

SEPTEMBER 2017

DELIVERED MONTHLY TO 5,400 HOUSEHOLDS

KILLARNEY GLENGARRY

THE OFFICIAL KILLARNEY & GLENGARRY COMMUNITY NEWSLETTER

IT'S
BACK TO
SCHOOL
TIME!





A Zest for Life

It's a warm, sunny day. Laughter and conversation roll out over a manicured green lawn. Under a gazebo, a group chats as a bocce ball rolls by. Inside, you can hear the choir as they rehearse for an upcoming performance. Welcome to Amica at Aspen Woods, one of Calgary's finest retirement residences.

Residents here are busy. You'll find them enjoying the salt water pool, visiting the spa, or participating in an exercise class. A bus operates as an errand shuttle twice a week. Two to three times a week, the bus ventures to places like the mountains, the Calgary Philharmonic Orchestra, or Lunchbox Theatre.

There are three catered meals a day, made by our Red Seal chef's culinary team. "Lunch on the patio is a big hit in the warmer months," General Manager, Deborah Burrowes says. "You can arrive for dinner and sit wherever you want. There is no set schedule or seating chart."

Residents are active and social with an abundance of on-site services and amenities. They're free of the worries of grocery shopping, cleaning, and home maintenance. "Our team is really here to serve in every way possible. We have residents who initially came here for respite stays who have moved in because of the level of service we provide."

There are over 40 scheduled activities per week. "Half of our activities are fitness based and many are designed to maintain strength and mobility, as well as prevent falls," Life Enrichment Coordinator, Lynn Penko explains.

But it's not all fun and games. "We have professional wellness team members, including a registered nurse on site daily and LPN's around the clock. Additionally, local health professionals visit regularly," mentions Director of Care and Registered Nurse, Wanda.

Amica's philosophy is that residents should be able to age in place – residents don't have to worry about moving, since care options are available here. "Residents might move to a different floor, but they will still be able to enjoy the same activities and socialize with friends," Registered Nurse, Kathy adds.

Amica's sister community, Maison Calgary, is designed and operated for those needing the highest levels of care as well as people with dementia, Alzheimer's disease and memory loss. If the need arises, residents can transfer easily.

"Our residents are socializing everyday. They enjoy our community and don't have to rely on their families to get out and do things. On warmer days, we have walking groups visit the ravine, which has great views of the Rockies. We even recently held a community food truck festival. Living here helps to sustain independence," Deborah says.

This recipe creates a zest for life that is abundant here. They invite you to visit them for lunch and a tour.

Call 403-240-4404 anytime to learn more.



AMICA™
at Aspen Woods

CONTENTS

6	BOARD UPDATE
8	THANK YOU KILLARNEY-GLENGARRY
8	VOLUNTEERS NEEDED
12	KGCA MEMBER PERKS AMBASSADORS
13	HOUSING PROJECT PROPOSAL AT 2720 17 AVENUE SW
14	GREEN CART TIP
15	KILLARNEY WARD 8 GREAT SOUP DEBATE: "STIRRING THE POT"
16	CALGARY WILDLIFE: BLUE-WINGED TEAL – A LITTLE DABBLER
17	FOR ART'S SAKE: VOLUNTEERING IN THE ARTS
22	TAKE ON WELLNESS: BACK TO SCHOOL HEALTH CHECKLIST





KILLARNEY/GLENGARRY COMMUNITY ASSOCIATION

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

Delivered monthly to 5,400 households and businesses for 7 years!

Editorial Submissions
info@killarneyglengarry.com
All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities
403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing
Serving Calgary communities for 28 years
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Killarney/Glengarry Community Association.

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

Great News Publishing and Killarney/Glengarry Community Association does 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



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	
Mary Boyes	Director, Development Planning Executive	landuse@killarneyglengarry.com
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	
Rental coordinator	Lola Medjedovich	

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.



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

BOARD UPDATE



It's that time of year again! As the children of our community head back to school, the new KGCA Board has been hard at work planning for the year ahead. September is a busy month for all, and we're looking forward to connecting with everyone at our September events.

You'll notice throughout this issue several calls for various types of volunteers. If you or someone you know is interested, we encourage you to get in touch. Volunteering is a great way to meet new people, develop new skills, and help you build your professional experience.

Lastly, we encourage community members to register to attend our highly anticipated Great Soup Debate on September 30th. This really is an opportunity to hear the candidates out and make an informed decision at election time. Be sure to check out Joey Stewart's article about the event, and connect with us on social media for updates throughout the month.

Have a great September!



Hue Knew?

When the company got its start, blue, black, brown, green, orange, red, violet, and yellow were the eight original crayon colours that Crayola made in 1903. Now they make an array of 120 colours!

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 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.

Did you know that your restaurant can put a menu in our newsletter?



YOUR INSERT HERE

Turn local residents into local customers.

Contact us:
403-263-3044
sales@great-news.ca

87 Monthly Community Newsletters
391,000 Households

DESIGNATED SCHOOLS FOR KILLARNEY/GLENGARRY

CBE		CSSD	
A. E. Cross	7-9	St. Thomas Aquinas	K-5
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

"I didn't expect to bring Bella with me."



At Amica you can always feel at home. Expect premium amenities and personalized service with a range of care options. You can even bring your pet.

Independent Living • Assisted Living

Expect More.™

Settle in before it snows!
Move in by October 1 and get
the first month FREE!

Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary
403-240-4404
amica.ca/aspenwoods



On behalf of Community Standards & Waste
and Recycling Services

Thank You Killarney-Glengarry

Congratulations on a successful Community Cleanup
on June 25, 2017.

Garbage: 12930 kg
Organics: 2990 kg
Total: 15920 kg
Truck Loads Hauled: 3

Thank you to the Community Association and residents
for your commitment to keep our communities healthy,
safe and vibrant.



Volunteers Needed!

Come and help out your community, meet your neigh-
bours, and have fun!

Volunteers are needed for:

- Community Events
- Casino Fundraiser
- 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.

 **music kids** 

MUSIC LESSONS!

ALL AGES & SKILL LEVELS

REGISTER NOW FOR FALL
MUSIC LESSONS

• Piano	• Drums
• Voice	• Theory
• Guitar	• Flute
• Violin	• Ukulele
• Cello	• & more

In-Home Lessons Available

Music Kids
AGES 6 MON - 5YR

Singing
Movement
Instrument Play
More classes
than ever!

GROUP PROGRAMS




POP Collective Singing Club Ages 9-13
POP Ukulele Club Ages 10-14
Guitar Club Ages 8-10
Adult Vocal & Guitar Boot Camps

Register online today
www.chinookschoolofmusic.com

403-246-8446 • info@chinookschoolofmusic.com
Visit us at 3522 19 ST SW. Calgary.

Connect with us on social media!

Did you know that in addition to our monthly news-
letter, the Killarney Glengarry Community Asso-
ciation is also active on social media? Follow us on
Facebook, Twitter, and Instagram for ongoing up-
dates on community news and developments.

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

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



We are looking for someone to oversee the production of the
monthly community newsletter. This is a great opportunity for
someone with an interest or experience in journalism or
communications. The role involves organizing, editing, and
writing portions of the content each month.
Email comms@killarneyglengarry.com for more info.

Brought to you by the Killarney-Glengarry Community Association



PLAYGROUP VOLUNTEER NEEDED

Wednesdays, 9am - 12pm

Our wonderful Playgroup Coordinator is leaving and we are looking to fill her shoes. If you have a young family and are looking to make better connections in the community, this could be the perfect opportunity. This role requires 3 hours each week. Please email pres@killarneyglengarry.com to find out more

Brought to you by the Killarney-Glengarry Community Association

GREAT NEWS PUBLISHING  **28** YEARS

**FYI - Great News Publishing
Chooses to Forge Ahead During
All Economic Downturns.**

If You Feel the Same Let's Talk.

403-263-3044

divine
intervention

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870



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

KGCA Member Perks Ambassadors

This year saw the implementation of many changes around our membership strategy for the KGCA.

In August 2016, we launched the long awaited KGCA Member Perks program which has steadily been growing the list of participating businesses that are offering discounts and perks to KGCA card holders.

September marked a more comprehensive membership offering with household, associate, senior and business memberships becoming available in order to offer the right benefits to the right people!

January saw the re-launch of our online store using the Square platform in lieu of Paypal and making it a much more user-friendly experience. You can also buy current Killarney merchandise through our online store and pick it up at the hall! Square has also allowed the KGCA

to collect membership dues just about anywhere giving members the option of paying with cash, cheque, Visa, MasterCard, American Express or Discover at KGCA and other community events.

With the new back of house updates, came the ability for us to charge for multi-year memberships and offer a perk to those opting to support the KGCA for two or more years of an additional complementary membership card to share with a partner or child.

As some of you may be aware, Square has also allowed us to invoice lapsed members directly for expired memberships, making renewing your KGCA membership that much easier and more convenient.

In February, we began issuing more durable plastic cards replacing the old card stock version that were easily damaged and did not hold up to the wear and tear of wallets and handbags.

All of these changes mean a more seamless member experience and great additional benefits for KGCA members. In order to add even more value for KGCA members, The KGCA is looking for a team of enthusiastic volunteers to help build our list of participating Member Perks businesses.

Amazing candidates for the position of Member Perks Ambassador would be Killarnians who

- Have great connections with our local businesses
- Have a background in sales
- Love to get out and connect with people
- Don't mind knocking on doors
- See the value of supporting our local economy
- Have 3 or more hours each week to dedicate to volunteering
- Are a current KGCA member (if you aren't one we can hook you up!)

If being a Member Perks Ambassador sounds of interest to you, please reach out to Shawn at membershipdirector@killarneyglengarry.com.

Housing Project Proposal

at 2720 17 Avenue SW

In July, the Shaganappi Community Association brought a new housing project proposal to our attention, details of which were still to be confirmed by the developer, HomeSpace, at the time of deadline for this issue. We have included here Councillor Evan Woolley's letter to Killarney residents following a July 6 meeting with the HomeSpace group.

The Community Association endeavours to keep our residents informed of relevant news and developments as much as possible, and we encourage you to follow us on our social media channels for regular updates.

Mary Boyes, Development Director, KCGA

Dear Shaganappi Residents,

I met with both the VP of Housing and the CEO of HomeSpace, Martina and Bernadette last Thursday to discuss their recent Open House for the proposed housing project at 2520 17th Ave SW. Through the numerous amount of emails I've received from members of the Shaganappi community it was clear to me that there was a significant amount of frustration, uncertainty and concern associated with the proposal and I wanted to be sure to share these sentiments with HomeSpace. Also, HomeSpace shared with me that there were some misconceptions circulating within the community and I'd like to take this chance to share the outcome of our conversation and clear up some confusion.

Through our conversation it became clear that there were misunderstandings and miscommunication that has lead us to where we are today. HomeSpace assured me that as at the open house and as of right now, **no non-profit organization has been chosen to run the space** and thus, **the specific form of housing program has not been decided**. Their hopes for the open house were to gain a better sense of the community's understanding of the housing spectrum and to get the neighbourhood's feelings on the wide variety of housing options they offer.

The community has made it clear to both my office and to HomeSpace that they are open to discussing afford-

able housing options so long as they are not high acuity, or as many of the community members have been referencing: harm-reduction. In term of acuity, the higher the acuity, the higher the needs of their clients. This can mean more multidisciplinary support teams are on site as tenants can have multiple health challenges. HomeSpace has assured me that they have heard what the community isn't comfortable with and are now focused on returning to the table to listen to what the community is open to.

Ultimately, following out meeting, I believe HomeSpace is focused on working with the community to discuss what various housing options that the community could be open to and to do so in a collaborative and open manner. I left last week's meeting with a much better understanding of what HomeSpace was hoping to achieve and that they had heard and understood the community's concerns and are better equipped to re-engage the neighbourhood.

Many of you have reached out to me personally, and I plan on getting back to all of you separately as well. If you still have questions or need some more clarification please feel free to reach out to my office at 403-265-2504 or caward8@calgary.ca.

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

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.

New Community Hall Program this Fall!


Music for Little Ones:

Musical Discoveries is for children aged 6 months – 5 years. In parented and un-parented 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

WIC

WEST ISLAND COLLEGE

Grades 7 to 12



Québec Trip 2016

French Immersion Grades 7-12

Still accepting applications for Grade 7 and 8 for the 2017-2018 school year

Be Bold. Be Brave. Be Ready.

OWN YOUR FUTURE

westislandcollege.ab.ca

403.255.5300

7410 Blackfoot Trail S.E.

admissions@mywic.ca

CAIS AP



Green Cart Tip

Five opportunities to collect food during kitchen clean-up

As weekly green cart collection is set to start for southwest communities the **week of July 17**, you'll be amazed at the amount of food and yard waste that's accepted in the green cart. Here are five times to remember to include the food from your kitchen clean up.

- 1. Preparing meals:** Instead of throwing out vegetable peels, eggshells and other food scraps, add them to your kitchen pail for composting.
- 2. Scraping plates:** Keep your kitchen pail visible and accessible and encourage everyone at home to help with the clean-up.
- 3. Cleaning the fridge of spoiled leftovers:** Give a second life to food that has spoiled by emptying it into the kitchen pail for composting.
- 4. Leftover grease and sauces:** Use a spatula or paper towel to scrape out excess grease. The paper towel is compostable too.
- 5. Paper plates and napkins from summer barbecues:** If a lot of guests are coming over, line your green cart with a paper yard waste bag and toss the paper plates and napkins inside for a no fuss solution.

Tip: To keep things neat and tidy, line your kitchen pail with a compostable bag or newspaper. You can also give your pail a quick rinse or put it in your dishwasher to clean it out.

For more tips and a complete list of what's accepted in the Green Cart, visit calgary.ca/greencart.

Killarney Ward 8 Great Soup Debate: "Stirring the Pot"

By Joey Stewart

Over the past 13 years Killarney has hosted election debates for federal, provincial and municipal elections. These are free, low key events to help facilitate the sharing of information and discussion of local concerns; designed to help our constituency make informed decisions.

For this year's Killarney Great Soup Debate, each candidate will be asked to bring a pot of an authentic, home-made soup. They are allowed to enlist the help of only their families to make it and sharing the recipe with the community association is part of the deal. Each soup will be set out for the crowd to sample in a blind taste test. This is based on the notion that in an election, people often vote based on the colour of the candidate's hair, alphabetical name, family tradition, or many other factors that do not include actual research of the issues.

At the Great Soup Debate we will be tasting soup not only to share food but also to learn whether our taste buds match our political tastes. Attendees will vote for the best soup and the winner will be presented with the coveted Golden Soup Ladle.

Melissa Centofanti and Rob Smith hosted the first Election Debate in 2004 in the Calgary-Currie constituency for the provincial election. That year Melissa created the idea for the theme of "Curry for Currie," bringing together the concepts of food, conversation, and community engagement that led to her Community Discourse Dinner series. Each candidate brings a pot of food which is tasted during the event, attendees vote, blindly, on the best culinary delight, and a winner is declared for the "best dish."

Rob is well known in the community for his years as President of the Killarney Glengarry Community Association Board and his devotion to making and maintaining the best ice rink in town. He brings his unique ability to moderate the debates with a calming touch, insightful and provocative questions, and a great sense of humour.

Ward 8 includes 20 communities southwest of the downtown core. The 2015 civic census results indicate that we have a population of 87,858, that 80% of us are between 20 and 64 years old, and that the Ward has been in transition over the past 30 years, becoming increasingly dense. 59% of us live in apartments and 24% of us live in single family dwellings; our median age is 34 and the average number of people in Ward 8 families is 2.6 compared with the number of people in Calgary families at 3 people per family.

Everyone in Ward 8 is invited to attend. Bring your taste buds and your political questions so you can make an informed decision about who you think is the best candidate to represent us on City Council for the next four years.

Join us Saturday, September 30, 2017, 1:30 - 4:30 pm in the Killarney Glengarry community hall, 2828 - 28 Avenue SW. Come meet your neighbours and get a flavour of the 2017 Municipal election.... and slurpin' good soup. Reserve your free seat at

<https://www.eventbrite.ca/e/the-great-soup-debate-for-ward-8-tickets-36471388906> so we don't violate Fire Regulations.

Joey Stewart is a long-time resident of Killarney and a community builder. As an adventure traveller, she sees first hand how crucial our democratic system is to Canadian well-being. She seeks to ensure that citizens have the opportunity to know the issues and fully participate. joeycalgary@aol.com.

the

Gutter Doctor

EAVESTROUGH

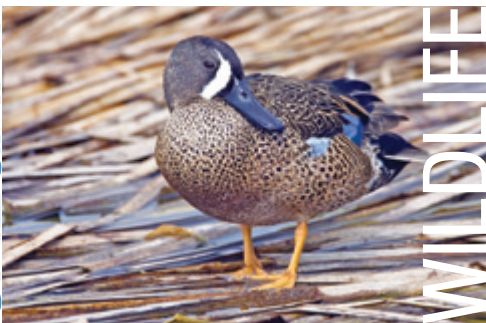
Cleaning • Repair • Installation

FASCIA • SOFFIT • SIDING • ROOFING

20,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca





Blue-winged Teal – a Little Dabbler

Article by J.G. Turner, image courtesy of www.naturespicsonline.com

The Blue-winged Teal is a small, dabbling duck that is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g). The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye.

Fun Facts:

- A dabbling duck feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation

- The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male.

- This is the most common teal in Alberta's grassland and parkland areas. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

- This dabbler is most often found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water.

- This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters.

- In the late summer, the Blue-winged Teal undergoes a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies.

- These dabblers are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America – a Blue-winged Teal banded in Alberta was found in Venezuela a month later!

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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.

Smile 32
Dentistry

Dr. Partha Boruah & Associates
General and Family Dentistry

Walk-ins and Emergencies Welcome!
Direct Billing to Insurance
Senior and Non-insured Discounts
Flexible Payment Plans
Multilingual Staff

FREE! Tooth Whitening Kit or ProForm Sports Mouth Guard with your first dental cleaning visit!

Mon 7am-6pm
Tues 7am- 6pm
Wed 7am-3pm
Thurs 7am-6pm
Fri 7am-3pm
Sat 9am-3pm

403-249-0382

3200 - 17th Ave SW

smile32dentistry3@gmail.com



IRISH DANCING!
AT CURRIE BARRACKS

THE POSSAK HAMPSHIRE
ACADEMY OF IRISH DANCE

Classes available for tots, children, adults, seniors,
recreational & competitive, daytime & evening –
please visit our website for details or call

POSSAKHAMPSHIRE.COM | 403.703.7563

Orange BOB

Pizza
Wings
Pasta

Pizza and more...

*** Stone oven bake pizza**

*** Mediterranean style pizza crust**

Menu: www.orangebobs.com **403-242-5678** 7337 Sierra Morena Blvd. SW

HALLOWEENDS – 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.



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.



CALL TODAY:
403-457-3240

Dr. Linda Geng

Dr. Erika Schroeder



NEW PATIENTS AND EMERGENCIES ARE WELCOME

•Direct Billing available

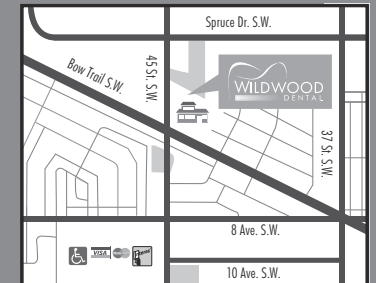
We accept most insurance plans and electronically file your claims for faster and easier processing. We're happy to provide direct billing services for our regular patients.

•Have A Dental Emergency?

We understand that urgent situations do arise. We can accommodate same-day or walk-in emergency appointments and get you out of pain as quickly as possible.

Hours of Operations

Alt Mon	8-4
Tues	10-6
Wed	8-4
Thur	10-6
Fri	7-3
Alt Sat	8-2



Suite 102, 636-45 st. SW, Calgary, AB T3C 2G2

www.WildwoodDentalCalgary.com

MEET CHRIS DAVIS

With over 25 years of direct municipal involvement, Chris Davis brings a wealth of experience to City Hall. Like most Calgarians, Chris believes taxpayers' money matters. He believes city council should not only deliver quality services, but prioritize responsible spending and keeping life affordable for hard-working Calgarians.

One of the biggest concerns Chris hears about in Killarney-Glenarry is traffic and parking – motorists cutting through neighbourhoods, and housing densification that brings more people into the community but doesn't adequately address where they park.

Chris pledges to bring these and other concerns forward as councillor for Ward 8.

www.chrisdavis.ca
[/chrisdavisward8](https://www.facebook.com/chrisdavisward8)
[@chrisdavisward8](https://twitter.com/chrisdavisward8)
[Chrisdavisward8YYC](https://www.instagram.com/chrisdavisward8YYC)

WARD 8





City of Calgary adopts a River Access Strategy

With the growth in population and resulting increase in water sports and recreation, the unfettered access by humans and dogs to our rivers was and is having deleterious consequences on the fishery, riverbanks and water quality. Safety was also threatened as the Calgary Fire Department competed with the public to access emergency launch sites that were never intended for public use and are now gated. Communication has been scarce regarding appropriate access sites, regulations, health advisories (excessive E. Coli counts) and other safety concerns and, information for tourists difficult to find according to Parks.

Hopefully all this will change under a new River Access Strategy adopted by City Council. Upgrading of existing sites, development of new access points, signage, mapping and education were approved in February 2017 to promote safety, environmental protection and user experience. While the bulk of development and implementation is unfunded in the budget cycle ending 2018 the goal is to have 28 access points on the Bow River from West Baker Park, northwest of downtown, to Carsland by 2022.

On the lower Elbow River, 4 hand-launch sites have been approved: upstream of Sandy Beach proper, accessed via the parking lot; north Sandy Beach at the Riverdale Avenue parking lot; Stanley Park; and Stampede Park. Outside of the River Access Strategy it is worth noting that there are 3 off-leash, dog access points identified on the east side of the Elbow River, downstream of the footbridge, where the slope is gradual and access is graveled. Dogs must be leashed upstream of the footbridge and are not allowed water access at Sandy Beach.

The Glenmore Reservoir has 3 approved hand-launch sites.

For a complete listing of existing and proposed new sites go to: <https://tinyurl.com/ycsw5s5h> or www.calgary.ca and type in "river access".

By the end of 2017 all existing sites should be mapped and signed and priority 1 sites upgraded or constructed. Between 2019 and 2022 we can look forward to the completion of priority 2 sites on the Bow and other initiatives including the development of a river APP, a river ambassador program and continuation of public art.

So, when accessing the river, consult the City's website for current information at: <http://www.calgary.ca/CSPS/Parks/Pages/River-Access.aspx>, keep your heads up for signs and access and egress the rivers only where indicated. The sites have been chosen for your safety and to minimize damage to sensitive riverbanks and fish nesting sites.

Happy recreating!

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.



Myokymia
is the medical term to describe eyelid twitches and spasms. Myokymia can often be triggered by stress, lack of sleep, and poor nutrition. So, if you find your eyes twitching, it's time to get a little more shut-eye!

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.

REGISTER
NOW!



Proudly dancing in Marda Loop for 17 years!
Classes for Pre-Schoolers up to Advanced

SIGN-UP
Your Dancer @ | 403.201.5519
counterpointdancemarda.com



COMMUNITY SOCCER

Integrated Technical Programs with Premier Academy of Soccer Skills (PASS) Ltd.

INDOOR REGISTRATION NOW OPEN
Register Online Today

LOCAL GYMS:
Wildwood School and Glenbrook School

Offering U6 & U8 Recreational, U8 CMSA Indoor programs

✉ info@triwestsoccer.com
🌐 www.triwestsoccer.com



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>.

Killarney/Glengarry mybabysitterlist

Name	Age	Contact	Course
Andrea	25	403-465-0933	No
Camila	20	587-830-4177	No
Cordelia	14	403-287-2394	Yes
Gabrielle	13	403-242-6688	Yes
Hannah	12	403-370-6442	Yes
Julianne	16	403-829-3258	Yes
Makenzie	19	403-796-7733	Yes
Melissa	26	902-393-3619	Yes
Natalie	12	403-237-7250	No
Sabrina	20	587-917-1722	Yes
Samantha	17	403-249-0581	Yes
Sheena	20	403-383-5348	Yes
Siobhon	15	587-438-8170	No
Tessa	24	125-080-1835	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.

justREEL FILM SERIES



justREEL Film Screening

When: Tuesday, September 12, 2017
Film: The Grizzly Truth
Time: 7:00PM
Where: River Park Auditorium (3818 14a St SW Calgary, AB).

Presented by the Marda Loop Justice Film Festival.

See our website for more details:
<http://www.justicefilmfestival.ca/>



Free Uniform with Registration, September 5th, 2017, 7 - 8:30 pm
St. Michael School

KARATE
www.seiwakai.ca
403.560.4508



Now an Olympic sport under the World Karate Federation

Member of:
Karate Alberta
Karate Canada
World Karate Federation
Japan Karate Federation



Ask Charles

My elderly mother passed away at home. We are now selling her home; do we have to disclose that she died in the property?

Simply put, you are not required to disclose her death to potential buyers.

Sellers are required to disclose certain defects to potential buyers, but a death occurring in a home is not a defect.

When a death occurs in a home, the property may be considered a “stigmatized property.” A stigmatized property is one that has an unfavourable quality that *may* make it less attractive to some buyers. That quality, though, is unrelated to the physical condition or features of the property.

As a seller, you are not required to disclose stigma to potential buyers. Stigmas are different from material latent defects, such as un-remediated hidden flood damage or mould, which sellers *are* required to disclose.

- Some stigmas include:
- a suicide or death occurred in the property
 - the property was the scene of a major crime
 - the address of the property has the wrong numerals
 - reports that the property is haunted

Potential buyers’ different values, perceptions, and backgrounds will affect the significance of a potential “stigma”. Some buyers won’t care about a death occurring in the property, while others may be completely put off by it.

Although you are not required to disclose stigma to potential buyers, because some buyers may have concerns about stigmas, those buyers can ask their real estate representative to ask your representative about possible stigmas. You don’t have to answer their questions, but if you choose to, you must do so honestly.

If you decide not to answer, a buyer has to decide if they are comfortable proceeding without an answer. Remember that not answering may turn the buyer off of your property more than simply responding honestly; it will depend on the specific buyer, their particular concerns, background, and perceptions.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

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!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 34

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

September brings new faces to our schools, eager to start the year. Our hallways are once again full of excitement with friends seeing each other after summer break. Our teachers are brimming with new ideas and fun opportunities for learning. The beginning of a school year brings endless opportunities for parents and students alike. While students are joining clubs, activities and sports, families also have the chance to connect with schools and their child’s learning.

Whether this is your first September with the CBE, your child’s last “Back-to-School” season, or you simply are reminded of your own experiences, September is an exciting time. As this Board completes our term and our city looks forward to a Municipal Election in October, it is a wonderful time to reflect on what we have achieved and plan for a fresh start.

It’s also a natural time of year to think about the role we each play in public education. The CBE Board of Trustees, CBE administration, school staff, families, community members and the Government share a common goal – creating a strong school system that supports student success.

Public education plays a critical role in our society. Our students are truly one of the best investments that tax payers make – as successful students become successful citizens who contribute their ideas, passion and economic energy to society in ways that benefit us all.

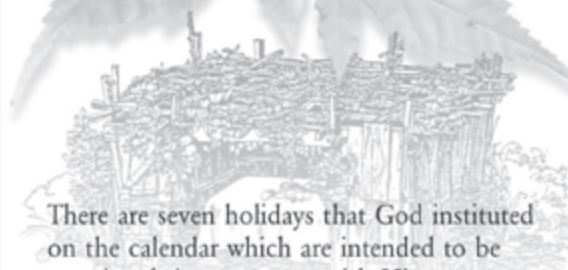
We believe that learning is a partnership and that the success of our students relies on the energy, thoughts and commitment of everyone in our community. When you share your perspectives and expectations, we are able to learn and improve.

As an elected Board of Trustees, we have had the privilege of meeting with many parents, families, community members and partners over the past four years. We value your voice, and we would like to thank each one of you who contribute to the success of our students and the CBE.

The CBE Board of Trustees



Appointed Times of Adonai



There are seven holidays that God instituted on the calendar which are intended to be appointed times to meet with Him. The Lord spoke to Moses saying, "Speak to the Israelites and say to them: These are My appointed feasts, the Appointed Feasts of the Lord, which you are to proclaim as sacred assemblies"

Vayikra (Leviticus 23:1-2).

There are four Spring Feasts and three Fall Feasts.

As we enter the Fall season we invite you to visit us at Beth Shechinah to participate and learn about the prophetic meaning of the Three Fall Feasts (Moedim) and to experience a time of Refreshing and Spiritual Renewal.

Join us in hearing the hundred trumpet blasts from the Shofar as **Rosh Hoshanah** begins the New Year of 5778 on the Hebrew Calendar. The Sound of Shofars is a worldwide wake-up call warning God's people of His imminent return.

"Blow the trumpet in Zion and sound an alarm on My Holy Mountain. Let all the inhabitants of the world tremble, for the day of the Lord is coming, for it is at hand." (Joel 2:1, 2).

Yom Kippur, the 'Day of Atonement' is the holiest day of the year, and provides prophetic insight regarding the Second Coming of the Messiah, the restoration of national Israel and the final judgment of the world.

The seventh and final feast given to Israel is called **Sukkot**, the 'Feast of Tabernacles.' This Feast is to remind us of the huts or tents that the Israelites lived in during their wilderness wanderings after the exodus from Egypt. Later, Sukkot became associated with the fall harvest and came to be known as Khag Ha'Asif, the Festival of In-gathering (of the harvest).

Service Times For The Fall Feasts

Saturday, September 16th at 10:30 a.m.

SLIKHOET SERVICE - A special service on the Shabbat before Rosh Hashanah.

Saturday, September 20th at 7 p.m.

EREV ROSH HASHANAH (Feast of Trumpets)

Saturday, September 23rd at 10:30 a.m.

SHABBAT SHUVA (Sabbath of Return before Yom Kippur)

Friday, September 29th at 7 p.m.

KOL NIDRE (Eve of Yom Kippur)

Saturday, September 30th at 10:30 a.m.

YOM KIPPUR (Day of Atonement)

Wednesday, October 4th at 7 p.m.

EREV SUKKOT (Feast of Tabernacles)

Wednesday, October 11th at 7 p.m.

HOSHANAH RABAH (Last day of Sukkot)

Saturday, October 14th at 10:30 a.m.

SIMKHAT TORAH (Rejoicing of the Torah)

La Shana Tova to each and every one of you.

May you be inscribed and sealed for a good year!



We invite you to join us for weekly Shabbat services every Saturday at 10:30 a.m.

2635 - 32 Street SW, Calgary, Alberta

Phone: 403.256.3478

www.bethshechinah.com

Be sure to purchase a New Year's Calendar from our Judaica Resource Centre and Gift Shop.



Killarney/Glengarry Real Estate Update

Last 12 Months Killarney/Glengarry MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$694,900	\$675,000
June 2017	\$779,900	\$760,000
May 2017	\$665,000	\$664,500
April 2017	\$834,900	\$822,500
March 2017	\$771,200	\$763,500
February 2017	\$692,400	\$682,500
January 2017	\$689,000	\$689,000
December 2016	\$674,900	\$677,500
November 2016	\$679,900	\$655,000
October 2016	\$652,400	\$637,500
September 2016	\$649,900	\$654,000
August 2016	\$679,900	\$683,000

Last 12 Months Killarney/Glengarry MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	23	11
June 2017	19	9
May 2017	17	16
April 2017	16	13
March 2017	17	12
February 2017	17	10
January 2017	10	5
December 2016	5	6
November 2016	10	11
October 2016	4	16
September 2016	19	10
August 2016	15	13

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



st-matthews-uc.org

st.matthews@telus.net

2035 26A Street SW (403) 249-1721

LIVING - CONNECTING - CELEBRATING - SERVING

SPECIAL EVENTS

• **Monday Sept. 18th @ 7pm** – "Pyramid Dreams to Microsoft Schemes" Find out what you need to know to protect your money and your identity. This is a free presentation provided by your local BBB and St. Matthew's United Church. Presenter: David McKee, Community Engagement Coordinator BBB. Mark your calendar for this event. Free event

• **Saturday, Sept. 23rd** – Join us for the presentation of Cars 3 at our Fresh Air Cinema. This is a free neighbourhood event and everyone is invited – in the event of rain we will move indoors. Call the office at 403-249-1721 for more information

• **THRIFT SHOP** – Reopens Wednesday Sept. 6 Saturdays @ 11am – 2pm & Wednesdays @ 10am – 3:30pm

• **KRIYA YOGA** offered 4 times per week – contact Cathy at 403-968-2076 for time and details

Check out our website for upcoming events and seminars
Sunday- Coffee in the lobby at 10:00am Service at 10:30am
Coffee after the service downstairs



Sunday School Program & Youth Programs & Nursery Services

Connecting People - Growing in Faith - Creating Caring Community

Sinclair Cragg Lawyers

www.calgarylegal.com

- Real estate • Mortgages • Wills
- Estates • Family law • Divorce

Please contact us for a quote or consult if you need our assistance with any legal matter.

Casel Building
(corner of 24th and 17 ave SW)
Suite 202, 2505 - 17 Ave SW

Free parking on 24 St or 24A St SW
Underground heated paid parking also available

Handicap accessible building

Email: info@calgarylegal.com
Phone: 403-543-9955





MLA Calgary Currie
Brian Malkinson
 2108 B - 33 Avenue SW
 Calgary, AB, Canada T2T 1Z6
 ☎ 403-246-4794 📠 403-686-1543 ✉ calgary.currie@assembly.ab.ca

While September means back to school for many, for me it also means that the start of session in October, after a busy summer speaking with Albertans from across our province. It was great to see so many of you at the Marda Gras Street Festival or Edworthy Off Leash Dog Park, two highlights for me. I enjoyed our chats about our government's work building and opening more schools in the Calgary area will ease pressure on Currie classrooms this fall. Many others were thrilled about the construction of the new cancer centre and the SW portion of the Ring Road.

For those students returning to school this fall, I am happy that Premier Rachel Notley has kept our government's promise to fully fund each student, and those studying at Mount Royal University are returning to the world-class Riddell Library and Learning Centre. And

while the reduction of school fees has helped make life more affordable for many families, it also revealed that a friendly review of the Calgary Board of Education's books was needed. I will provide updates as this work proceeds and will continue to convey any concerns to Education Minister David Eggen.

As our economy continues its return to its place as the driver of Canada's economy, we've continued to be conscientious with your tax dollars. We have reigned in spending at Albertans Agencies Boards and Commissions, for example, Guy Kerr, CEO of the Workers' Compensation Board, will earn \$396,720 instead of \$896,206 and Jim Ellis, CEO of the Alberta Energy Regulator, will see his salary drop from \$721,680 to \$396,720. We are reigning in the excesses of the old PC (now the UCP party) governments. We also re-invested \$1.53 billion in revenue generated through the Climate Leadership Plan to build the new Green Line LRT, making this the largest public infrastructure investment in Calgary's history. Your government also held open houses on condo regulations and launched a survey on consumer protection to tackle such issues as household moving services, debt collection, ticket sales and auto repairs with the goal of helping you to protect your pocket books.

The work on my private Members bill is nearing completion. Over the summer I held four more Henson Trust consultations - in Lethbridge, Medicine Hat, Edmonton, and Calgary- where I shared a draft of this legislation with families, self-advocates and various organizations. All this feedback will enhance the final version of the bill that I hope to table when the legislature returns this fall. Thanks to all who attended this second phase of consultations. I believe this bill will make their families' lives better.

Over the next few weeks you will see me in the city streets celebrating Calgary Pride with my New Democrat colleagues. If you or your community are having event - big or small, day or night - I am always happy to attend if I can! So, let me know about them by contacting my office.

Hoffman
INSTITUTE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"
Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Make peace with your past
 Release from negative behaviors
 Emotionally heal and forgive
 Discover your authentic self

Email shift@hoffmaninstitute.ca to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.

TAKE ON WELLNESS



The Three Biggest Mistakes People Make Trying to Lose Weight, Increase Energy, and Get Fit—And What To Do Instead

By Kirei Yasunori

This is the first of a three article health series outlining how people are missing the mark on creating healthy fit bodies and how to get on track to sustain ideal weight, high energy and a strong fit body.

The mistakes are:

1. Burning exclusively sugar (or refined grain carbohydrates) for fuel
2. Losing muscle with aging
3. Setting unrealistic goals

The three remedies are:

1. Burn fat for fuel for at least half of the time
2. Build muscle for stamina, joint stability and strength
3. Set small behavioral goals that are easy to achieve and support the larger goal.

The body uses either fat or glucose for fuel.

For the past 30 years we have been told to cut fat from our diets. Consequently, sugar and sweetener has been added to low fat foods to make them taste better. This is taking a terrible toll on our health and makes weight loss very difficult. When we regularly consume sugar or refined carbohydrates (that act like sugar in the bloodstream) three meals a day—or worse, adding an additional snacks—our blood sugar and insulin levels are on a roller coaster all day long. This means our energy bounces up and down throughout the day and worse, the frequent presence of insulin in the blood stream makes it impossible for us to burn fat for fuel. *Insulin is a fat storage hormone.* It causes us to instantly store the fat instead of using it for fuel.

What happens when you burn fat? You will feel a sustained energy and mental focus. Your appetite is reduced. Your cravings for carbs will drop.

To optimize our health and weight we must re-teach our bodies to burn fat. This is possible through diet alone by severely restricting carbs and eating 75% of daily consumption in fat. This approach is very challenging to maintain.

There are products available that supplement ketones (fat molecules) and safely assist the body to shift into ketosis. (fat burning)

Intermittent fasting (only eating over a reduced number of hours everyday) will also help the body reduce carb cravings and shift into fat burning. This is especially powerful when combined with a "fat" coffee (blending butter and coconut oil into morning coffee).



Back to Cruel

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



MP Calgary Centre
Hon. Kent Hehr
 950 6 Ave SW Calgary, Alberta T2P 1E4
 ✉ kent.hehr@parl.gc.ca ☎ 403-244-1880
 🌐 www.KentHehrMP.ca

Before I begin with this month's newsletter I wanted to make sure you knew about my BBQ on Sunday, September 10th. We'll be at the Sunalta Community Hall (1627-10 Ave SW) from 11:00 AM to 1:00 PM, where we will have my father, Richard Hehr, doing his best Elvis impersonation, free food, and a celebration to cap off the end of summer.

Next, I wanted to share with you an update about an issue near and dear to Calgary Centre.

It's about the work we're doing in the nation's capital to make sure all Canadians are free to identify themselves and express their gender as they wish, without fear of discrimination and hate. With having Pride this September, it's both topical and relevant. Calgary Centre is a Pride community – in the heart of its downtown core, we have one of the most vibrant LGBTQ2 communities in North America.

I have had the pleasure of working with advocates – like my caucus mate and special advisor to the Prime Minister on LGBTQ2 issues, MP Randy Boissonnault – and others across my involvement. At each place and stage my efforts were to make sure that no one should be refused a job, be disadvantaged in the workplace, be unable to access services, or be the target of harassment and violence because of their gender identity or gender expression.

One part of this was with Gay Straight Alliances being supported in every school across Alberta where and when students want them: first with my motion (Motion 503), which with community supporters, students, parents, and staff, ultimately making it the law of the land. The research is there that students have a reduced rate of suicide – across the entire population of students, not just LGBTQ2 students – with policies that encourage and allow students to support one another.

Since moving federally this work has not stopped or stalled. Our government has moved full-steam ahead with:

- Passing C-16, a bill that ensures the full protection of transgender people across Canada,
- Announced a strategy to prevent and address gender-based violence,
- Introduced legislation to remove section 159 of the Criminal Code – ensuring Canadians are not unfairly criminalized for consensual activities,
- Flying the pride, transgender, and bi flags on Parliament Hill for the first time,
- Beginning the process of an apology to the entirety of the LGBTQ2 community for previous governments' failings to defend their rights and freedoms.

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at www.KentHehrMP.ca/email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca.

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
 403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



RBC Wealth Management
 Dominion Securities

There's Wealth in Our Approach.™

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

FREE ENGLISH CONVERSATION CAFÉ: September 12 - December 5th, Tuesday mornings at 9:30 – 11:00 am at the SCA Community Centre. 277 Strathcona Dr. SW. Join us Tuesdays to practice English, meet new people, and learn about Canadian culture. All welcome. Contact Laura at community.stmartins@yahoo.ca or 403-612-9949 for more information or to register.

COOKING WITH FRIENDS: This community cooking class is offered Thursdays, September 14 - December 7th, at 10:30 - 1 pm in the Knox Presbyterian kitchen. Join us to learn recipes and practice English while enjoying great meals with new friends. All welcome. Offered in partnership with St. Martin's, Knox Presbyterian and Immigrant Services Calgary. Contact Laura at community.stmartins@yahoo.ca or 403-612-9949 for more information or to register.

HOLY SPIRIT CWL CRAFT SALE: Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact hscwlcraftsale@gmail.com.

CURLERS WANTED: Day Ladies League – individuals and teams are welcome. For more information and registration dates email www.ALDCurling@gmail.com or phone the ARC at 403-255-1252.

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/>

DOLLARS & SENSE

Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

Finances can be tough to talk about, but keeping your money issues a secret can be bad for your personal and financial health. A 2014 study* asked people what their most difficult conversation would be and 44 percent said personal finances.

Silence around money encourages people to remain uninformed about financial options and strategies and to hide resulting financial errors. If we seldom know what our loved ones think about money, misunderstandings can fester.

Despite plenty of good reasons to open up, people often find that money is a difficult topic to discuss as it can come with an emotional attachment. The technical details of financial planning can be complex, but it also requires people to think about aging and their own mortality.

As with other hard-to-discuss topics, it's often easier to stay quiet than to admit that you're deep in debt or have another money-related problem. But studies show that talking about money can reduce feelings of financial stress and help you make better money decisions**.

Of course, talking is easier said than done. When you're ready to open up, accept that the discussion will inevitably not just be about money, but also what it symbolizes. It helps to have a goal in mind about what you want the talk to accomplish, and to start conversations about money with professionals that you have no emotional connection with before sharing financial feelings with loved ones.

A great way to start your money conversation is by talking to your professional advisor. They can provide the financial knowledge and planning that will reduce stress and emotion making it easier to communicate your financial goals, dreams and concerns with others.

Sources:

*<http://www.reuters.com/article/us-money-conversation-idUSBREA2Q1UN20140327>

**<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>

BUSINESS CLASSIFIEDS

For business classified ad rates call
Great News Publishing at 403-263-3044
or sales@great-news.ca



Councillor, Ward 8
Evan Woolley
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
☎ 403-268-2430

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Killarney and Glengarry. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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.

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.

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.

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.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance and BBB accredited. Providing quality, reliable service, free estimates, and 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at: www.russellslawn.com or call 403-686-LAWN (5296).

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. 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

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.

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.

ARE YOU INTERESTED IN SINGING? Use the contact box at www.georgehahleacademy.ca to enquire about lessons, full Term, September - June. All ages, beginner to advanced.



Democracy 101

In October, Calgarians will vote to elect their Mayor, Councillors, and School Board Trustees. Your voice helps shape your community and city. Here are some things you need to know before October 16th.

If you cannot vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 - 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit www.electionscalgary.ca.

I shared this information last May, but it bears repeating. This year, it's easier than ever to make your vote count. There is now a free transit pass with each election brochure that will be mailed to you and there will be a full week of advance voting polls at Mount Royal University, the University of Calgary and SAIT.

2017 Election Ward Boundary Changes

During the 2017 Municipal Election, new ward boundaries come into effect, which could change the candidates on your ballot and at your voting station location. If your community has changed wards, you will be voting in a different ward than the last municipal election. It is important to check your ward so you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

Insurance Disputes - Small Business
Employment Issues - General Litigation

Peter B. McLaws
Barrister & Solicitor

(403) 710-3712

COME VISIT OUR NEW WEBSITE!

www.mclawslaw.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



GLAMORGAN MEDICAL CLINIC

SW Calgary Family & Walk-In Medical Clinic

ACCEPTING NEW PATIENTS

Female Doctors

Dr. Osato Egbagbe, MD
Dr. Shola Apantaku, MD

Male Doctors

Dr. Augustine Egbagbe, MD
Dr. Sunday Olowu, MD

Our Female doctors provide the following services:

Pap Smear | IUD Insertion/Removal | STI Testing
Early Pregnancy Care | Breast Feeding & Newborn Care
HPV Vaccine | Other concerns relating to females

Hours

Mon-Fri: 8am-8pm
Sat/Sun: 10am-5pm
Walk-ins welcome!

587-350-8314 | www.glamorganmedical.ca
#14 - 3919 Richmond Road SW



HIGHLY EXPERIENCED DENTAL AND
ADMINISTRATIVE STAFF

SPECIALIZING IN
SMILES
(AND FREE PARKING TOO!)

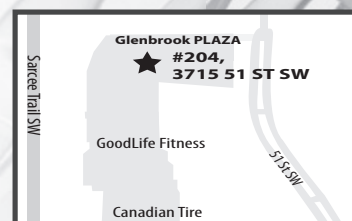
ASK US ABOUT
**DIRECT
BILLING**

NOW OFFERING
 **invisalign**



DR. TONNY TANG BSC. DDS | PH: 587-483-9900
WWW.GLENBROOKDENTAL.CA

GRAND OPENING
ACCEPTING NEW PATIENTS
SAME DAY EMERGENCIES



Experience

Freedom, Comfort & Quality

with  **citruscleaning**
www.CitrusCleaning.ca



**We offer a wide range
of cleaning services for
your home including:**

→ Home Cleaning

→ Deep Cleaning

→ Green Cleaning

→ Move In/Move Out

 **403.922.4515**

 **info@citruscleaning.ca**

Focus on what's

Important while we make your home
Spotless

