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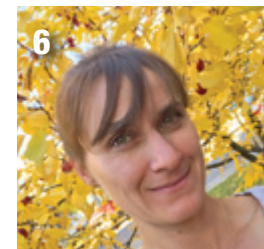
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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
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



Your KGCA

Contact Your KGCA:
 Killarney Glengarry Community Association
 2828 – 28 Street SW
 Calgary, Alberta
 T3E 2J3
www.killarneyglengarry.com
 twitter / instagram @killarneyyyc
 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

ELECTED BOARD MEMBERS		
Carolyn Johnson	President	pres@killarneyglengarry.com
Mathew Beaudoin	Acting Vice-President	vp@killarneyglengarry.com
Margaret Reid	Treasurer	treasurer@killarneyglengarry.com
Mike Cundall	Past President	
Karin King	Secretary	secretary@killarneyglengarry.com
Mathew Beaudoin	Director, Facilities	facilities@killarneyglengarry.com
Shawn Kearns	Director, Membership	membershipdirector@killarneyglengarry.com
Sarah Todd	Director, Engagement	engagement@killarneyglengarry.com
Naz Virani	Director, Safe Streets	traffic@killarneyglengarry.com
Jen McKay	Director, Communications	comms@killarneyglengarry.com
Rob Kopitar	Director, Community Projects & Operations	
Position Vacant	Director, Development Planning Executive	

PROGRAM COORDINATORS		
Community Garden	Chris Knobel & Dan Hauser	garden@killarneyglengarry.com
Babysitter Referral	Andrea McKen	
Rink crew	Warren Boyle, Ian van de Bugt, Tim Richards	

COMMUNITY PROJECTS	
Maureen Lively	Glengarry park revitalization

HALL STAFF		
Admin	Wendy Ainsworth	admin@killarneyglengarry.com
Rental coordinator	Lola Medjedovich	killarneyhallrentals@gmail.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

Glengarry Park Revitalisation Project NEEDS VOLUNTEERS

If you are interested in helping, please email mlive@shaw.ca.

LETTER FROM THE PRESIDENT



As I write this article, we are hours away from the end of the Toronto 2017 Invictus Games where Canada will certainly place 3rd out of 17 participating countries. This, of course, is Prince Harry's adaptive sport event for injured, ill and wounded servicemen and women and veterans around the world. So apt for our November issue. Having worked at the Olympics in London 2012, I think, what is it about sport that brings nations together in celebration, reflection, support and unity? For me, it is much like building a community...it is inspiring. The stories of the participants, barriers broken down, and working together respectfully toward common goals. Having leaders to look up to and giving a helping hand to those trying to find their way...of course in all of that is finding friendship and kinship amongst ourselves.

When I moved to Killarney in 2013, I was interested in making a difference and getting in engaged in the place I live. I helped build the playground at the Killarney pool and met some great people doing so. As President I want to make sure others have the opportunity to find that inspiration and get engaged in Killarney-Glengarry.

With the help of our great new board, 2018 will bring some exciting new programming and events. I look forward to meeting you!

Carolyn Johnson

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.



KGCA HALL RENTAL

Perfect for Events!

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

Rental Fees*:

- Hourly on weekdays (Mon-Thurs): \$50/hr (\$35/hr for KGCA Members)
- Hourly on weekends (Fri/Sat/Sun - 8am-5pm only): \$60/hr (\$50/hr for KGCA Members) *Minimum 4-hour rental required
- Fri, Sat or Sun - Full Day (8am-2am): \$650 (\$550 for KGCA Members)
- Fri/Sat/Sun - Evening only (4pm - 2am): \$500 (\$400 for KGCA Members)

A mandatory Janitorial Fee is added to most bookings. See "Extra Fees" below.

***GST is not included in the above pricing.**

Hall Availability

You can check our hall's availability any time by using the on-line calendar at www.killarneyglengarry.com.

Timing

The extra time you need for load-in, set-up, decorating, tear-down, load-out, etc. **MUST** be included within your booking time - it's not just the timing of the event itself.

Rental Fees

Fees can vary depending on the size & timing of your function & what other services may be required. Once we discuss your event in detail, we can quote a specific & accurate Rental Fee for your booking.

Extra Fees

Mandatory Janitorial & Optional Set-up and/or Tear-down Service Fees are \$75 per Service for less than 100 attendees, or \$100 per Service for 100+ attendees.

Deposit & Cancellation

A 50% Deposit is required with the signed contract to secure your booking. This Deposit is fully-refundable (less a \$25 Admin Fee) provided we receive 60 days' or more Cancellation Notice.

Damage Deposit

A Damage Deposit (equal to the Rental Fee) may be required, depending on the booking.

Alcohol & Insurance

If alcohol will be on the premises, the Renter is responsible for obtaining an AGLC Liquor Permit & any related Event Insurance.

For more information or to book our hall, email killarneyhallrentals@gmail.com or call Lola at 403-474-3845 & leave a message. Be sure to include a bit of info about your event and any dates!



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Alexander Ferguson	K-6	St. Gregory	6-9
Ernest Manning	10-12	Bishop Carroll	10-12
Killarney Elementary	K-6	St. Mary's	10-12
Richmond	K-6	Holy Name (FR)	K-6
Vincent Massey	7-9	St. Michael (FR)	K-9



The winning ladle/trophy, with a reminder of the event's primary intention



Our wonderful volunteers, serving up soup for the blind taste test

The artistic vision behind the event, local artist Melisa Centofanti



Left to right: Melisa Centofanti, long-time Killarney resident Joey Stewart, Councillor Evan Woolley, and event moderator Rob Smith



When Food and Politics Mix

The turnout on September 30th for Killarney's Great Soup Debate for Ward 8 was nothing short of impressive. The Hall was standing room only, packed with engaged community members looking to learn more about the candidates: Chris Davis, Karla Charest, Carter Thomson, and incumbent Evan Woolley, who ultimately took home the title of Best Soup, for his Baked Potato Soup.

With the feel of a casual kitchen party, candidates discussed a range of topics from bike lanes to property taxes, all in a positive and respectful atmosphere.

The KGCA has been organizing debates for the past 13 years for federal, provincial, and municipal elections. The purpose of these events is to offer candidates an opportunity to address issues pertinent to the upcoming election, to allow the constituents to get to know each other, and to build a stronger, politically literate community.

A special thank you to debate moderator Rob Smith and event facilitator Melisa Centofanti, a local Killarney artist. Melisa's name has recently been added to the City of Calgary Public Art Roster, 2017-2018.

PUBLIC ART



Killarney Dry Pond "From the Clouds to the Water" Public Art Installation. Photo credits: Lorne Kingwell

Killarney's Dry Pond: "From the Clouds to the Water"

By Joey Stewart

Killarney is fortunate enough to have two dry ponds in the community. Three stream beds run under Killarney, a leftover from the glacial till we sit on and the masses of water flowing out of the mountains onto the plains.

I have vivid memories of floods in the 'hood during the '60s and '70s and have even paddled a canoe down 26 St on a sunny Sunday afternoon after the flooding Spring rain.

As Signal Hill was being built it became more evident that help was needed as the grasslands were removed and the absorbency of the land deteriorated. Protection was needed for communities down the hill from the effects of the spring rains. The dry ponds were the answer. The City of Calgary now has 76 dry ponds sprinkled around the city.

As a part of Calgary's public art program, the beautiful benches installed behind the backstop on the Killarney

school baseball diamond. The perfect place to watch the baseball games on a Summer evening.

The work is called "From the Clouds to the Water" by Drumheller artist George Duncan, crafted from steel, Douglas fir, and stone. The piece was commissioned by Wastewater through the public art program for the City of Calgary.

The artist's statement, "Inspired by the process through which rainfall is managed, the lines are meant to suggest a feeling of the flow and movement, while maintaining a tranquil, calming effect," explains his thinking. River rock was incorporated into the design process and enables architectural elements to blend into the natural environment. The pieces are located in the northwest corner of the Killarney dry pond at 28 Ave and 30 St SW.

Have a look - a gorgeous spot to enjoy the ballgame or a quiet place to watch the sunset.

Joey Stewart serves on Calgary's public art board

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Area Arts and Sporting Spots

Killarney Aquatic Centre

Winter registration opens on November 20. Schedules and more information on the facility, drop in fitness classes and pool availability are available online at www.calgary.ca/recreation.

Wildflower Arts Centre – 3363 Spruce Drive SW, 403-249-3773

Wildflower Arts Centre has offered fine arts, drama and dance classes to Calgarians of all ages and abilities for more than 30 years. This facility contains classrooms dedicated to painting and drawing and a 1,600 or 3,200 square foot dance and drama studio with full-length mirrors, sprung wood floors, 38 feet of fixed ballet barres, portable ballet barres and sound systems.

In addition, we have a ceramics studio with ventilated electric kilns, large canvas covered work tables, a pug mill, raku kiln, slab rollers, extruders, plaster slump moulds, a wide range of lead-free glazes and electric potters' wheels.

Wildflower Arts Centre is a fully accessible facility and can accommodate all kinds of groups. We have a variety of studios equipped for fine and performing arts, but we are also a great place to hold business meetings.

Optimist Athletic Park

Soccer, softball, lacrosse and football make Optimist Athletic Park a sport hotspot for hosting training, leagues and tournaments of all calibers. Located in Southwest Calgary, Optimist Athletic Park offers 3 sport fields, 8 ball diamonds and 1 little league diamond. Book a field today for your league, practices, or special events/tournaments.

Optimist/George Blundun Arenas

Our ice rinks offer ice time for organized shinny hockey, ringette and figure skating, as well as drop-in ice skating times for personal and family skating. Check out our public skating and shinny hockey schedules for times. Some of our Arenas also offer free public skating on select statutory holidays.

- Two 185' x 85' artificial ice surfaces
- 300 / 200 person spectator seating capacity
- One meeting room seating 35 people
- Cold vending machines

RESIDENT PERSPECTIVES



Eat healthy



Vegreville's Ukrainian Easter Egg is an Alberta Tourism destination and is dearly loved and celebrated

EGGS-ACTLY

By Joey Stewart. Photo credits: Town of Vegreville

Get this: fowl weren't even domesticated until 8,000 years ago and yet humans had already discovered that eggs were good to eat, whenever they could find them.

They've always been an excellent source of protein, easy to obtain, cook and fold into recipes, eggs were doing fine until the 1970s when concerns arose that they raised blood cholesterol. In the 1980s egg consumption dropped from two to three eggs per week to one or two a week. But research in more recent years has largely exonerated eggs and even suggested that they may provide some heart and other benefits.

The University of California, Berkley, in this month's Wellness Letter, reports that a pivotal observational study from Harvard of nearly 900,000 people found no association between egg intake - up to seven a week, on average - and heart disease, except perhaps in those with diabetes. Nor did it find a link between eggs and strokes.

In studies the one thing that is not clear is how various genetic factors as well as gut microbes interact with the effects of egg consumption, for good or bad. Still, eggs are good food, and most people can eat one a day or seven a week without ill effects - possibly with benefits.

The key is not to mix them up by preparing them with lots of fatty and salty ingredients and not to regularly accompany them with unhealthy side dishes. People with diabetes may still need to be watchful of their egg

and cholesterol intake, however, and should discuss this with their doctors.

Joey Stewart lives by the notion that prevention is always better than cure - stay healthy.

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500 People, 40 Countries

By Joey Stewart



Walk21 Festival in Munich 2013



Calgary's 'Travelling Light' that depicts Calgary's love of transportation and our car culture

You may not have noticed but there's a revolution going on. It's a worldwide phenomenon and it's designed to improve our urban look and feel. It makes us feel better, look good, and it improves our health. It increases the safety of our cities and boosts sales for local businesses. Children learn better when they do it and it makes our neighbourhoods friendlier and happier places to live.

What could possibly be this good? It's good for the economy and the health care system, makes it easier to get around town and costs almost nothing.

It is the simple act of walking. It has become such a phenomenon that there is now an international organization called Walk21, short for "Walking in the 21st Century" located in London, England. They support and coordinate conferences worldwide to support the benefits of walking. It began in 2000 and they have supported Walk21 conferences in 17 cities in London, Berlin, Portland, Copenhagen, Melbourne, Barcelona, New York, Hong Kong, Vienna and many more. This September, the Walk21 conference came to Calgary and 500 people from 40 countries attended. Rather incredible for something as simple as walking!

When you think about it, for most of our two-million-year history, walking is what humans have always done. It wasn't until the Industrial Age that humans fell in love with the notion that riding was better than walking. In the last century the car became king. It was not only a status symbol but it was a time saver and allowed people to go further and further afield from home - car travel was invented.

Harvard University research indicates walking provides the following benefits: less likely to suffer a stroke and other heart problems, battles obesity, drops blood pressure, curbs diabetes, prevents cancer, boosts your memory, boosts your immunity, is great for the elderly and curbs stress eating. A simple 30-minute walk puts you on the road to these benefits!

In 2012 Calgary had 900,000 vehicles for a population of 1.2 million people. We're not quite as bad as Los Angeles who have 6.4 million vehicles for a population of 3.9 million people but when people think about Calgary or Los Angeles, cars and traffic jams come to mind.

So, now think about the blue ring sculpture called "Travelling Light" in northeast Calgary. The artist's idea was all about our transportation/car culture. The airport is near there with 200 flights a day to 78 destinations; Deerfoot Trail carries 130,000 vehicles a day; and multiple trains per day run under the 96 Avenue newly constructed bridge.

Does it make you think that the artists' Inge Idee were interpreting something for us when they looked at that "wheeled corridor" and put forward the idea for a sculpture that reflected our car-centred culture? Doesn't it look like a giant wheel or a penny farthing bike if you look at it from Airport Trail?

Something else that is mind-blowing about our fascination with wheels is that about 50% of Calgary's carbon footprint is used for vehicles - places to park at home, at work, at church, at schools, at shopping malls and I haven't yet mentioned the roadways, rail yards, bridges and interchanges. It did me good to stop and think about our addiction to moving on wheeled conveyances. I'm guilty. We're all guilty, starting in childhood on scooters to now, elders scooting around to their heart's content.

This conference was designed to support the "pedestrian strategy" in Calgary, so we can make lives safer, healthier and less costly, if we gave up our vehicles for part of our lives to the make the city a better place. There are myriad brilliant ideas of the soul soaring ways to enjoy the pleasures of walking, breathing fresh air, feeling our bodies work and enhancing our brains.

Take the challenge and vow to include more walking in your life.

"Walking is the first thing an infant wants to do and the last thing an old person wants to give up. Walking is the exercise that does not need a gym. It is the prescription without medicine, the weight control without diet, and the cosmetic that can't be found in a chemist. It is the tranquillizer without a pill, the therapy without a psychoanalyst, and the holiday that does not cost a penny. What's more, it does not pollute, consumes few natural resources and is highly efficient. Walking is convenient, it needs no special equipment, is self-regulating and inherently safe. Walking is as natural as breathing." - John Butcher, Founder Walk21, 1999.

Joey Stewart is an avid dog walker and cyclist who prescribes walking to save money, improve your health and support small business along the way. Do it! joeycalgary@aol.com.



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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17



Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



Volunteers Needed!

Come and help out your community, meet your neighbours, and have fun!

Volunteers are needed for:

- Community Events
- Community clean up and hall maintenance
- Promoting events, and more...

If you are interested in volunteering with the KGCA please e-mail engagement@killarneyglengarry.com.

Connect with us on social media!

Did you know that in addition to our monthly newsletter, the Killarney Glengarry Community Association is also active on social media? Follow us on Facebook, Twitter, and Instagram for ongoing updates on community news and developments.

- Facebook facebook.com/YourKGCA/
- Twitter [@killarneyyyc](https://twitter.com/killarneyyyc)
- Instagram [killarneyyyc](https://instagram.com/killarneyyyc)

Questions? Get in touch with Jen McKay at comms@killarneyglengarry.com.



FAMILY MEMBERSHIP APPLICATION

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Name: _____

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Interests: (dance,soccer,etc.) _____

Thanks for supporting your local community association!

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RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Killarney/Glengarry area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

A & B TAX WILL HELP TO MINIMIZE YOUR TAX BILLS: Small Business, corporate returns, bookkeeping, payroll, GST. Bring this ad and receive \$50 off your service. Call 403-457-3991 or email info@aandbtax.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.

DOORWAYS CHILDCARE: Serving Calgary's SW community with our premium service. We combine the best of both day home and daycare with a focus on early learning through play in a nurturing environment. Please contact Nancy to schedule a tour at 587-284-8490 or info@doorwayschildcare.com. www.doorwayschildcare.com.

LOCAL HANDYMAN - RELIABLE HOME SOLUTIONS: Minor repairs/replacements and odd jobs. Plumbing (e.g. fix/replace leaky/running faucet or toilet, install new garburator), electrical (e.g. repair/replace wall switch or light fixture not working, exhaust fan), install new window hardware &/or coverings, fix sticky door, painting, etc. Call/text Tom 403-970-4466, or email tomh5566@gmail.com.

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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

MUSIC FOR LITTLE ONES: Musical Discoveries is for children aged 6 months - 5 years. In parented and unparented classes our program teaches your little one about music. In an age appropriate setting we'll explore through singing, instruments, movement and rhythmic activities, crafts and stories. Call Skye today at 403-619-7063. www.musicaldiscoveries.ca

WANT OCCASIONAL PART-TIME WORK HOUSE CLEANING? Are you experienced and dependable? I need help in my small home cleaning business. Begin a few hours a week with opportunities for more hours. Train with me and then work alone with my regular clients. Vehicle needed. 403-249-4808.

MUELLER BROTHERS CONTRACTING: Free estimates on all projects! Journeyman carpenter with 30 years' experience. Fully licensed, insured and bonded, for your protection. Renovation, development, fences, decks, we do it all. All work done to Alberta building code. Call Tim for information. 403-560-8169/ muellerbrothers.ca.

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

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

Across Alberta there will be ceremonies on November 11 to show our gratitude and appreciation to all those who served, and who continue to serve, so that we may live freely. I am humbled to once again attend the annual Remembrance Day Service at the Killarney Glengarry Community Association hosted by the Millennium Branch 289 of the Royal Canadian Legion and lay a wreath in honour of those who have made the greatest sacrifice for their home and country.

The start of the fall legislative session means that the bulk of my time this month will be spent in Edmonton where I am working hard to ensure that our government is doing all we can to make your life better. But I will continue to advocate for Calgary Currie here at home. This month I am meeting with local childcare providers to discuss how they can become \$25/day Early Learning and Child Care centres in our riding. On Fridays I will continue to visit local businesses, non-profits, and schools - like Clearwater Academy - to ensure that all Albertans' needs are being met. To stay up-to-date about constituency events and initiatives, please sign up for my new e-newsletter via my Facebook page.

Finally, I would like to thank the many families, disability advocates, and associations who added their names to a petition supporting my proposed Private Member's bill. Last month when the petition closed, over 500 of you had added your names in an effort to make Henson Trust legislation a reality: thank you. And thank you to all who took the time out of your busy schedules to attend my Pizza Open House last week - it was great to catch up. Now that the municipal election campaign is over (thank you to all who put their names forward) you will once again find me knocking your doors!



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 🌐 www.KentHehrMP.ca

You may have heard I was recently named Canada's Minister of Sport and Persons with Disabilities. The role allows me to:

- Continue to bring the needs of all Calgary Centre residents to the Cabinet table
- Promote healthier Canadians through sport and recreation
- Ensure greater accessibility and opportunities for Canadians with disabilities

The role combines two important aspects of my life, from my younger days loving swimming and baseball to the disability I acquired at age 21.

Growing up, my family and I took part in everything Calgary had to offer. By 1991, I was attending Mount Royal College and planning to become a phys-ed teacher. I played college hockey, worked part-time and had a busy social life.

Then I lost it all. I became a C-5 quadriplegic. Suddenly it was just me and my family, with no sense of direction.

One in seven Canadians has a disability. By age 75, it's one in two. People with a disability are more likely to be unemployed, divorced, or homeless. In all of Calgary, there are only 400 fully accessible rental suites.

It's tough. And, it's expensive.

That's part of why we made historic new investments in affordable housing. That why we brought in the Canada Child Benefit, putting more money in the pockets of nine out of ten families, and helping lift hundreds of thousands of kids out of poverty. That's why we're investing in public transit, including \$1.5 billion for the Calgary Green Line – which will incorporate accessibility.

Whether you have a disability, whether you're born into a wealthy family or one that struggles, our government wants you to have the opportunity to succeed.

PS: I hope to see you at my Holiday Open House:

December 16, 11:00 a.m. to 2:00 p.m.
 1133 7 Ave. SW (Kerby Centre)
 Register at www.KentHehrMP.ca

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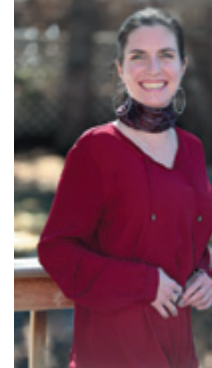
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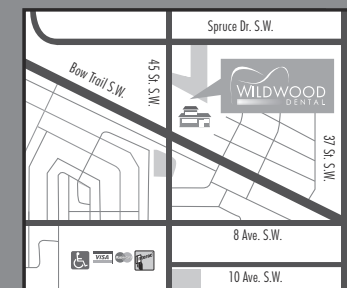
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