support. Your donation of \$50.00 will put fresh produce on the table for a family of four. A donation of \$100.00 will provide the dairy and breads with the fresh produce, and 250.00 will allow a family in South West Calgary celebrate a feast with all the trimmings. We ask that you provide a receipt with the card and you will be provided a charitable donation receipt. We are also happy to accept financial contributions which will support many of these families in 2017.

Visit us online at www.swcrc.ca, call the office at 403 238-9222 or drop by our office in the Oakridge Co-Op Plaza.

Thanks for helping to make south west Calgary the best place to live for all residents.

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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 EVG@great-news.ca



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.

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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.

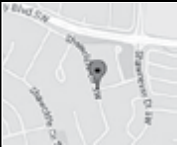
Wildflower Arts Salon Nov. 4, 10am–4pm. Acquire your own piece of artwork created by the artists of Wildflower Arts Centre. Works include painting, textiles, sculpture and pottery for purchase. Kick off your holiday shopping at this unique event! Free! 3363 Spruce Drive SW. For more info email WFAC@calgary.ca

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

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Glenmore Gymnastics Club

Winter session Registration begin:

December 17 at 2 pm for current members
and
December 19 at 12 pm for new members

For more information on classes and times, please visit our website:
www.glenmoregymnastics.ca or recreation@glenmoregymnastics.ca
or call 403-251-3469
Glenmore Gymnastics Club is located at the Southland Leisure Centre.

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

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

Evergreen

Real Estate Update

Last 12 Months Evergreen
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2016	\$429,700.00	\$417,500.00
September 2016	\$484,900.00	\$476,500.00
August 2016	\$494,394.00	\$478,500.00
July 2016	\$467,000.00	\$462,000.00
June 2016	\$473,200.00	\$462,500.00
May 2016	\$476,700.00	\$463,000.00
April 2016	\$474,900.00	\$464,500.00
March 2016	\$439,900.00	\$437,000.00
February 2016	\$497,450.00	\$481,500.00
January 2016	\$473,900.00	\$462,000.00
December 2015	\$464,999.00	\$463,999.00
November 2015	\$488,900.00	\$473,000.00

Last 12 Months Evergreen
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2016	17	21
September 2016	44	11
August 2016	31	26
July 2016	26	21
June 2016	43	34
May 2016	37	28
April 2016	35	27
March 2016	43	21
February 2016	24	14
January 2016	23	8
December 2015	5	15
November 2015	23	17

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

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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.

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.

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.

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.

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

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

ART LESSONS: Give the best Christmas gift ever! Offered by very experienced and enthusiastic teacher to all folks, age six to a hundred! For more info, please contact Sonia, gellersonia@gmail.com. References are available upon request.

HUNTER'S HEATING AND COOLING: FALL SPECIALS - \$145 furnace tune up, and \$250 off furnace installs. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

AMAZING CLEANING SERVICES: Tired of spending your time off and/or weekends cleaning? Meticulous, efficient and reliable cleaning gal available for your home cleaning needs. Weekly or bi-weekly. Excellent references. Please call 403-988-8418.

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.

KITCHEN CABINETS REFINISHED: Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

CHILD CARE SERVICES: Second Home offers a safe, educational and recreational care for your child. Snacks and lunch provided. We speak English and Spanish. We have more than 2 years of experience in Canada. Contact Laura and Ana at 587-707-1585 and 403-383-5314 or secondhomechildcaresw@gmail.com for service list and pricing.

PERITUS YARD MAINTENANCE: is currently booking clients for snow removal and year-round lawn care. Residential, commercial, and acreage properties are welcome. We have been professionally serving the southern communities of Calgary for the past 14 years. Fully insured and a BBB accredited business. For quality, integrity and dedicated service please call Charles at 403-201-7182 or www.peritusyards.ca for an estimate.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

IN & AROUND SCHOOLS

Ecole St Gerard

Ecole St Gerard is a French Immersion school located in Haysboro, and is the Catholic French Immersion school designated for your community.

SPARK has BLASTED OFF! Friday, October 28th our Spark program will officially have begun. On our launch date, students participated in "Pound Rockout Workout Training. Physical education early in the day to stimulate brain function for higher levels of alertness and concentration.

Important Dates for November:

November 3rd: School Council Meeting at 7pm

November 4th: Photo Retakes

November 10th: Remembrance Day Liturgy

November 14th - 18th: Gail Bartel Artist in Residency

UPCOMING: On Thursday, December 1st at 7pm, come join our students in our Celebration of Learning.

A huge thank-you to our School Council for organizing and executing the Harvest Dance. It was a fun opportunity for our students to dress in their costumes and "run through the halls". Our school is lucky to have such a strong parent community.

Bienvenue!



COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: dcolley@calgary.ca
Phone: 403.268.1624
Twitter / Instagram: @BigRedYYC
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)
Website: CouncillorDiane.ca

Swan Evergreen Assisted Living Facility

The ribbon cutting ceremony for the newly constructed assisted-living facility in Evergreen was held on September 28th. The owners have built a beautiful facility and have partnered with AHS to ensure the best leading seniors care and assisted-living services in our City. Having run a long-term care facility myself as an RN, I was so impressed while on tour about all the important amenities that will be made available for our seniors. They will be living in the lap of luxury with the whole approach geared towards active living.

Cllr Diane's Ward 13 Traffic Safety Bus Tour

On September 20th, I took my staff along with Community Association Presidents on my Traffic Safety Bus Tour to do several detailed site visits of pedestrian safety concerns and speeding locations in Ward 13. Our key City staff was there to help and guide us along: Troy McLeod (Director, Roads), Ravi Seera (Manager, Traffic) and Dale Lynch (Manager, Transportation Solutions). Right on the spot, they were able to suggest key actions to address these concerns this coming fall.

Many intersections and pedestrian crossings were identified for safety improvements. This approach will now be used for other communities in The City. If you have concerns, please let me know.

South West Ring Road Developer's Winning Bid

As part of the Government of Alberta's Design, Build, Finance, Operate (DBFO) delivery model, a business case was prepared to ensure the DBFO procurement was appropriate for the SW segment of the Calgary Ring Road. That meant that under the DBFO process, a private-sector partner would be responsible for the design, construction, partial financing, and operation/maintenance of the roadway for 30 years. The road will be finished three years earlier through conventional delivery. To date, the Alberta government has committed

approximately \$1.9 billion toward the construction of the Calgary Ring Road.

On June 22nd, Mountain View Partners won the tender and was selected as the preferred proponent, beating out Southwest Connect and Valley Link Partners to secure the bid. Mountain View Partners were given till September 13th to execute the final DFBO Agreement with government. They are comprised of:

- Project Lead: Meridiam Infrastructure North America Fund II, as managed by Meridiam Infrastructure North America Corp.
- Financing Lead: Meridiam Infrastructure North America Fund II, as managed by Meridiam Infrastructure North America Corp.
- Design-Construction Lead: Kiewit Management Co.
- Operation and Maintenance Lead: Alberta Highway Services Ltd.

The Southwest Calgary Ring Road project involves construction from Highway 8 to Macleod Trail SE including reconstruction of Glenmore Trail from Sarcee Trail to east of 37 Street, and includes:

- 31 km of six- and eight lane divided highway with 14 interchanges;
- One road flyover and one railway crossing (flyover); and
- Three river crossings over the Elbow River and Fish Creek.

Upcoming Ward 13 Pocketbook Guide Announcement

My team and I have been working on an informational **Pocketbook Guide** to help connect you with all the support services you may need during these challenging economic times. Our **Pocketbook Guide** will help you to navigate the comprehensive City service network. Here you will find access to transportation, parks, emergency services, animal bylaws, refuse and recycling, and anything in between – your one-stop guide.

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

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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

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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.

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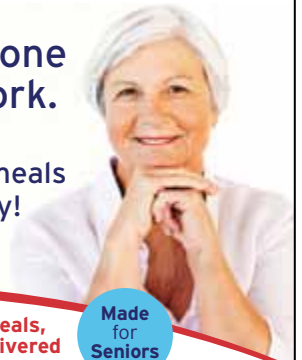
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