

NOVEMBER 2016

DELIVERED MONTHLY TO 4,900 HOUSEHOLDS

# GLENBROOK globe

BRINGING GLENBROOK RESIDENTS TOGETHER



# Inter-Community Family Skate

**THURSDAY, DECEMBER 1, 2016**

**at 6:00 pm**

**Glendale Community Association Rink**

## Everyone Welcome!

Looking forward to meeting folks from Glamorgan,  
Glenbrook, Killarney/Glengarry, Rosscarrock  
Strathcona Christie Aspen, Westgate, Wildwood...

*Hot Chocolate and Hot Dogs*



Glenbrook Community Association  
3524 - 45 St. SW  
Calgary, AB - T3E 3V2

### Elected Officials



**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



**MLA Brian Malkinson**

Calgary-Currie  
2108 B - 33 Avenue SW  
Calgary, AB Canada T2T 1Z6  
Phone: (403) 246-4794  
Fax: (403) 686-1543  
Email: calgary.currie@assembly.ab.ca

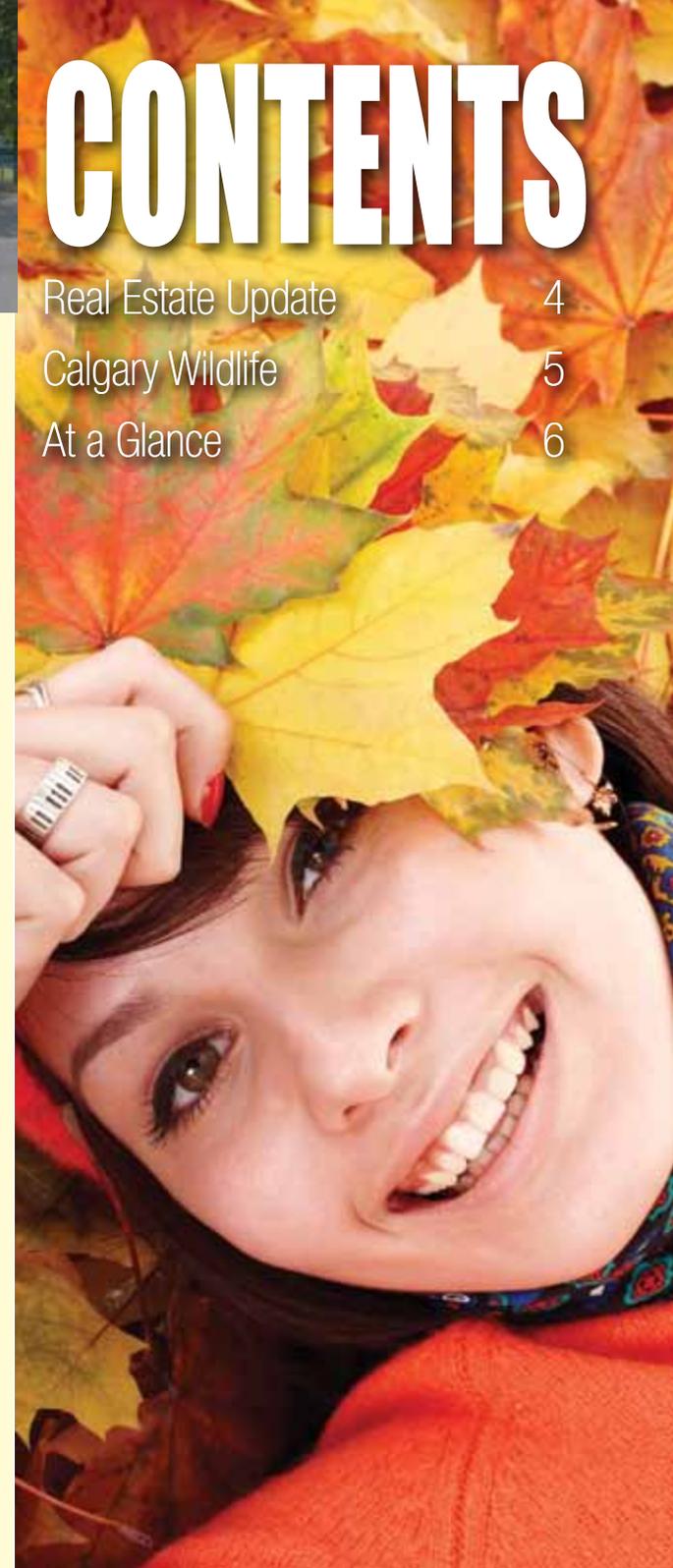
### NEWSLETTER AD SALES

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# New Website

Did you know the Glenbrook Community Association has a new website? Visit <https://glenbrookcommunity.wordpress.com/> for hall rental rates and check back for new information and events.

news@great-news.ca  
**Editorial Content DEADLINE 1st**  
 of each month for the next month's issue



What's going on in our community? Check the Glenbrook Facebook page and find out! Like our page and engage with your neighbours and fellow community members. [www.facebook.com/glenbrookcommunity](http://www.facebook.com/glenbrookcommunity)



## Glenbrook Community Association

3524 - 45 St. SW  
 Calgary, AB - T3E 3V2

### Last 12 Months Glenbrook MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$689,900.00	\$675,000.00
August 2016	\$542,900.00	\$521,000.00
July 2016	\$379,900.00	\$365,000.00
June 2016	\$484,450.00	\$483,750.00
May 2016	\$598,900.00	\$580,000.00
April 2016	\$412,450.00	\$401,500.00
March 2016	\$557,400.00	\$542,000.00
February 2016	\$559,500.00	\$540,000.00
January 2016	\$549,900.00	\$519,900.00
December 2015	\$549,950.00	\$542,500.00
November 2015	\$634,450.00	\$631,500.00
October 2015	\$689,900.00	\$675,000.00

### Last 12 Months Glenbrook MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	6	13
August 2016	7	1
July 2016	8	5
June 2016	7	10
May 2016	10	9
April 2016	9	6
March 2016	8	6
February 2016	7	7
January 2016	15	3
December 2015	4	2
November 2015	5	4
October 2015	8	6

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

### COMMUNITY NEWSLETTER AD SALES

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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.

### Lifestyle and Weight Loss Centre

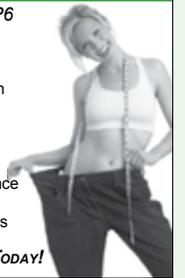
Located at the Glenbrook Medical Clinic  
 4306 Richmond Rd. SW, Calgary, Alb T3E 4P6  
 403.714.0517  
[www.WeightLossForHealing.com](http://www.WeightLossForHealing.com)

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 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.

## 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)

## 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](mailto: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

**VOLUNTEERING....**  
*Good for the Soul*

### EMS: Yielding to Emergency Vehicles

Time is the enemy in any emergency. For everyone's safety it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

#### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one!) before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders or left hand turning lanes in order to pass other traffic.

#### When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way.
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00.
- Always leave plenty of space between your vehicle and an emergency vehicle should it be required to stop suddenly.



## 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 •

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 100<sup>th</sup> 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 11<sup>th</sup>, 2016

**Time:** 10:30 am

**Location:** Battalion Park at Signal Hill

### Access

- We encourage you and your family to walk to the ceremony. 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.

**MEAL DEAL**

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

## Lest We Forget

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.

## 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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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**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.vocalitudes.org](http://www.vocalitudes.org).

### NOVEMBER MOON CALENDAR

	First Quarter Nov 7		Full Moon Nov 14
	Last Quarter Nov 21		New Moon Nov 29

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sales@great-news.ca

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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## Autumnal Offerings

Red and purple leaves are actually caused by the presence of sugars from sap that is trapped inside of the leaves.



### MLA CALGARY CURRIE BRIAN MALKINSON

2108 B - 33 Avenue SW  
Calgary, AB, Canada T2T 1Z6  
Phone: (403) 246-4794; Fax: (403) 686-1543  
calgary.currie@assembly.ab.ca

November is here, and that means that the Legislature is back in session, and my life gets even busier than it has been.

When I'm out and about in the community, people often ask me "Why? It's not like there's an election soon?" My answer is simple: How else can I honestly represent the entire riding if I don't know how people living here are feeling?

If I want to be a true conduit for the ebb and flow of the communities I represent, it is essential that I know what's actually going on in those communities.

So when I walk in to the legislature, when I sit in committees, I am always thinking about people here in Calgary Currie whose lives will be touched by the legislation at hand. I think about the kind of stories they have told me. Stories about their successes, and stories about the problems they are facing.

When I'm door knocking I hear all sorts of stories. Neighborhood kids come up and ask about a playground in their area, and I'll meet a senior who is having difficulty getting out to socialize, or a drywall professional facing a downturn in construction. To know about the lives people are leading, to know what is going on in their life, to then take that to the Legislature, is one of the things that gives me my greatest strength when I speak in the chamber.

The story of Alberta is one that builds on the past and continues today. It is a story that is being carried forward in the daily lives we lead, in the daily trials and tribulations we face; It is a story being written every day by each and everyone one of us who plays a part of the Calgary Currie Community.

I will also make note that just like for the past 98 years, November is the month we take time aside and remember those who have had their lives taken in the service of their country. Remembrance Day ceremonies are held at the Military Museums, as well as the local Killarney Legion, and of course at the Cenotaph downtown.

## STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:  
perry@ucalgary.ca

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board.



## 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](http://www.calgary.ca/sarceerichmond).

No RSVP is required.

November 1 and 11

City of Calgary logo and text: Expanding the transportation network to improve mobility choices for Calgarians.



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# 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

