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CONTENTS

- 5 VOLUNTEER LINKS SOUTH CALGARY
- 8 TAKE ON WELLNESS: THE THREE BIGGEST MISTAKES PEOPLE MAKE TRYING TO LOSE WEIGHT, INCREASE ENERGY, AND GET FIT – AND WHAT TO DO INSTEAD
- 9 YOUR CITY OF CALGARY: NOVEMBER IS ADOPT-A-SENIOR-PET MONTH
- 10 PHOTO GALLERY
- 14 FRIENDS OF FISH CREEK
- 16 BUSINESS CLASSIFIEDS













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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
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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	
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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

Weather Information

Gamblers Anonymous

VOLUNTEER LINKS – South Calgary

Alberta Cancer Foundations Events Office Suite 120, 707 7th Ave SW Calgary, AB T2P3 H6 403,775,4676

Alberta Health Services Calgary, AB 403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.) Calgary, AB 403.291.0002

Calgary Opera

1315 7 Street SW Calgary, AB T2R 1A5 403.262.7286

Calgary Public Library

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Calgary Reads

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511

403-237-0654

Canadian Mental Health Association Calgary 400, 105 12 Ave SE Calgary, AB T2G 1A1 403.297.1700

Canadian Progress Club Calgary, AB

myraskerrett@shaw.ca http://www.progressclub.ca/ calgary-city-centre

Cerebral Palsy Association In Alberta 12001 44 Street SE Calgary, AB T2Z 4G9 403.543.1161

CNIB Alberta and Northwest Territories 15 Colonel Baker Place NE Calgary, AB T2E 4Z3 403.261.7225

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800 Macleod Trail SE Calgary, AB T2P 2M5 403.476.7224 CUPS. Health Education Housing 1001 10 Ave SW Calgary, AB T2R 1M4 403.221.8780

Habitat For Humanity 210, 805 Manning Road NE Calgary, AB T2E 7M8 403.253.9331

Immigrant Services Calgary

1200, 910 7th Avenue SW Calgary, AB T2P 3N8 403.261.1120

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TAKE ON WELLNESS



The Three Biggest Mistakes

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

By Kirei Yasunori

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

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

What is your health goal?

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

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

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

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

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



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November is Adopt-a-Senior-Pet Month

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

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

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

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





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Albertan Students and the Opioid Crisis:

People across the province tell me that it is crucial for age-appropriate information be taught about the opioid overdose crisis in the Alberta curriculum. A recent story from BC examined what resources are available within schools to teach students about their crisis; but there was no information on Alberta-which underlined the need for a comprehensive strategy to teach students the dangers of opioids-at age appropriate levels. As a United Conservative Advocate for Education, Post-Secondary Education, Indigenous Relations, and Wellness, I fully support immediately investigating the implementation of curriculum on the drug crisis. My colleagues and I believe our school system must be a safe space for students to learn about the dangers of the opioid crisis that Alberta continues to grapple with. If providing information within the school setting on the dangers of fentanyl can save even one life, it's worth it. Our caucus proposes that the government collaborate with health, education, and law enforcement professionals—along with other provinces to develop modules on the opioid epidemic, while ensuring harm-reduction, prevention, and awareness initiatives are taught. The more information students are equipped with, the more likely they are to understand the lethal nature of fentanyl and other opioids. It's a life and death issue.

Connections with Alberta Families:

Constituents continue to tell me that as Alberta families went back to school this fall, the disconnect between government policies and the harmful effect on students and parents is becoming more and more apparent. Worried parents have been left grappling with the consequences of Bill 1-with families bracing for far-away bus stops, terrible commutes, and uncertainty around programs of choice. Many students are dealing with the consequences of government policy-with some travelling on half-a-dozen different busses a day-just to get to and from school. When Bill 1 was introduced in the Legislature this spring, I warned government about the impact it would have on families every day. Coupled with the extra carbon tax costs, many families are in difficult situations. Our caucus continues to hear loud and clear from Albertan families who say they are worse off under these policies; and that if the government was listening, they would stop introducing policies that are hurting students and their families.



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November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

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, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes Thursday, November 23, 2017 7:00 – 8:00 pm

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/ speaker-series

Giving Tuesday and ReWilding Through Restoration

Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park. www. friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at **www.friendsoffishcreek.** org/membership.

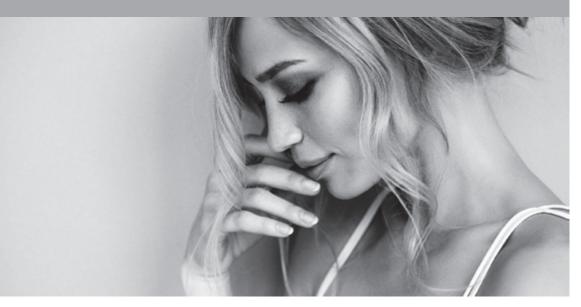
Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit **www.friendsoffishcreek.org/store**

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

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



For the Strother Family, Catholic Education and St. Mary's University run in the family! Ricky is currently in his second year while brother Joey recently graduated from St. Mary's and is currently working as a teacher in the Calgary Catholic School District. Their father Gary is Chief Superintendent of the CCSD and mother Kathie, an award-winning retired teacher for CCSD, and the family dog Cujo, volunteer regularly with the Pet Access League Society, and are frequently on campus helping St. Mary's students de-stress before exams.

www.stmu.ca

COMMUNITY RESOURCES

Parks in your Neighbourhood

Marshall Springs (Fish Creek Provincial Park) – 2300 Fish Creek Blvd

Soccer Field and Green Space – Everglade Way SW Soccer Field and Green Space – Everwoods Link SW Playground and Green Space – Everoak Drive SW Playground and Green Space – Everglen Road SW Evergreen Playground – Everridge Common SW Playground and Green Space – Eversyde Avenue SW Playground and Green Space – Everstone Road SW Green Space – Eversyde Heath SW Playground and Green Space – Everwillow Close SW Green Space – Everwillow Circle SW Playground – Eversyde Green SW Soccer Field, Playground, and Green Space – Evergreen Circle SW

Resources in your Neighbourhood

Canada Post – #100, 2250 162 Ave SW #100 Calgary Evergreen Community Association – Everridge Dr SW Household Hazardous Waste Drop–Off at Evergreen Fire Station – 2511 Eversyde Ave SW

Schools in your Neighbourhood

Evergreen School – 367 Everstone Dr SW Marshall Springs School – 1100 Everridge Dr SW Our Lady of the Evergreens – 322 Everridge Dr SW

Religious Centres in Your Neighbourhood

The Church of Jesus Christ of Latter–day Saints 30 Everstone Blvd Red Deer Lake United Church 403 256-3181; 96187 Hwy 22X; Foothills, Alberta

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