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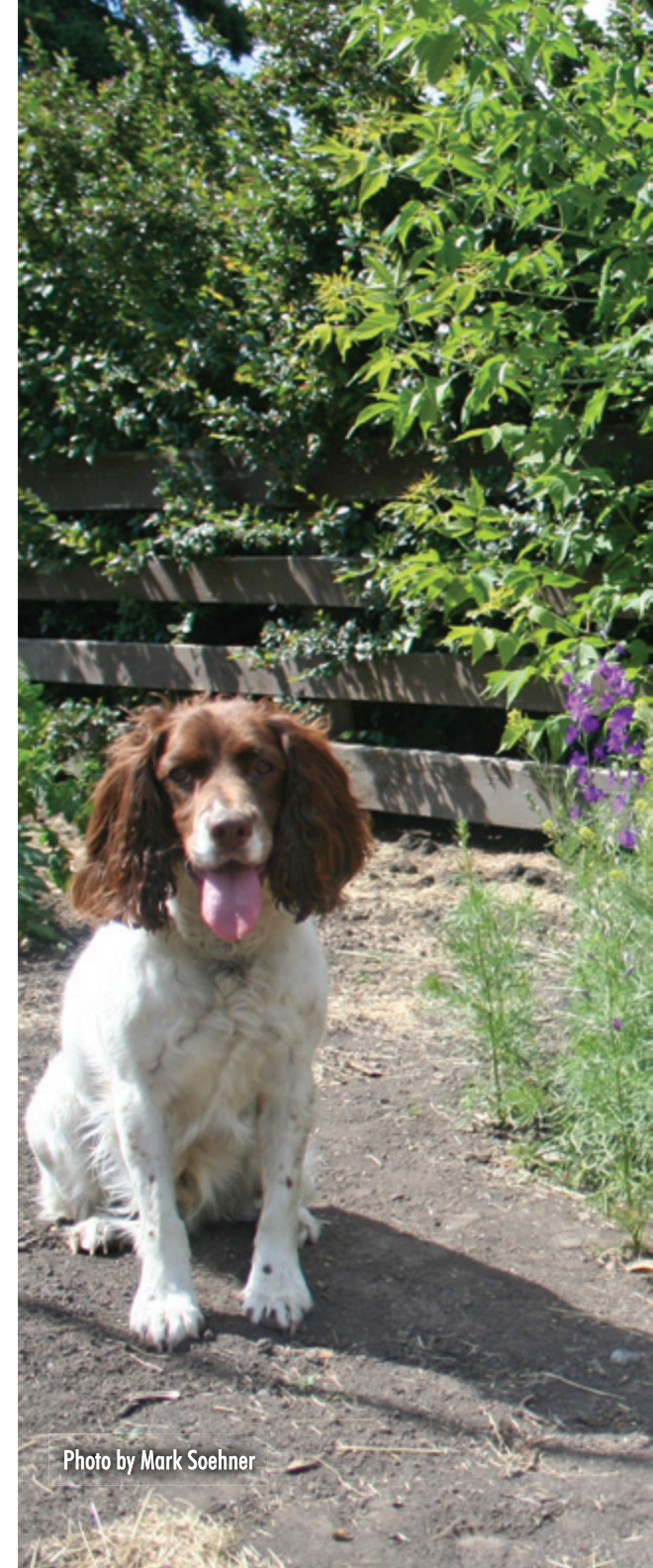


Photo by Mark Soehner



HAYSBORO COMMUNITY ASSOCIATION

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Haysboro Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

HAYSBORO SENIOR RESOURCES GROUP



OPEN TO SUGGESTIONS!

The **Haysboro Senior Resources Group** meets on the fourth Thursday of the month (except July, August and December) 1:30 – 3:30 pm at the Haysboro Community Hall, 1204 – 89th Avenue S.W. Our season runs from September through June.

I would like to introduce myself. My name is Nancy Mc-Connell and I have just started as the Programs and Publicity person for the Haysboro Senior Resources Group. I am open to suggestions as to what type of programs you would like to see us present. Please send your ideas to me by email at nwmconn@telusplanet.net or call me at 403-255-2296.

We are looking forward to beginning our new season on September 28th. Please note that our membership fees for the new season are being increased to \$10.00 per person (that's less than \$2.00 per program). Seniors of all ages are welcome to join the group. It's a great chance to get out and enjoy a variety of activities and to socialize with friends and neighbours.

Our new season will kick off with learning about self defence. Our instructor will be Glen Smith, who owns the Karate club that trains in our hall. He is also a retired police officer. The class will be geared to seniors and will help foster a sense of empowerment while having lots of fun. Please come and join us on September 28th!



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OUR MISSION STATEMENT: The Haysboro Community Association, as a volunteer organization, is dedicated to enhance the quality of life of the community through the engagement of residents in community planning and development, social and recreational programs, all the while fostering a safe and vibrant environment.

OUR VISION STATEMENT: Established, safe and vibrant community with residents engaged in responsible development, social and recreational programs, all the while fostering friendly neighborhood connections.

BOARD EXECUTIVES

President	Kourtney Branagan	president@haysboro.org	403-816-2224
Vice-President	Vacant	vicepresident@haysboro.org	
Treasurer	Miriam Mitchell	treasurer@haysboro.org	403-259-5145
Secretary	Lauren Gilbert	boardsecretary@haysboro.org	403-289-7721
Past President	Maxine Morrison	pastpresident@haysboro.org	403-615-9443
Facility	Adrian Fahrni	facilities@haysboro.org	
Civic Affairs/Planning	Sonja Sahlen	civicaffairs@haysboro.org; planning@haysboro.org	
Membership	Jason Pallidin	membership@haysboro.org	
Fund Raising	Vacant	fundraising@haysboro.org	
Programs & Events	Vacant	events@haysboro.org	
Communications	Marisol Narvaez	communications@haysboro.org	
Volunteer	Lauren Denney	volunteer@haysboro.org	
Horn Editor	Jenna Tytgat	editor@haysboro.org	
Casino	Julie O'Brien	casino@haysboro.org	
Senior Resources	Dorothy Block	srgroup@haysboro.org	
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Director-at-large	Jon Hamel	jonh@haysboro.org	
Director-at-large	Steven Snell	steves@haysboro.org	
Director-at-large	Alan Suzarsky	alans@haysboro.org	
Director-at-large	Elsbeth Crawford	elsbethc@haysboro.org	

COMMUNITY CONTACTS

HCA Administration and Hall Rentals	Fiona Swanson	info@haysboro.org	403-253-1563
50 Plus Club	Gary Tomasson	tomasson@shaw.ca	403-244-3109
Haysboro Preschool	Cinnamon Burrell	Preschool@Haysboro.org	Hall: 403-253-1563
MLA – Glenmore	Anam Kazim	Calgary.Glenmore@assembly.ab.ca	403-216-5421
Councillor - Ward 11	Brian Pincott	info@ward11calgary.ca	403-268-2430
Police Liaison- District 6	Constable H. Robinson	pol4196@calgarypolice.ca	403-428-6600
Southwest Communities Resource Centre			403-238-9222
Southland Youth Justice	Kathy Hutchings	calgaryyouthjustice.com	403-244-8201
Business Advertising	Great News Publishing	sales@great-news.ca	403-720-0762

PRESIDENT'S MESSAGE

It's hard to believe the summer is over and we are prepping for school and a return to normality in work routines. There is something to be said for September and the revival of routine, habits, and even a chance to start afresh after a summer off.

We had a great summer in the community - VIVO joined us Tuesdays and Wednesdays for loose part play, there was play group on Thursday mornings. So many opportunities to get outside and play. Phase two of the playground got underway with additional food forest plantings at the end of July. The park continues to work towards completion and will be showcased this month at the 2017 International Play Conference. Sonja, our playground committee chair will also be speaking at this event. If you missed the AGM you might not have heard the amazing news – we've seen an increase in 83% usership of the park! Thanks to data collectors at MRU and the community for compiling this data for us. Having strong successes in the community like our natural playground lends us a voice and a case for increased redevelopment opportunities in the neighbourhood. Having a strong support from community in these projects is our best asset.

As a committee, we don't meet regularly in the summer but we have still been tackling issues including incoming development permits, the land use amendment at Southland Crossing, and the proposed alignment of the 90 Avenue pedestrian bridge. We continue to work with the parties involved in the design and alignment of the bridge to get the best possible outcome. Recognizing there are constraints to budgets, placement, and interest from other parties, the bridge will be its very best and we're confident the final design will serve to the best of its ability. On July 31, Sonja Sahlen and I presented to council our concerns surrounding the redevelopment at Southland Crossing. Quick background: RioCan, the property owners, have applied and were approved for a land use amendment to include residential towers (rental based only) and an upgrade to retail space on the Southland Crossing site. A land use amendment is the first step in many to come surrounding this development. RioCan and their partner in planning Urban Systems, along with architects Gibbs Gage, and the City of Calgary will continue to work with us through the development and planning of this site.

We are excited and enthusiastic to continue our good work as a community association through developing strong relationships, modelling excellence in planning, and by being proactive towards redevelopment instead of reactionary.

Don't forget – many of your memberships are due this month. Make sure you renew to stay up to date on events, programs, and happenings at the hall. A quick word on membership. Membership has privileges, but its function is to allow a board of directors to have an association within the community. Without a board, we can't lease the land for the building, the rinks, the field, or the parking lot. Strong membership numbers mean investment and commitment to the continuation of Haysboro as a thriving and evolving community. Membership dollars fund a portion of our events and programs at the hall, and provide us the opportunity to apply for grants. 'Members Matter' is an understatement – members are everything. In advance, I'd like to thank you for your support of Haysboro and your purchase of membership.

I promised in my July message that I would be holding office hours starting in the fall. I will be at the hall every Monday morning from 9-11am. I would love to meet you and have the opportunity to chat about any ideas or plans you have for our neighbourhood. You're also welcome to join us at any board meeting, held the last Wednesday of each month from 7:30-9pm. I am generally at the hall by 6pm to prep so if you'd like to stop in then I'd be happy to talk. Please don't hesitate to reach out by email or phone and make sure to wave if you see me cruising by on my bike.



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HAYSBORO HALL HAPPENINGS

Garry thought my last article was not personal enough – I guess he likes me talking about him!

This summer has passed quickly by, but it has been lovely. Garry and I have been enjoying movies outside on our garage wall. I haven't done it yet, but I would like to make some cars out of cardboard with a little seat in them and a steering wheel and a speaker so that my friends' sons can experience a drive-in theatre! Maybe I could borrow a Little Tikes Vehicle and have them drive it in and park it – so many ideas. Good thing sometimes I don't have children – I would be busy doing fun activities and never get the laundry done.

This summer has been busy looking after Garry's aunt, who had to move into a care facility. It has been a learning experience, but a joy in getting to know her. I was asked this summer, by a girl I have known since her birth 17 years ago, if I would Baptize her. She has grown and matured so beautifully inside and out and what a blessing to share in this special moment of her life. We celebrated the marriage of my eldest nephew, whom I used to rock to sleep by singing "Kokomo" by the Beach Boys 29 years ago. We also celebrated the 70th birthday of a dear friend, who is a source of strength and love in my life. We had a visit from two ladies from a congregation I used to serve, who I could listen to their conversation with each other for hours – "it's not gossip, it is concern!" And we brought dinner and laughed and smiled with a gentle lady as we talked about the loss of her husband and her chemo treatments. And we rejoiced with friends who brought new life into the world times two!

It is amazing that one can experience so many 'seasons' within a short period of time. This summer has brought a life time of opportunities. It has reminded me that I need to stop to reflect on all that I experience so that I can see how blessed I am!

Volunteering
is good for the soul

HAYSBORO CHURCHES

Heritage Drive Chapel 935 Heritage Dr SW
Church of Jesus Christ of Latter-Day Saints

Hope for Life Christian Fellowship 403-255-6110
Interdenominational, St. Gerard's School, 96th Ave SW
www.hflchurch.ca *Non-denominational*

Lighthouse Church *Interdenominational* 403-640-2099
O-9827 Horton Road SE
www.calgarylighthouse.com

St. Andrew's Presbyterian Church 403-255-0001
703 Heritage Dr SW
www.standrewscalgary.ca

Springs Church 403-473-3400
924 Heritage Drive SW

St. Gerard's Church *Catholic* 403-253-2251
8944 Elbow Dr SW
http://stgerards.ca

HAYSBORO SCHOOLS

Haysboro Elementary 403-777-8530

Woodman Junior High 403-777-7490

Henry Wise Wood Senior High 403-253-2261

Haysboro Community Preschool 403-253-6524

Calgary Early Learning Centre 403-255-4288

Bishop Grandin Senior High 403-252-7541

St. Gerard Elementary 403-500-2028

Akiva Academy (ECS - Gr. 6) 403-258-1312

St. Augustine Fine Arts School (K-9) 403-500-2022

Notre-Dame-de-la-Paix (S)(FR) K-6 403-271-5544

École de la Source (FR) K-9 403-255-6724

Ste-Marguerite-Bourgeoys (S)(FR) 7-12 403-240-2007

École de la Rose sauvage (FR) 10-12 403-230-3112

Trinity Christian School 403-254-6682

Eugene Coste School (S) K-3 403-777-8511

**Haysboro Community Association
Residents' Meetings**
Last Wednesday of every month at 7:30 PM
Haysboro Community Hall, 1204-89 Ave SW

EDITOR'S MESSAGE

Hello everyone!

My name is Jenna Tytgat, and I am the new editor of the Haysboro Horn. I transitioned into the position of editor over the course of the summer, and some residents may have already seen me out at the bike ride in July.

I recently received a diploma in journalism while going away to school in Vancouver. I worked on my school paper, magazine, and interned at CTV Calgary.

I'm very excited to connect with Haysboro through editing the newsletter. I hope to meet many more of you at future events, and I hope to hear from people about what they want to see in the newsletter! I'm looking forward to working with the Haysboro Horn, community association, and community in the coming future.

Please feel free to reach out to me at editor@haysboro.org.

Best regards,

Jenna Tytgat

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Fridays 7:00pm - 8:00pm

Space is Limited!
Drop in and try a class free.

New members are welcome to join our programs at any time if space is available. Programs may be cancelled due to insufficient registration. GST will be added to programs unless noted other wise. There is no refund after the program starts or if materials are already ordered. Fee will be pro-rated when applicable.

For Haysboro Program Registration please contact the Hall Monday to Friday 10:30-5:30. Phone: 403-253-1563. E-mail: info@haysboro.org



HCA RUN PROGRAMS

Kmotion Dance

Kmotion Kids - Tuesdays September 26 – November 21, 3:15-4

KMotion HipHop - Thursdays, September 28 – December 14, 4 - 4:45

BassBurn - Tuesdays September 26 – December 14 6:10 - 6:55

Drop –In Tot Time

Mondays 9 am-11 am – Haysboro Community Hall – Main Hall

We are pleased that Kerry Urban, one of our Preschool Teachers, is going to be coordinating Tot Time. Tot Time is a time for parents to get together and chat as their kids play and socialize.

Kerry has a passion for education and brings knowledge and enthusiasm to anything she works on. Tot Time participants can help her determine what the two hours should look like. There will be opportunities for some reading, rhyming, and special guests of interest to participants and their children. Hope you will come check out Tot Time.

Haysboro Preschool with Allison and Kerry

Haysboro Preschool is a parent-run program for three and four years olds. Guided by University trained, experiences teachers in an open environment, children choose from a variety of learning centres, circle time, stories and outdoor play with a maximum of 12 children per class. For further information or to view the classroom, please call 403-253-1563 or view online at www.haysboro.org.

Tai Chi

8 week session
Tues/Fri 9:15 am - 10:15 am

Tai Chi is a series of slow, flowing movements. The short form being offered is easily learned and performed by anyone regardless of age or physical condition. Tai Chi gently stretches and tones the whole body, relaxes and calms the mind. Call Betty at 403-259-4635.

2x/week - \$65 for members \$75 for non-members
1x/week - \$35 for members \$45 for non-members
10x punch card - \$70 for members \$80 for non-members

Senior Resources Group

Fourth Thursday of the month 1:30-3:30 – Entertainment, Talks, Trips for Seniors

NON-HCA RUN PROGRAMS – PLEASE REGISTER Rhyme and Reason

Interactive program for 0-2 year olds and their caregiver www.rhymeandreason.ca
\$90.00 per family, \$60.00 for Haysboro members!
Starting January

Prapti Yoga

Classes are offered Monday and Wednesday Evenings and Sunday Afternoons. Once a month workshops on Friday evenings. Mondays are registered classes, Wednesdays are drop in classes and Sunday afternoons are registered classes perfect for beginners or those with physical limitations. All classes develop strength and flexibility and are taught with playfulness, humour and compassion. Call Kathy Dodd at 403-869-5323 or visit www.praptiyoga.com for more information and registrations.

South Calgary Ladies Bridge

Fridays 12:00- 3:00

50 Plus Bridge

Wednesdays 12-3
Call Lois for more info 403-278-6978

The Casey Academy of Irish Dance Beginner Irish Dance classes

Taught by former “Riverdancers” Cara Casey and Mark O’Loughlin. Saturday mornings at Haysboro Community Centre 11:00-11:45 a.m. For ages 5-9
Call #403-520-0059 for more info.
www.caseyacademy.com

Kanto Sho Karate Club

We teach traditional Karate to anyone ages 5 and up. Classes run year round; start anytime. Check our website

for information. Monday/Wednesday/Friday
Children ages 4-6: Mondays 5:30-6:15
Beginner: Monday - 6:15 – 7:15 p.m
Advanced - 7:15-8:15
Beginner: Wednesday 6:00 – 7:00 p.m.
Advanced: Wednesday 7:00 – 8:00 p.m.
Women’s Only; Fridays 6:00-7:00pm
Advanced: Friday 5:00 –6:00 p.m
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Thursdays 11:00-12:00 PM
Thursdays 6:15-7:15 PM
Saturdays 8:30-9:30 AM or 9:40-10:40 AM

Dawn Ross: Bit By Bit Bodyworks presents: Customized Movement And Yoga

Looking for a class focused on what YOU need to progress in an activity you love, a yoga pose, exercise or address a specific condition or pain issue? If you answered “yes” this customized and individually focused class is for you.

The class is limited to 7 people. Each person receives a personal practice specific to their needs and desires. Your practice will be adjusted to continue to meet you where you are and move you toward your desired goal throughout the course of the session.

At the end of session you’ll have a practice you are comfortable and confident to do on your own and have progressed in reaching your goal or have reached your goal. This class is the perfect blend of yoga class meets one-on-one session.

Afternoon Yoga

Tuesdays Sept 26-Dec 5
2-3:15pm

Customized Yoga

Tuesdays Sept 26- Dec 5
6:30-7:45pm
8-9:15pm

Movement and Yoga For “Every-body”

These classes are a wonderful way to get into your body and gain awareness of your unique movement and breath patterns without needing to turn yourself into a pretzel to do it. If you have ever done yoga and at the end of the class thought “Thank goodness I survived that” join me for a completely different experience.

You’ll enjoy non jarring, mindful movements, learn corrective exercises, breathe easy, learn simple meditation and mind quieting techniques and leave feeling better than when you arrived.

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April 4 - June 6, 2017
2:00- 3:15pm
10 weeks

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Cadenza Music

3- to 5-year-olds, Wed 3:30-4:05 or Thurs 11:20-12:05
6- to 9-year-olds, Wed 4:10-4:55

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Wednesday 2:30-3:15 or Thursday 10:30-11:15am
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www.cadenzamusicstudio.ca

Civic Election 2017 Ward 11 Candidate Forum

Tuesday September 19
7-9 PM

Join us for a moderated discussion with Ward 11 candidates for October's civic election. Following the moderated discussion there will be a short period for questions from the audience.

Due to space considerations in a hotly contested ward, you may be asked to show proof of residency in Haysboro.

Sunday	Casey Academy Prapti Yoga	10:00-2:00pm 2:30-3:30pm
Monday	Drop-in TotTime Karate	9:15-11:15am 6:00-8:00pm
Tuesday	Tai Chi Dawn Ross Yoga Kids Dance Movement And Yoga for Every-Body Customized Movement & Yoga	9:15-10:15 2:00-3:25 pm 2:00-3:30pm 2:00-3:15 6:15-7:30 7:45-9:00
Wednesday	Callanetics AllStar Enviro Safety Rhyme & Reason 50+ Bridge Fun With Music Let's Play Karate Yoga	7:00-8:30pm 8:00-5:00pm 9:30-10:30am 12:30-3:00pm 2:30-3:15 3:45-4:30 6:00-8:00pm
Thursday 4 th Thursday of the Month	Prapti Yoga Senior Resources Callanetics	9:30-10:30am 1:30-3:30pm 7:00-8:30pm
Friday	Tai Chi South Calgary Ladies Bridge Karate	9:15-10:15 12:00-3:00pm 6:00-7:00pm
Saturday	Callanetics 2 Sessions Casey Academy	8:30-10:30am 11:30-12:15pm



Haysboro Ball Hockey Tournament Follow-up

Hello, and thank you to everyone who came to our ball hockey tournament on July 30th. This article's purpose is to provide a follow-up, with information about the results, and more. I'm sure you're wondering how the actual tournament went. Well, it went splendidly. Everybody had an amazing time, whether they were running around playing hockey, just chilling out, or watching the games. It was a typical Canadian event, with people running around in 29-degree weather sweating profusely, and just playing the good old hockey game.

Our monetary total as of now is \$756, all of which will be donated to the Canadian Cancer Society. I would like to invite anyone and everyone to continue donating, as our donation site: http://convio.cancer.ca/site/TR?team_id=363202&fr_id=23145&pg=team#.WYEOk9Puj. The site will be open for another three months.

I would like to congratulate the Slick Stick Pandas, who won first place; the Tomahawks, who won second place; the Woodbeckers, who won third place; Bar-Down, who

came fourth; and finally, The Green Hornets, who placed 5th.

I would like to specially thank the following four major sponsors:

First Class Flowers at 8251 Elbow Dr. SW
Subway at 911 Heritage Dr. SW
Calgary Hitmen
Starbucks 7616 Elbow Dr. SW

They generously supported our cause and I encourage people to visit these businesses as they went out of their way to contribute to our special event.

I am also pleased to announce that we will be holding this same tournament next year, and details will follow once they have been established.

Again, thank you to everyone who helped, contributed, and participated, and we hope to see you next year!

Aidan

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SCHOOL SHOUT-OUTS

Eugene Coste School – International Spanish Academy

After an amazing summer off the students will be returning to school on Tuesday September 5th. They will be greeted by our new Principal, Sra. Tanis Greenlaw. As well as all of our returning and new teachers. This year will have lots of fun activities and learning experiences in store for the students. With another successful school year having been completed, this year Eugene Coste School will be the home to students in grades K-4.

To keep up-to-date on what is happening at the school take a look at our website: <http://schools.cbe.ab.ca/b311/>

Upcoming Dates:

August 29th: School Office Reopens

September 4: Labour Day

September 5: First Day of School

September 15: Welcome Back BBQ for families

September 19: School Council Meeting - 6:30-7:30

September 19: Enrichment Society Meeting - 7:30-8:30

September 21: Parent Teacher Conferences

September 22: PD Day-Parent Teacher Conferences

September 29: Picture Day



A Great Place to Learn

“Music Lessons Enhance IQ”

Glenn Schellenberg, Department of Psychology,
University of Toronto

Research has proven that learning to play an instrument helps with cognitive development and stimulates brain function and will in fact improve overall IQ.

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Mention this ad and receive one FREE lesson when you sign up in September. New registrations only please, conditions apply.

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STROLL OR ROLL

Community Scavenger Hunt
Saturday September 30
11am-3pm



3 COURSES TO CHOOSE FROM

Challenge your knowledge of Haysboro in a fun filled afternoon. With a variety of tasks to complete and places to find, walk or ride your bike around the neighbourhood. Teams of two or more can choose from one of three course (short, medium, long). Youth teams (12+) are welcome to enter and families are encouraged to enter together. Register the day of at the event in the Hall to get your package.

haysboro.org



YOUR CITY OF CALGARY

Farewell to the Leaf & Pumpkin program

The City of Calgary will no longer be offering the community Leaf & Pumpkin drop off sites this fall. With the roll out of the Green Cart program, residents will now have a convenient option to compost their yard waste right at their door.

For residents that would like to remove their yard waste quicker, a Fall Yard Waste program will be available from September 29 to October 29, 2017. If you choose to, you can bring yard waste to a City landfill for free composting at that time. More details can be found at calgary.ca/yardwaste. Please do not bring yard waste to former Leaf & Pumpkin depot sites.

Thank you to Calgarians for helping to support the Leaf & Pumpkin program for over 20 years!

Grooving for Life:

Ten reasons why dance, in any capacity, is useful in everyday living

By Karen of Kmotion dance

- Keeps us youthful, benefiting our heart, cardiovascular system and increases our lung capacity.
- Increases Co-ordination and strengthens reflexes. As a result, it also improves the connection of our bodies to our mind.
- Allows for increased circulation, while also improving our stamina and weight management. It is estimated that dance burns anywhere from 5 to 10 calories per minute depending on speed and intensity.
- Aids in lipid control, which raises our HDL (good cholesterol), and lowers our LDL (bad cholesterol). It's great for diabetics because it aids in blood sugar control.
- Improves our memory, keeping our minds quick, open, and alert by making us recall steps, dance patterns making it a great mental exercise for our brains.
- Strengthens our balance - our stabilizer muscles, while protecting our core and keeping us less prone to injury in our daily lives. Dancing also aids in co-ordination and helps strengthen our reflexes.
- Recreational, entertaining and socially satisfying in making friends, that help us grow, make us laugh and support us as we learn.
- Helps to express emotions, and crosses cultures to breakdown communication barriers
- helps promote good grooming because everybody wants to look his or her best while they dance. Good grooming keeps us healthy by keeping us high on hygiene.
- Elevates our mood by raising our endorphin levels (which allows us to heal stress and depression – two of our immune system's biggest enemies) And helps us establish self-discipline and self-confidence.

Reminder: You are invited to our Drop in **BassBurn: Dance-fitness Reinvented** class kicking off the season with a good sweat. Karen and DJ VanillaDisco as we groove to all Canadian artists, such as Micheal Bernard Fitzgerald, Jocelyn Alice, Shawn Desmond, and Feist to name a few!

September 12, 6:00-6:55pm by donation (suggested \$10)

All levels, abilities welcome.

Ages 9-99yrs

ATCO to upgrade natural gas line in your neighbourhood

ATCO will be in or near your neighbourhood in the coming weeks to upgrade the natural gas distribution system. The project will include the installation of approximately 3.1km of low-pressure natural gas main. The project will run from Ancourt Road SE to 14 Street SW along 88 Avenue S.

This project is part of the Urban Pipeline Replacement (UPR) Program which modernizes the natural gas network and adds capacity to meet the growing demand for natural gas in Alberta's largest centres. The installation of the new gas lines will employ all the latest technologies available and will meet or exceed building and construction standards to ensure continued safe and reliable natural gas service

ATCO thanks you for your cooperation and we will make every effort to minimize any inconvenience. We will complete our work in a safe, efficient manner and restore the work area to the same condition as it was before the start of the project.

For more information, please visit <http://www.atco-pipelines.com/upr/Projects/Acadian-to-14st> **or contact 310-5678.**

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FOR ART'S SAKE



Volunteering in the Arts

By Alex Bonyun

Want to be involved in the arts, but don't know where to start? A great way to dip your toe in without spending money is to volunteer. It may seem like a daunting proposition if you've never volunteered before, but non-profit cultural organizations are always looking for helpful volunteers, whether it's for ushering at a theatre performance, helping out at a festival booth, or lending a hand with administrative work at the office. The rewards of volunteering go beyond gaining access to tickets or other perks. It allows you to gain experience in a particular field or with a particular organization which can later lead to other opportunities such as serving as a Board Member for an organization that aligns with your values or joining committees in your community to boost the presence of arts in a particular discipline.

This year, Canada 150 is challenging everyone to lend a hand and give 150 hours of time volunteering before the end of 2017. The gift of your volunteer hours goes above and beyond the organization you benefit with your time. It can create a lasting impact throughout your community. You can register for the challenge and learn more at <https://volunteer150for150.ca>. It's not too late to complete the challenge as many organizations start their seasons full force in the fall, and are always in need of volunteers.

In our community approximately 50,000 Albertans volunteer for not-for-profit arts organizations every year, creating opportunities for community engagement, service, and belonging. Additionally, volunteers can help an organization build capacity, which can result in more economic stability and growth.

For a comprehensive list of all of Calgary's non-profit organizations in need of volunteers, please visit <http://public.propellus.org/NonProfitMemberList.aspx>.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

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



It's the start of a new season, and a perfect opportunity to try something new.

Did you know that residents living in South West Communities have free access to all our programs and services? This September we are introducing new programs and opportunities to make a difference in the lives of our families:

- Parenting Courses: "Positive Discipline" - an 8-week program for parents of children of all ages. Starts Tuesday September 19th.
- Speaker series: "Brain development of young children" - 5 sessions start September 13th
- Youth Tutoring: Wednesday evenings 6:00 pm for grades 7 - 12. Starts September 27th (Consider becoming one of our volunteer tutors/mentors for the year).
- Stress Management: an 8-week program with the Canadian Mental Health Association. Starts September 20th.
- Skill building workshops: finding employment, using a computer, money management and more! Dates to be confirmed.

If you are interested in any of these please give our office a call at 403 238-9222 for more information.

If you're not sure what you are looking for, come visit our Community Resource Workers. Marylou and Aynsley would be happy to talk about what you may need and help you access the right information and resources. Everyone is welcome in our Community Resource Centre.



Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.

SAFE & SOUND

Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play - road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop - motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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Guides
Canada

BLACKFOOT DISTRICT

September-Get into the Guiding Action!

We are looking for new and returning girls and women to join us for fun and adventure. Guiding provides all girls with an opportunity to learn new skills, try new activities, to develop self-esteem and leadership skills. Some Blackfoot units will be camping in September, planting trees, having outdoor campfires, learning new songs, crafts and games. Blackfoot District will host a swim night for all units in October. Join a unit in your community to be a part of all the action!

Guiding is also a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experienced required!

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

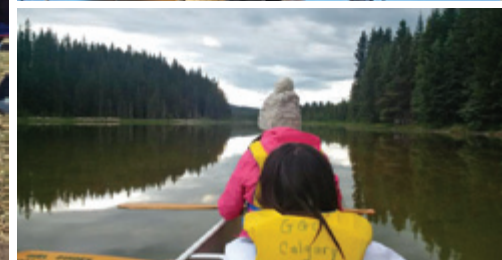
Sparks	ECS and Grade 1	(5- and 6-year-olds)
Brownies	Grades 2 and 3	(7- and 8-year-olds)
Guides	Grades 4, 5, and 6	(9- to 12-year-olds)
Pathfinders	Grades 7, 8, and 9	(12- to 15-year-olds)
Rangers	Grades 10, 11, 12	(15- to 17-year-olds)
Leaders	18 years and over	

Registration for the 2017/2018 season can be done online by going to www.girlguides.ca.

Units are accepting girls and leaders!

Guiding is a great place for girls of all ages to build new friendships and experience new challenges.

Girl Greatness Starts Here!



Are your legal affairs in order?

Do you have a will?

If not, there will be no one named to take charge of your estate or of children who are minors in the event of your death, and your assets may not be distributed as you wish.

Do you have an Enduring Power of Attorney?

If not, there will be no one named to take charge of your financial affairs in the event that you become incapacitated, and a Court application appointing a Trustee may be required.

Do you have a Personal Directive?

If not, there will be no one named to make decisions regarding your care and other personal matters should you become incapacitated, and a Court application appointing a Guardian may be required.

We can help. Please call for a free consultation or drop by to pick up complimentary information.

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Barrister & Solicitor
A211, 1600 - 90 Avenue SW
Calgary, Alberta T2V 5A8
403-252-3200
acslaw@telus.net



Serving the communities of SW Calgary for 25 years



In the fall leaves change colour because trees slowly stop producing chlorophyll. In years when a number of warm, sunny days and cool but not freezing nights come one after the other the reds in the leaves will be more vibrant because sugar sap gets trapped inside.





FRIENDS of Fish Creek

September in Fish Creek!

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2



McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., our current session is April 5th to June 21st. Our fall session will start Wednesday, September 6th and finish November 29th. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



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Linda Johnson

FOR CALGARY WARD 11

- ✓ Listen to the feedback, concerns, and questions in Ward 11 – and represent those interests in the decision making process.
- ✓ Collaborate with community groups, residents, and governments at all levels to deliver policy results that builds sustainable and vibrant Ward 11 neighborhoods.
- ✓ Support Calgary's entrepreneurial spirit and invest in a future that continues to make this city the best place to live while respecting our economic realities.

lindajohnson.ca @lindajohnsonyc





**MLA Calgary-Glenmore
Anam Kazim**

#A208, 1600 - 90th Avenue SW Calgary, AB Canada T2V 5A8
403-216-5421 403-216-5423 calgary.glenmore@assembly.ab.ca
Anam Kazim - MLA for Calgary Glenmore @anamkazimMLA

Dear Constituents:

I hope all of you had a great summer with family and friends. As we enter the beginning of the fall season, I am happy to look back to share the most recent and upcoming initiatives of Alberta's government to make life of Albertans even better.

Economy and Job Creation:

Job creation and diversification is our government's top priority. In the last year, Alberta has created 48,000 full time jobs.

The government's **Petrochemical Diversification Program (PDP)** will result in nearly \$6 billion in private investment in petrochemicals and plastics and over 4,000 related jobs - for a \$500 million investment (in foregone natural gas royalties)

Besides two new petrochemical complexes with over 4,000 associated construction jobs, there are a number of projects advancing in Alberta that represent good jobs for Alberta tradespeople.

- Kinder MorganTMX – 15,000 jobs in BC and AB
- Enbridge Line 3 – 7,000 jobs
- Keystone XL – 5,000 jobs
- Oilsands projects and expansions including below – est. total 4,900 jobs
 - Cenovus Christina Lake Oil Sands Project Expansion
 - JACOS Hangingstone Expansion
 - Suncor Fort Hills
 - Harvest Black Gold Phase 1
 - AOSC Hangingstone Expansion
 - CNRL Horizon 3
 - CNRL Kirby North Oilsands expansion
 - Cenovus Foster Creek Oilsands
 - Cenovus Narrows Lake
 - Imperial Oil Aspen

Anti-Racism Initiatives:

- Our government is committed to making life better, promoting inclusion and mutual respect and it is clear that Albertans share our commitment.
- However, there is more work to be done to ensure that all Albertans are treated with respect and have opportunities to build successful lives for themselves and their families.
- We know that our strength is in our diversity, our sense of inclusion and our commitment to stepping up and helping one another.
- That is why we are reaching out to communities across Alberta to gather their input on racism in Alberta and on practical steps our government can take to fight racism, foster

acceptance and promote inclusion and diversity today, tomorrow, and for generations to come.

- Several meetings throughout the province will be hosted this fall with community organizations working to combat racism.
- The government wants to hear from Albertans who are experiencing racism and find out from them if it's getting worse and work together on ways to fight it.
- There has been an increase in hate crimes across Alberta whether that is because racism is on the rise or not, or whether there's more support for people reporting these disturbing incidents but that's what that needs to be found out.
- A government website will be launched where Albertans can share the perspectives on how the government can support efforts to combat racism, foster acceptance, and promote an inclusive society where all Albertans are treated with respect.
- Together, we will continue to build a successful province and make life better for Albertans regardless of their faith, skin colour, or immigration status.
- It is a small group of people who don't represent Albertans or their/our values.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 31



**Calgary-Heritage
Bob Benzen, MP**
1010 – 10201 Southport Rd SW
T2W 4X9
403-253-7990
bob.benzen@parl.gc.ca

Dear Constituents,

Since the by-election in April, it has been an eventful few months. From my swearing in ceremony in Ottawa, to moving the constituency office in Calgary, to celebrating Canada's Birthday and attending Stampede events, it has been a whirlwind of activity as I have worked hard to hit the ground running with my new job as your MP.


Following the by-election in the spring, we moved the constituency office to a convenient location on the corner of Macleod Trail and Southland Drive [1010 – 10201 Southport Rd SW]. Our office hours are from 9 AM to 4 PM, Monday to Friday. I am available to meet with constituents to help navigate government services, and to listen to your concerns regarding issues facing our community.

This summer was particularly memorable as we celebrated the sesquicentennial of Canada's Confederation. Canada's 150 Birthday offered us an opportunity to reflect on our history and shared values, and to look optimistically towards the future.

Over the summer, I was able to take in many events in our community. From Stampede BBQ's and pancake breakfasts, to fun charity activities; I had a wonderful time meeting and talking with constituents. I can't thank our community associations and their volunteers enough for putting on such terrific events – you really bring our communities together and it wouldn't be possible without your hard work.

As autumn approaches, I am preparing to head back to Ottawa. Parliament will soon be sitting again and I will be doing my best to represent our great riding. If you have any thoughts about what is being debated or voted on in Parliament, please send me a note [bob.benzen@parl.gc.ca] or call my office at 403-253-7990. I always appreciate hearing from you and it helps me represent you better in Ottawa.

I hope you have a safe, fun, and memorable autumn.



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Ward 11 Summer Newsletter 2017

Welcome to your Ward 11 Summer Newsletter. There are a number of important updates to projects underway or coming up in this newsletter.

Event:

61st Avenue Greenway Corridor Celebration & Thank You Event – July 29

After a long construction period, The City organized an event on Saturday, July 29 to celebrate the new features along 61st Avenue SW and thank the area businesses for their patience.

News:

ATCO Pipeline Natural Gas System Upgrade & Project Construction Notification from Acadia to 14 Street SW

Construction along 14 Street SW is on track to be complete by late August as per the original schedule. You can view the 14 Street SW projects on the ATCO website.

- The Project Notification is for the installation of a natural gas pipeline starting late July from Ancourt Road SE and 88 Avenue in Ward 9. Construction will continue westbound along 88 Avenue SE through Bonaventure Park. Construction will enter Ward 11 at MacLeod Trail between 86 Avenue SW and 90 Avenue SE, heading west along 89 Avenue and Hoover Place, finishing at 14 Street SW.

Green Cart Program & Collection

The Green Cart Program for single-family homes (up to and including fourplexes) continues to roll out across

the city. Collection started in the SW on July 17. Learn about the program, collection, what goes in your cart and composting:

- How the Green Cart Program works
- Collection schedule
- Using your Green Cart
- What goes in the Green Cart
- Compostable bags and alternatives
- Composting facility

Southwest Ring Road Project

The Southwest Ring Road Project is underway. The Government of Alberta is responsible for the design, construction, management and operation of Calgary's Ring Road. For more information on the construction of the SWRR, the contractor KGL's website contains information on construction, alignment maps and traffic detours.

- Pile Driving near 90th Avenue SW

KGL will be pile driving near 90 Avenue SW in the Transportation Utility Corridor for the future interchange of the SWRR and 90 Avenue SW. Residents in Oakridge and Lakeview may hear elevated construction noise until August 4th. KGL may be contacted directly at 403-242-0565 24 hours a day.

The City of Calgary is also beginning work to extend streets to connect Calgary's road network to the ring road, while improving some existing roads to make sure the SWRR fits with our city's road network.

- Anderson Road Widening

The City is widening Anderson Road SW from four to six lanes between the SWRR and Elbow Drive SW to improve the road network and east-west travel. Construction will begin in late July or early August. Construction of the noise barriers along Anderson Road will also start this year.

SW Transitway BRT Construction Update

Construction on the transit only lane in the road right of way at the southeast corner of the Crowchild Trail and Glenmore Trail SW interchange has started. This new lane will be used by BRT buses only during times of congestion on Crowchild Trail to the Glenmore Trail flyover. This construction is expected to be complete by October 2017.

We hope you're having a great summer!



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.

September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.



Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.

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Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.

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South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. The new Fall Program Guide is now available. See below for some of the programs happening in September 2017. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

Please join the fun on September 9th, 2017 at the South Health Campus for the 4th Annual Fun Run & Kids' Zone. This is a fantastic family-friendly event!

Campus Fun Run: 5K/10K/ Kid's Dash at 10:00 am. Kids' Zone (11am-2pm).

To Register for the Fun Run please visit: calgaryhealthtrust.ca/SHCrun. For More Information on the Kids'Zone Please call: 403-956-3939

South Health Campus YMCA Sports Court is open for community use.

Did you know YMCA Calgary operates fitness facilities here at South Health Campus? For more information call the South Health Campus YMCA at 403-956-3900

Emotional Well Being

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

Mindfulness Practice Sessions

September 22 12:15-1:15pm

September 28 6:30-7:45pm

Emergency Preparedness

September 26 1:00-3:00pm

HeartMath®

September 27 6:00-8:30pm

Bouncing Back

September 28 6:30-7:30pm

Employment:

Resume Writing

2-Week Series (September 2 & 9 9:00am-4:00pm)

Interview Skills

2-Week Series (September 16 & 23 9:00am-4:00pm)

Health Management

Better Choices Better Health

6-Week Series starts September 14 10:00am-12:30pm

Heart Healthy Cooking and Living

September 14 2:00-3:00pm

Quit Smoking (QuitCore)

6-Week Series begins September 18 6:30-8:30pm

Managing Shift Work and Sleep

September 26 6:30-8:00pm

Let's Talk Diabetes

September 26 6:30-7:30pm

Getting Ahead of Your Headaches

September 28 10:00-11:30am

CareGiver / Family Support & Support Groups

Family Peer Support

September 12, 19 5:45-8:00pm

Seniors Home Safety Fixes

September 20 10:00-11:30am

SupportWorks

Wednesdays 6:00-8:00pm

Alcoholics Anonymous

Wednesdays 8:00-9:00pm

Narcotics Anonymous

Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm

Sundays: 7:00-8:00pm

Smart Recovery:

Sundays: 3:00-4:30pm

Parents/Parents to Be

Baby and You for Moms

4-week Series Begins September 7 1:30-3:30pm

Feeding Your Baby

September 12 1:00-3:00pm

Nutrition for New Moms

September 13 10:00am-12:00pm

Story Time & Play Date

September 15 or 29 10:00-11:30am

How to Talk to your Children about

Sexuality

September 19 1:00-2:30pm

Healthy Eating for Pregnancy

September 21 6:30-8:30pm

Street Drugs

September 21 6:30-8:30pm

Food, Nutrition & Cooking

Kids Culinary Day Camps: (Note: \$Fees apply)

September 22 8:00am-3:00pm

The Truth about What Works in Weight Management

September 16 9:00-11:30am

The Top 5 Tips to Reduce Calories

September 16 1:00-3:30pm

Canning: Pickles with Flair: (Note: Fees apply.)

September 20 6:00-9:00pm

Preserve the Harvest

September 30 10:00-1:00pm

ATCO Blue Flame Kitchen (Demo & Hands-on): (Note: \$Fees apply)

Fall Harvest

September 14 7:00-8:00pm

Mexican

September 23 10:00-11:30am

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!

SCHOOL SHOUT-OUTS

St. Gerard School

Welcome back! We hope everyone has had a relaxing and wonderful summer. The heat has been glorious, but with the crisper mornings and cooler evenings, comes back to school! This can be a time of great excitement for some children, and it can also be a time for anxious feelings. These emotions are normal, so please reassure your school-aged child that what they're feeling is common. Sometimes a visit to the school and a play on the playground before school start up can help a child feel more at ease in their environment.

The first day back at school is Tuesday, September 5th. After you drop off your child(ren), please meet us in the library for a coffee/tea to connect with our school community.

We are pleased to welcome St Cecelia for the 2017/18 school year. Welcome.

The St Gerard school community came together in June for a family barbecue. It was a complete success. We would like to thank: UFCW Local 401, Glenmore Landing Safeway, Southcentre Safeway, Southland Crossing Safeway, Southport Superstore, Old Dutch, Glenmore Bakery, Oakridge Co-op, Haysboro/Macleod Save-on foods, Old Dutch, and Lassonde for their contributions.

Parent Council hosted a book sale to run concurrently with the BBQ. From the proceeds, our school library will have over \$1500 worth of new reading material for our students! Thank you to all families who organized, volunteered and purchased!

Welcome back!



COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

NEED LEGAL HELP? FREE LEGAL CLINIC: Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call 403-220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

NATIONAL PHILATELIC STAMP SHOW: Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

LOVE TO SING? A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see www.vocalitudes.org.

PRACTICE ENGLISH: Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com, 403-444-1752.

FLC SENIORS CLUB 55+ -Tai Chi- call Juliette 403-225-1593 or email taichi@flcseniors.ca. -Line Dancing- call Ann 403-254-9181 or email linedancing@flcseniors.ca. For more activities, visit www.flcseniors.ca. Join us for a very affordable, healthy, and active lifestyle.

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FOR ALL YOUR DRYWALL RENOVATION NEEDS: Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-248-6281. Cell: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

HOME RENOVATING: Haysboro resident available to help with your home renovating needs. I have experience in all areas of home repair including drywall, painting, flooring, decks, fences and yearly maintenance. For a free estimate call Ken at 403-708-8737.

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.

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LAWN AND GARDEN CARE: Bark chips, flower beds, regular or occasional lawn cuts. Locally owned and operated. Call for your fall cleanup as well. Please call Brenda at 403-615-7199.

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.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

BRAIN GAMES SUDOKU

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



Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

HALLOWEENS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



OCTOBER OCTOBER OCTOBER

Haysboro mybabysitterlist

Name	Age	Contact	Course
Asha	14	403-629-2200	Yes
Ashley	15	403-560-9378	Yes
Danika	17	403-640-4331	Yes
Emilie	24	587-581-5707	Yes
Emma	16	403-369-7656	Yes
Jakarta	20	403-808-8503	No
Katrina	16	403-919-3138	Yes
Marlene	66	403-454-2413	Yes
Maya	15	403-253-9390	Yes
Ryan	14	403-252-6104	Yes

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.



Haysboro Real Estate Update

Last 12 Months Haysboro
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$472,450	\$444,650
June 2017	\$609,900	\$600,000
May 2017	\$534,900	\$526,500
April 2017	\$425,950	\$420,050
March 2017	\$452,400	\$434,944
February 2017	\$474,900	\$467,500
January 2017	\$472,400	\$466,000
December 2016	\$449,000	\$438,500
November 2016	\$362,000	\$367,000
October 2016	\$486,200	\$473,000
September 2016	\$559,900	\$550,000
August 2016	\$459,700	\$450,000

Last 12 Months Haysboro
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	13	8
June 2017	7	7
May 2017	10	8
April 2017	9	4
March 2017	6	6
February 2017	4	6
January 2017	6	2
December 2016	2	1
November 2016	1	1
October 2016	6	8
September 2016	4	7
August 2016	8	8

To view more detailed information that comprise the above MLS averages please visit haysboro.great-news.ca



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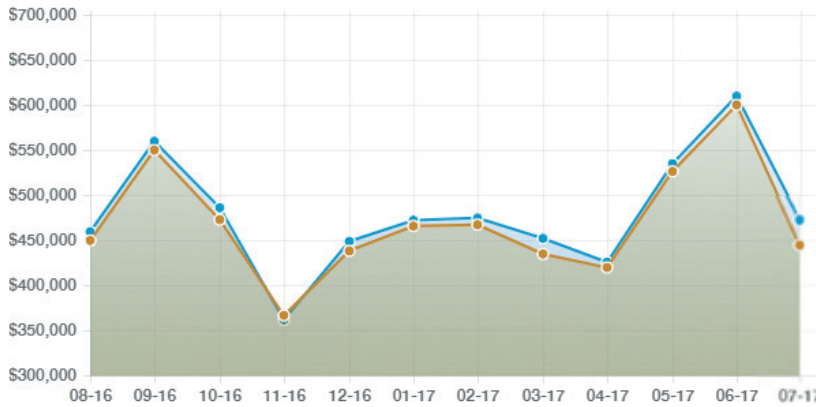


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