

NOVEMBER 2016

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

**KGCA
MEMBERSHIP
PERKS NOW
AVAILABLE!**

**PLAYGROUND
SURVEY**
INFORMATION INSIDE



STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

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

	WHAT	HOW	WHEN	
01	GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02	MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of November
03	HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of November



Killarney/Glengarry
Community Association

2828 – 28th Street SW Calgary, Alberta T3E 2J3
Phone: 403-246-6668 | info@killarneyglengarry.com
www.killarneyglengarry.com

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Your KGCA

Contact Your KGCA:
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Association
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Calgary, Alberta
T3E 2J3
www.killarneyglengarry.com
twitter / instagram @killarneyyc
403-246-6668

Email: admin@killarneyglengarry.com
Community Association (noun): An organization of people and groups working for the common good of a neighbourhood.

This is your community – all are welcome.

Come down, get a membership, enjoy the wide range of facilities, join the board, volunteer, and make new friends of your neighbours.

If you have any questions or concerns, or would like to find out more about how you can participate in your community, call us at the hall at 403-246-6668. If we are busy flooding the rink or setting up for a community function, please leave us a message and we'll get right back to you.



Killarney-Glengarry Community Association Board of Directors

President	Gina Thornton Hastie	pres@killarneyglengarry.com
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Engagement	Robert Reddekopp	engagement@killarneyglengarry.com

KILLARNEY GLENGARRY COMMUNITY



VISION STATEMENT

Together, let's build and live and thrive and love Killarney, and make it the best place in the world

KGCA Facilities KGCA Hall Rental Perfect for any function!

Your Killarney-Glengarry Community Association Hall is available for rental use at competitive rates, with preferred rates for KGCA members.

The KGCA Hall is a valuable resource for the citizens of Killarney-Glengarry. When you hold your birthday parties, special events, team parties, and group meetings there, you invest in your community.

Weekdays (Monday – Thursday)

Non-members \$35/hr (min 4 hrs)

Members \$30/hr (min 4 hrs)

Weekends (Friday – Sunday)

Non-members \$55/hr (min 4 hrs)

Members \$50/hr (min 4 hrs)

- A \$250 damage deposit is required to secure booking.
- \$75 janitorial fees charged on ALL bookings.
- GST will be added to all rental fees.

Renting the KGCA Hall is easy! Just call Lola at 403-474-3845 or email killarneyhallrentals@gmail.com.



BOARD UPDATE

We hope you are reading this newsletter bundled up in a blanket on the couch watching some soft snow come down. Have you ever wondered who writes all the content for the newsletter you are reading? It is mostly volunteers and fellow Killarney-ites. People like Joey Stewart have been writing for the newsletter for years! If you like writing and want to share something with the community, contact news@killarneyglengarry.ca to pitch your idea.

We would also love to update you on the progress of our new playground and ask for some feedback. Although the playground is now about a year old, we still like to think of it as "new"! We find residents are discovering it each and every day. We'd love to hear some feedback, so take a look at Carolyn Johnson's update in this issue and make sure to respond to the survey!

Finally, as snow is starting to come down, keep in mind that some neighbours may need some help with snow-clearing. If you have time, energy, and ability, consider being a Snow Angel and help clear someone's walkway!

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NOVEMBER
15 - 20
2016

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Why become a KGCA Member?

When you buy a membership, for only \$25 per family, you can take advantage of:

- Our new **KGCA Membership Perks** program giving you discounts and offers from local businesses
- Discounted rental of the hall and facilities
- The ability to register for the Timbits Soccer Program
- Advance notice of planning and development meetings
- The chance to connect with your community at great events

Become a member today! Visit killarneyglengarry.com or fill out the form in this newsletter.

Introducing... KGCA Member Perks!

Want to help build a stronger and more vibrant community?

One of the easiest ways to support your community is to shop local and invest your hard-earned dollars in the business men and women who have set up shop in Killarney. We have close to 100 businesses in our community, and KGCA is excited to announce a new program to entice the community to frequent these fantastic establishments that serve Killarney.

KGCA Member Perks is your new passport to Killarney shopping, entertainment and services, and it's as easy as showing your KGCA membership card!

Wait! You don't have a KGCA membership?!

Thankfully, that's an easy fix. Simply mail in the Family Membership Application found in this newsletter with a cheque for \$25 made payable to Killarney Glengarry Community Association or sign up online at killarneyglengarry.com. KGCA now offers a new senior membership price of \$10. Also new to KGCA are business memberships at \$15 for those that own a business or work in Killarney but do not reside in the community.

With your KGCA Membership, not only will you have access to KGCA Member Perks but you will also be supporting your local community association; be "in the know" for all Killarney news, updates and events; have a voice on planning and development AND get discounts on renting out the Killarney-Glengarry community centre to celebrate your important life events.

You will soon find participating businesses along with their KGCA Member Perk at killarneyglengarry.com and look for the KGCA Member Perks decal showcased in the windows of participating businesses.

If you have questions or you are a Killarney (or surrounding area) business owner who would like to participate in the program, please reach out to membershipdirector@killarneyglengarry.com.

Don't delay...get your membership now and start partaking in the perks of living in Killarney!

Shawn Kearns, Director of Membership



STORMTROOPERS



Canadian soldiers in WW1 earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.



DESIGNATED SCHOOLS FOR KILLARNEY/GLENGARRY

CBE	
A. E. Cross	7-9
Alexander Ferguson	K-6
Ernest Manning	10-12
Glendale	K-6
Richmond	K-6
Vincent Massey	7-9
CSSD	
St. Thomas Aquinas	K-5
St. Gregory	6-9
Bishop Carroll	10-12
St. Mary's	10-12
Holy Name (FR)	K-6
St. Michael (FR)	K-9

Calgary



South Crosstown Bus Rapid Transit



The South Crosstown BRT will connect the Westbrook and Heritage LRT stations and future Douglas Glen Green Line station, with more direct, reliable transit service. We're working on the design so visit calgary.ca/southxtownbrrt to provide feedback on the route, station locations and designs.

Visit calgary.ca/southxtownBRT today



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DECEMBER 3rd, 2016

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Chris Stills //
Mocking Shadows //
+
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For information on our programs and community outreach initiatives visit:
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Prophets of Music is dedicated to supporting emerging Canadian artists in the creation of exceptional original music. We provide resources, mentorship and education in music fundamentals, artistic development, performance, production, business essentials, brand development, and promotion.

Dogs of Killarney

These adorable siblings are named Ginger and Sprocket. They loved walking around Killarney in the summer, but they are ready for snow to come, too! They are especially happy to be soon walking with another sibling, albeit a human one. They hope the new baby loves cuddles and kisses!

Do you have a "Dog of Killarney" that you want to share? Send a picture and a blurb to news@killarneyglengarry.com.



LEST WE FORGET

1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.

Happy Birthday Killarney Pool Playground!

As Chelsea and I stood at the playground today 1 year on - we saw a mom with a 5 month old struggling to convince her toddler to leave the playground for dinner. The by-standing grandma said "isn't it great to see him having so much fun though?" and the mom smiled gently, saying it was his favourite place to play. Just then my daughter ran into an old preschool classmate and introduced her to Chelsea's son and no sooner did they then race off playing tag together zigzagging and climbing all over the structure. What a perfect fall evening to illustrate how a playground can bring so much connectivity in a neighbourhood. Exactly what we had envisioned 3 years ago when we were meeting with suppliers on site with our own babes in arms.

Here is what your first impressions were last year:

- "I didn't even know the playground existed before the project. Now I don't have to travel across the city to play on rubber surfacing, I can invite friends to play at ours!"
- Most improved was: Safety, rubber surfacing, fun feature items, better interactivity
- 85% said the project improved their sense of community because the new playground filled a gap and through it, you have met new people
- 90% of you said that because of this project, it would have made you more willing to participate in future projects

Now that you have played on it for a year, we would love to hear your feedback on our quick 6 question survey. This is important information we feed back into our grant providers and so are grateful for your time. The survey closes on December 23, so answer it now before the holiday season takes over! <https://www.surveymonkey.com/r/Q7QW3JW> or scan the QR image below.

Our motto was "DREAM BIG / LIVE ENGAGED / CONNECT WITH YOURCOMMUNITY / CREATE A GREAT FAMILY MEETING SPACE IN THE HEART OF KILLARNEY- GLENGARRY". I like to think that we stood by this and have inspired others to create similar projects in the neighbourhood. I felt so personally inspired by the support of the community association during our project, that I joined it this year as Vice President in hopes I can continue to support the mission. If you or anyone you know has inspiration to lead an improvement project in the neighbourhood, the KGCA board can help support you with connections to businesses through our improved membership benefit program, access to volunteers, guidance for grant applications, linked up fundraising opportunities and of course communication to our neighbours. Please contact me at vp@killarneyglengarry.com.



Carolyn Johnson, VP KGCA

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LEADERSHIP BY STEWARDSHIP



General Dwight D. Eisenhower once famously said. "in preparing for battle I have always found that plans are useless but planning is indispensable". He was expressing gratitude in 1957 at the National

Defense Executive Reserve Conference for the planning that they had made before the Second World War and how it had turned the tide of the war in the Allies favour.

With long term planning in mind, the Board of the Killarney Glengarry Community Association met in September to plan for our future as a Community. This was our 4th Annual Strategic Planning session. The three previous years we developed our Vision, Mission, Values and Goals and in 2015 we wrote our Business Plan that the City of Calgary now requires all community organizations to develop.

It is an interesting and valuable exercise because it causes a group to sit down annually to actually think about who they serve, why they serve them and what their legacy should be. One of the valuable outcomes is that one begins to think about 'stewardship' - what it is and what it means for a community.



As a word, Stewardship means 'the careful and responsible management of something entrusted to one's care'. Good stewardship allows any organization to continuously develop and adjust to an ever-changing world. It means that the stewards will act in the "common good" or the best interests of everyone. It doesn't work as well in a hierarchical or top down organization. It works best in a

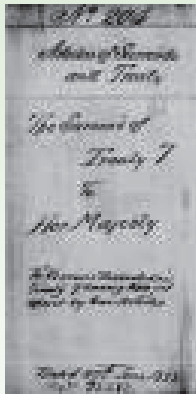
collaborative, collegial, cooperative place that benefits everyone.

For me, stewardship is acting upon the understanding that leadership is a temporary role which is outlasted by the lifespan of an organization; that life went on before the current leaders arrived and that history is important and relevant to today's organization. And, life will go on after they leave and the real test will be the legacy they leave - will it be powerful and lasting or will it be a missed opportunity? The current Board is working hard to ensure that by preparing for the future we will leave the community vital and vibrant for those who come after us.

Another powerful concept, that deserves our reflection today, is the words from the first treaties with England in 1692 with the Indigenous people that will be "in force for as long as the sun shines upon the earth; as long as the waters flow; as long as the grass grows green' - that is the real essence of stewardship.

Another concept of stewardship is "The Seventh Generation Principle" and is based on an ancient Iroquois philosophy, "The Great Law of Iroquois Confederacy" that the decisions we make today should result in a sustainable world seven generations into the future. The actual date of these earliest writings is undetermined, but it is thought to originate anywhere from 1142 to 1500 AD - so sustainability is not a new idea but it seems to be an idea that our modern society has forgotten as we now design appliances to last for 5 - 7 years to keep the economy moving.

The Great Law of Iroquois Confederacy is also credited as being the contributing influence on the 1787 American Constitution because Benjamin Franklin, who was working with George Washington on the document, particularly liked the ideas of political stability, indi-



vidual freedom, economic growth and social progress that the new Constitution espoused.



Pew Research reports that in Canada, most babies are born to women 30 years of age or older and means that today seven generations would take 210 years to achieve sustainability. The imagineCALGARY Long Term Sustainability Plan seems a little on the short side having been designed for only 100 years. Many people think that is a long time but in terms of man's long life on the planet, it is but a nanosecond.

Your Board is working hard to make decisions that are good now and will sustain this great community in the long term, too! We would love to hear from you about how you think we're doing.

Joey Stewart has an interest in the past because it is the foundation upon which we stand, but the future is where we're headed. Your thoughts and comments are valued joeycalgary@aol.com

Photo credits: Public Domain and Joey Stewart.

ANNUAL BOW CLIFF CHRISTMAS CRAFT FAIR AND BAKE SALE

NOVEMBER 26 2016
10AM TO 3PM
FREE ADMISSION

Come shop homemade crafts, Christmas décor and so much more and support local handcrafting!

Food Donations for the Calgary Food Bank Greatly Appreciated.

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- Irene, WINS Client

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SPECIAL FALL EVENTS

- Sunday November 6th at 10:30am Special Remembrance Day Service with choir and special music
- Sunday November 27th – 1st Sunday of Advent Service – HOPE service at 10:30am
- Saturday December 3 @ 5:30pm – Annual Turkey dinner – call the office for tickets 403-249-1721
- Mondays @ 7:30 – Bible Study – Exploring the first 1000 years of Christianity – call the office for more details – open event
- THRIFT SHOP open Sat. 11am – 2pm & Wed. 10am – 3:30pm
- KRIYA YOGA offered 4 times per week – contact Cathy at 403-968-2076
- Check out our website for upcoming events and seminars

 Sunday- Coffee in the lobby at 10:00am
Service at 10:30 am
Coffee after the service downstairs.

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**Our Vision: Connecting People - Growing in Faith
- Creating Caring Community**

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Dr. Linda Geng

Dr. Erika Schroeder

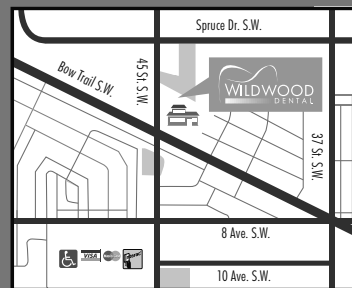


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We Remember

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

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

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

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

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

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

This year we have announced the re-openings of the nine Veterans Affairs offices closed by the previous gov-

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

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

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

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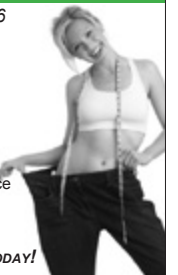
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TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and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

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.



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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.



Playgroup at the Hall for Kids!

Parents & Tots is a community-based drop-in program that is open to everyone! We are a playgroup that meets every Wednesday morning from 9am to noon. We have cars to drive, an arts and crafts table, and a bouncy castle! If you have a little one and are looking for an indoor activity in the cooler weather or need to connect with other parents in the neighbourhood, please come out and join us for some fun and conversation! There is a small \$2.00 fee per family to help with toy replacement and some craft materials.

Why become a KGCA Member?

When you buy a membership, for only \$25 per family, you can take advantage of:

- Our new **KGCA Membership Perks** program giving you discounts and offers from local businesses
- Discounted rental of the hall and facilities
- The ability to register for the Timbits Soccer Program
- Advance notice of planning and development meetings
- The chance to connect with your community at great events

Become a member today! Visit killarneyglengarry.com or fill out the form in this newsletter.



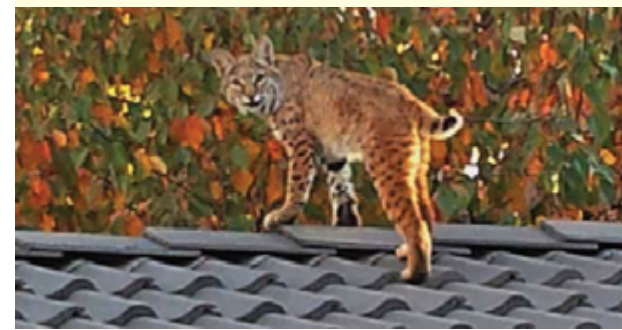
Killarney's Stunningly Beautiful Bobcat

It was a frantic phone call, September 24, 2016 at 4 pm, our neighbour Mike Merlo was shouting "there's a bobcat on the peak of your roof!" Another neighbour, Dave saw her first, just as Mike drove up the alley in his truck. Mike saw her walk casually into his backyard and when she heard him, she loped onto the roof of the shed, looked around, moved along the fence and then calmly sauntered onto our roof.

With no effort at all, she moved gracefully from roof to fence to the ground, walked through another yard and across 25A St to continue her business. She looked to be about 40 lbs, sleek and healthy with spectacular colouring. Stunningly beautiful!

We wanted to be certain what we saw - was it a bobcat or was she a lynx? Google assured us it was a bobcat diagnostic by the length of her tail. Each year there are a few bobcat sightings - this year there have been 2 or 3 so it is not common to see them in the city. This one was very assured and confident - not at all frightened and seemed very at home in the urban environment.

Bobcats eat squirrels, rabbits and small pets when they are available. So, this is a cautionary warning to be on



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



Name	Age	Contact	Course
Andrea	24	403-465-0933	No
Camila	20	587-830-4177	No
Cordelia	13	403-287-2394	Yes
Gabrielle	12	403-242-6688	Yes
Makenzie	18	403-796-7733	Yes
Melissa	26	902-393-3619	Yes
Rebecca	28	587-227-4136	Yes
Samantha	16	403-249-0581	Yes
Sheena	19	403-383-5348	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.

the lookout for interesting wildlife in the 'hood.

Wildlife officials say if you see one, give them a lot of space - we share the planet with a myriad of critters - we're all just trying to get by.

Joey Stewart is curious about all manner of wildlife - human or otherwise.

Photo credit: Mike Merlo



FAMILY MEMBERSHIP APPLICATION

2828 28th St S.W. Calgary, Alberta T3E 2J3
403-246-6668 | admin@killarneyglengarry.com

Name: _____

Address: _____ Postal Code: _____

Home Phone: _____ Email: _____

Interests: (dance, soccer, etc.) _____

Thanks for supporting your local community association!

Cut out and mail with cheque for \$25 made payable to Killarney Glengarry Community Association or sign up online at www.killarneyglengarry.com



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of

the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit www.calgary.ca to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit www.calgary.ca/snow. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2504) or on my website (www.calgary.ca/ward8).



The Royal Canadian Legion Millennium Branch #289

2828 -28th Street S.W. Entrance at southside of the hall
The Legion continues to extend a warm welcome to all residents of the Killarney/Glengarry Community.

NEW Hours of Operation: Friday: 4:00pm - 9:00pm
Saturday: 1:00pm - 9:00pm; Sunday: 1:00pm - 7:00pm
If you are looking for a venue for a small birthday or anniversary celebration, the Legion may be your answer. For more details, please leave your number at (403) 685-8820 and someone will get back to you as soon as possible.

Calgary



It's time to recycle more than this newsletter

New recycling requirements for business are here. Contact your collection company or visit calgary.ca/businessrecycling to learn more.



✓ paper and cardboard



✓ metal



✓ untreated wood



✓ glass

✓ plastic film and containers

2016-2358



Learning Re-imagined

North Point School for Boys taps into K-Gr9 boys' natural curiosity and energy as a foundation for life-long learning. A strong academic program is just the beginning - we fuel motivation through real-life learning, digital platforms and outdoor adventure to develop well rounded, self-motivated, independent learners.

VISIT US @ www.northpoint.school
2445 - 23 AVENUE SW



OPEN HOUSE

7 PM
TUES
NOV
15
2016



FREEZE YOUR FAT

with non-surgical fat-reduction



PRIVATE INVITATION
THURSDAY DECEMBER 1ST, 1 PM - 3 PM

Join us to learn more about what CoolSculpting will do for you. You will receive a personal customized treatment plan.

Learn about:

- The science behind this Health Canada approved, non-surgical fat-reduction treatment.
- How CoolSculpting works to eliminate stubborn fat that resists all efforts through diet and exercise.
- How to maximize your time and budget!

Receive a private complimentary consultation with a CoolSculpting expert.

LEARN MORE AT OUR COOLSCULPTING EVENT



COMPLIMENTARY CONSULTATION

Attendance by Confirmed Reservation

Please RSVP to

kamila@totalskincarecentre.com

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