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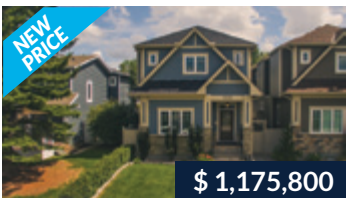
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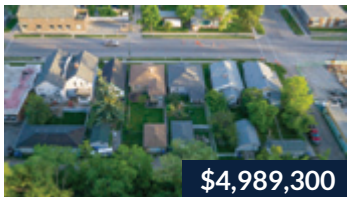
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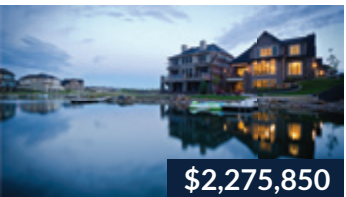
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CAIS

MARDA LOOP COMMUNITIES ASSOCIATION: EVENTS & NEWS

Check out our website for lots of information!
www.mardaloop.com

MLCA Board Meeting

Board meetings are held the first Monday of every month (except in July and August). If you would like to address the Board, or simply attend one of these meetings, please contact: president@mardaloop.com

Upcoming date: October 3

Starts: 7:00 pm

Location: MLCA Hall, 3130 - 16 Street SW

Seniors' Gatherings

The Seniors' group will meet on October 3 and subsequent first Mondays of every month. Join us to hear guest speakers, participate in light fitness activities and games, and meet some of your neighbours. Coffee and light snacks are served. MLCA membership (\$10 annual) is required to attend this program. For more information call 403-244-5411 x22. Members may e-mail seniors@mardaloop.com with questions or suggestions.

Upcoming date: October 3rd

Starts: 9:00 am with Fitness

Location: MLCA Hall, 3130 - 16 Street SW

Wine and Cheese Night

The October Wine and Cheese night will feature the "favourites" of our hosts and presenters: Shawn McDonald, of Springbank Cheese, and Claude Fournier, of Highlander Wine and Spirits. We'll see if Claude's favourites go with Shawn's favourites. We may pick up some tips on how to make better pairings! If you've never joined us, this is sure to be a fun, educational event.

To attend please register at www.mardaloop.com

Date: Wednesday, October 19, 2016

Doors open: 7:30 pm

Tasting starts: 7:45 pm

Location: MLCA Lower Hall, 3130 - 16th Street SW

Cost: \$25 per person (guests are welcome but must be accompanied by an MLCA member)



MARDA LOOP COMMUNITIES ASSOCIATION



President's Message

By the time this hits your mailbox, the MLCA Annual General Meeting will have taken place and a number of new Directors

will have been elected to the Board, as well as a new Secretary and a new President. Unfortunately I can't tell you who they all are since I'm writing this well before the October 3rd meeting. But what I can tell you is that a number of interested residents have contacted me this past month to inquire about a board position so I'm sure we will have many new faces. Stay tuned to meet them in next month's Source.

Please also join us in welcoming our new Hall Rentals Manager, Brenda Preston. Brenda lives in Garrison Woods and was well known to us through her volunteer work on the Indulge Committee and other events. We feel very fortunate that she has chosen to become even more involved by taking this part-time position with the MLCA. Welcome Brenda!

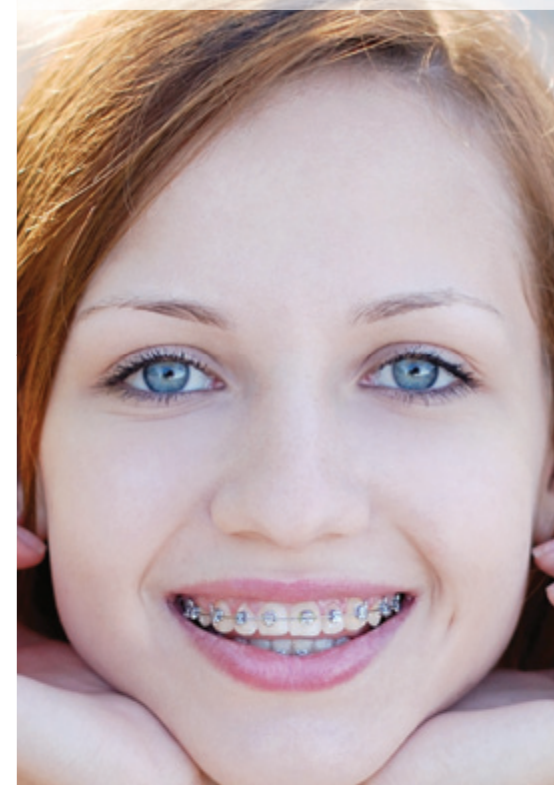
In the September edition of The Source, Catherine Fraser, the MLCA Volunteer Director, told you about the 156 friends and neighbours who volunteered their time to the MLCA over the past year. We celebrated these folks at our annual Volunteer Appreciation Event last month but I wanted to thank them all again for the work they have done to make the Marda Loop communities a better place to live. I hope you have enjoyed it as much as I have.

This being my last President's Message I would like to say thank you to the MLCA Board and staff for all the support you have provided to me over the last two years. This has been a very rewarding experience for me and you all have made it a ton of fun too. I look forward to seeing you in the 'hood.

Anne Kaufmann, President

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EXECUTIVE

President	Anne Kaufmann	president@mardaloop.com
Vice President	Tom Rosettis	vp@mardaloop.com
Secretary	Johnny Hammill	secreatary@mardaloop.com
Treasurer	Doug Fraser	treasurer@mardaloop.com
Past President	Vacant	pastpresident@mardaloop.com

DIRECTORS

Sports & Rec	Lisa Conboy	sportsrec@mardaloop.com
Planning & Development	Anne Derby	development@mardaloop.com
Events	Felicity Aston	events@mardaloop.com
Pool	Matt Wilson	pool@mardaloop.com
Ice	Johnny Hammill	ice@mardaloop.com
Facilities	Cedric Nicholson	facilities@mardaloop.com
Volunteers	Catherine Fraser	volunteer@mardaloop.com
Farmers' Market	Shawn McDonald	farmersmarket@mardaloop.com
Mobility	Tony Norman	mobility@mardaloop.com
Preschool	Alicia Tropek	preschooldirector@mardaloop.com
Marketing	VACANT	marketing@mardaloop.com
Membership	VACANT	membership@mardaloop.com
Director at Large	Pat Paterson	atlarge3@mardaloop.com
Hall Rentals	Stuart Preston	rentals@mardaloop.com
Sustainability	Thana Boonlert	sustainability@mardaloop.com

VOLUNTEERS

Indulge Event Coordinator	Emily Scherman	indulge@mardaloop.com
Seniors Group Coordinator	Heather Bhatty	seniors@mardaloop.com
Source Newsletter Editor	Stephanie McCarthy	source@mardaloop.com
Wine Night Coordinator	Jane Maduke	wine@mardaloop.com

STAFF

Program Coordinator	James Spragins	programs@mardaloop.com
Services Manager	Barb Bexson	services@mardaloop.com
Accountant	Karen Murphy	accounting@mardaloop.com
Hall Rentals Manager	Samantha Johnston	hallrentals@mardaloop.com



MLCA Membership

Kids splashing in the outdoor pool on a hot day. A game of shinny on the local rink. A social gathering for seniors. These are just some of the great scenes brought to life by the Marda Loop Communities Association. Show your support for the great programming we all enjoy by purchasing or renewing your community association membership today. It's an easy and affordable way to show your commitment to the neighbourhood.

- support the great programming we all enjoy
- have a voice in the affairs and direction of the MLCA
- receive advance notice of special events and programming
- access to member only events and programs



Buy or Renew Your Membership Today!

Get your membership online at mardaloop.com or send the form below to the MLCA hall.

MLCA Membership Form

First Name: _____	<input type="checkbox"/> \$15 Individual
Last Name: _____	<input type="checkbox"/> \$25 Family
Street Address: _____	<input type="checkbox"/> \$10 Senior
Postal Code: _____	<input type="checkbox"/> I'd like to volunteer
Telephone: _____	
Email: _____	

*Please make cheque payable to "Marda Loop Communities Association".
Mail to or drop off at 3130 - 16 Street SW, Calgary, Alberta T2T 4G7*

www.mardaloop.com/membership



Grass Roots Hockey Returns to the MLCA

Calgary's inter-community Grassroots Hockey League is an alternative hockey league that was created to give children ages 4-14 an opportunity to place ice hockey in a fun, non-competitive and affordable environment. This city wide league is made up of four divisions: ages 4-5, 6-8, 9-11, and 12-14 with 8 to 12 players per team. All games are played on outdoor rinks and teams are coached by volunteer parents. Minimal equipment is required, and league rules ensure that all players have the opportunity to participate.

Visit: www.grassrootshockey.ca for more information.

Playgroup Returns in the Fall!

Registration for our Fall Playgroup is now open. Playgroup is a Marda Loop Community program which offers a playful environment for children and their caregivers. Enjoy a variety of toys and meet other children from the neighbourhood. For infants and children up to 4 years. Four groups to choose from: Monday, Tuesday, Wednesday, or Thursday. MLCA membership is required to register in this program.

Playgroup Mondays

0-4 year olds
9:30am – 11:00am
Every Monday from September 12th to January 23rd, 2017
Cost: \$125.00/family
Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Playgroup Tuesdays

0-4 year olds
9:30am – 11:00am
Every Tuesday from September 13 to January 24, 2017
Cost: \$125.00/family
Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Playgroup Wednesday

0-4 year olds
9:30am – 11:00am
Every Wednesday from September 14th to January 25th, 2017
Cost: \$125.00/family
Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Playgroup Thursday

0-4 year olds
9:30am – 11:00am
Every Thursday from September 15 to January 25, 2017
Cost: \$125.00/family
Please note, this is a PARENTED session. Parents/Guardians are required to remain on site for the duration of the program.

Yoga at the MLCA

We're proud to bring back our Yoga programs to the MLCA for the Fall. We have two great instructors who have been teaching for years. For our Tuesday night and Friday day program we are now offering a 15 session course offering.

For our Wednesday night program, Crystal is in select days each month which you can see below. Yoga at the

MLCA moves at a beginner to intermediate pace, and drop in classes are \$12.50/class.

Friday Yoga with Sophie:

Fridays 9:30-10:30am
September 9th – December 16th
Cost: \$150 non-members, \$130 members.
Now 15 sessions instead of 12.

Wednesday Yoga with Crystal:

Wednesdays 7:00pm-8:00pm
September: 14th, 21st, 28th
October: 5th, 12th, 19th
November: 2nd, 9th, 16th, and 30th
December: 7th, and 14th
Cost: \$120/non-member, \$100/member

Tuesday Night Yoga with Sophie:

Tuesday 7:00pm-8:00pm
September 13th-December 13th, 2016
Cost: \$150/non-member, \$130/member
15 sessions

Senior's Fit

Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. Senior's fit classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance training with plenty of friendly fun. MLCA membership is required to register in this program.

Ages 60+
Wednesdays, 11:15 am – 12:15 pm
September 7th to November 2nd
9 classes
Cost: \$45 (GST Not included)

Babysitters Registry

This service is available to all Marda Loop Communities Association (MLCA) members with current active memberships. Both the babysitters and the interested families must have valid memberships. Individuals aged 11-17 will require a parent/guardian's signature on the waiver form (available by emailing programs@mardaloop.com) all sitters' names published are required to have a valid babysitter training certificate (regardless of age). The Marda Loop Communities Association and its Board of Directors will not be pre-screening / sanctioning / verifying any credentials for those using this service. The employer takes on full responsibility of interviewing and hiring the babysitters. The parents of the babysitters are responsible for screening the prospective employer of their child. The list of babysitter's names will not be published in our community journal or on our website. It will be provided to interested families upon request once active membership status is confirmed. Please email programs@mardaloop.com if you have any questions and to receive the registry.

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Message from your new
Hall Rentals Manager!

Allow me to introduce myself! I am Brenda Preston, and I've lived in this community since our family moved to Calgary in 2009. We LOVE Marda Loop! Many of you will recognize me through a variety of volunteer outings with our MLCA; I've been happy to lend a hand at Stampede Breakfast, Fireside Chats, Wine Night, Community Cleanup, and am a committee member for our annual fundraiser, Indulge.

In taking on the role of Hall Rentals Manager, I am delighted to announce that I live AND work in Marda Loop! In my first couple of days I've had a crash course in the ABC's of hall rentals:

- Arranged for an arts/craft exhibition,
- Booked a birthday party; and
- Confirmed a cooking class.

We're just getting started. My professional background is all about communications, so I want to hear from you!

If you are unfamiliar with our hall and its facilities, contact me for a tour! If you've attended events and need further details about the capacity of our upper and lower halls, boardroom, or custom kitchen, give me a call.

We have fabulous facilities for you to use. Give me a call at 403-244-5411 ext. 21 or drop an email to hallrentals@mardaloop.com.

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MLCA Preschool
Update

With the first day back-to-school jitters behind us, we can now focus on the school year ahead. Our 3- and 4-year old students have established a bit of a routine; making new friends and learning through age-appropriate play. This month, our students are learning about the changing seasons, Thanksgiving, and all things Halloween.

As more young families call the communities of South Calgary, Altadore, River Park and Garrison Woods home, the demand for the MLCA Preschool grows. To accommodate this growing demand and serve more families in our community, the MLCA Board carried a motion for the MLCA Preschool Committee to make plans to increase class size in the 2017/18 school year. As a cooperative, parent-run preschool program, we value parent and community feedback. We have recently asked parents to participate in a survey to help us understand the importance of class size; but we also want to hear from you! If you are a prospective preschool family, alumni, or otherwise interested community member, feel free to email preschooldirector@mardaloop.com for a link to the survey. The survey will only take you a few minutes, but it will help us make important decisions about the future of our program.

About the MLCA Preschool

We are a community-based preschool offering a cooperative and caring environment where children 3 to 4 years old come together to learn and explore through age appropriate play, activities, and materials. We are a parent-run cooperative and ask for parents to get involved by volunteering in class and through small administrative or operational roles.

Set in the heart of the vibrant Marda Loop, our newly renovated, bright and cheerful preschool is positioned opposite the community centre, playground, ice-rink, library, fire hall, and community gardens.



MLCA Preschool
Kids are the heart of our community

Set in the heart of Marda Loop, our newly renovated, bright and cheerful preschool is a cooperative and caring environment where children learn and explore through play.

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MLCA VOLUNTEERS COLUMN

Catherine Fraser, Director of Volunteers

Devote yourself to your community around you and devote yourself to creating something that gives you purpose and meaning.

- Mitch Albom

This month our Super Volunteers are a very dedicated group of talented and committed people in our communities. They all work tirelessly behind the scenes for the betterment of everyone in the Marda Loop Community. They attend meetings; plan and work at events; encourage people to drive carefully; run the market, preschool, pool, ice rink, the hall and swim team; liaison with the city; advertise everything we do; encourage everyone to get involved and a million other things to keep our communities vibrant, safe and connected. They are our MLCA Board – Executive and Directors. As our AGM approaches and some of these people's terms are ending, let's give a HUGE THANK YOU to this great team – Alicia Tropek, Anne Derby, Anne Kaufmann, Catherine Fraser, Cedric Nicholson, Doug Fraser, Felicity Aston, Heather Bhatti, Johnny Hammill, Lisa Conboy, Matt Wilson, Pat Paterson, Shawn McDonald, Stuart Preston, Thana Boonlert, Tom Rosettis and Tony Norman.

THANKS:

I would like to thank Amanda, Anne, Cailleigh, Heather, James, Leslie, Madison, Samantha and Tim for their enthusiastic help at our MLCA booth at this year's Marda Gras.

OPPORTUNITIES:

MLCA Board – As our AGM approaches, **Monday, October 3**, we are looking for some interested people, with some time to spare, to join our MLCA Board for the coming term. If interested, please contact Anne Kaufmann

at president@mardaloop.com for more details on expectations and responsibilities.

Fireside Chat – We are looking for some people interested in being on our Fireside Chat committee for this coming season. Pat, our past coordinator has sadly found other things to do, so we are anxious to find some new people to help us with this popular event. Contact Catherine at volunteer@mardaloop.com if interested.

Youth Dance – Several of the coordinators of our Youth Dance activities have come to the end of their term or their children have aged out and we are looking for some new interested and keen people to get involved. If you have children between the ages of 8 and 12, please join us to keep these special events going, especially our annual Halloween party. Contact Catherine at volunteer@mardaloop.com if interested in getting involved in this way.

That's the Volunteer News for this month. **Want to get involved in your neighbourhood** – email me at volunteer@mardaloop.com

TRIVIA
Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".

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SENIORS IN YOUR COMMUNITY

Heather Bhatti, Coordinator "Seniors in the Loop"

Guest speaker takes Seniors "Around the World in 80 minutes"

As is usually the case in summer; exotic vacations, worldwide travel and family adventures have been on the minds of many these past

couple of months. It was considered a good idea, therefore, to regroup this month and share stories and pictures of our respective escapades.

After the customary opening session of light fitness, we watched and listened in awe to a spectacular presentation by Tom Valentine, whose travels and adventures have taken him from his own backyard in Alberta and other provinces in Canada to places around the world where few tourists have gone before. Tom is a barrister and solicitor by profession, but it seems that his ambition is to achieve the extraordinary in life. His earliest trip overseas was to Darjeeling (India) to work at an orphanage and since then he has traversed the five continents, climbed mountains as high as Ama Dablam (Nepal) under treacherous conditions, biked from Paris to London, ridden precariously on colourful, overloaded multi-deck buses in Pakistan, vacationed in the Cappadocian cave suites in Turkey and the list of his breath-taking adventures is just too long to recount in this article. What a treat it was for us to travel vicariously with him through his marvellous presentation!

And speaking of treats, we decided to take this opportunity to share some of the international flavours of the countries our Seniors originate from. There was an absolute delightful spread ranging from pear cookies to treacle pie and koekjes to samosas. To add an international touch to the event, a couple of sporting Seniors even showed up in their national garb.

Life is not fun and adventure all over the world, though. One of our community members, Tim Barnes, talked to us about a project he has adopted in Malawi. "MoreThanAid" is all about helping girls in rural Malawi to get an education. Tim is obtaining paintings and bracelets from some kids there and hopes to help them fund their secondary schooling from sales of these articles.

Seniors in the Loop never seem to run out of good times, so if you're 60+ and looking for some healthy adventure, come join us at our next gathering on Monday, October 3rd between 9 a.m. and 12 noon at the MLCA Hall. Watch for further details on the MLCA website. Become a member!

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 28

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IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSFS/Fire

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint
<https://youtu.be/QbE3tCBzeY0>



DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.

your COMMUNITY BUSINESS OF THE MONTH



OPA! of Greece Marda Loop

Marda Loop Community

Whether it's the fresh, delicious food or smiling staff member who remembers your name, there are lots of reasons to love OPA! When they opened their first Calgary market Mall location in 1998, the idea was simple: change the "fast food" experience by offering delicious, wholesome Mediterranean cuisine with outstanding customer service. By using high-quality ingredients to make classic Greek dishes, they brought something new to the world of quick-service restaurants. Nearly 20 years later, OPA! is one of the most highly recognized and widely loved restaurant brands in the country and has grown from a single restaurant to a national chain with over 90 locations across Canada.

Greek cuisine is all about fresh, authentic dishes prepared with simple ingredients. It's a cooking tradition dating back over two-thousand years, and it's one they take very seriously. OPA! stays true to the essence of Mediterranean-style cooking by using only quality, real ingredients without artificial flavours or fillers. Because tradition is important – and fresh just tastes better.

They've renovated and re-opened in August with a brand new store design. The modern Greek design offers a fresh look on Greek dining experience. Join them for lunch or dinner at Bay 101, 2205 – 33 Avenue SW (next to Wanderlust). They are open Monday to Satur-

day from 11am to 9pm and Sundays from 11am to 7pm. Delicious, reasonably priced food and friendly service.

For catering inquiries, please contact the Regional Manager, Bruce Brown at (403) 669-3178.



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2016 FALL TASTING SCHEDULE

Tastings start at 7 pm unless otherwise indicated

Rare Malts	Thr Oct 13	Only the rarest whiskies, those 20+ years of age, those from closed distilleries and/or the exceptionally rare qualify for this tasting.	\$85
Canadian Harvest	Fri Oct 14	Just in time for Thanksgiving, a lovely wine tasting of Canada's best kept secrets. Enjoy a delicious tray of Peasant Cheese's finest Canadian producers. Stand up format.	\$30
Italian Wine Festival!	Fri Oct 21	Mama Mia, it's going to be a feast! The food, the wines, the music... all Italian!	\$40
Le Coeur du Cognac	Tue Oct 25	Cognac is one of the world's finest spirits and the world is now turning its attention to some of the smaller family owned producers. We'll sample a very fine range from Montifudat, Bouju, Delamain and others!	\$60
Colouring Outside the Lines	Thr Oct 27	Some of the most notable beers are off those found well off the beaten path. We'll examine the strange, interesting, and outlandish beers that straddle style guidelines and challenge palates!	\$25
Cheese Please	Fri Oct 28	Peasant Cheese, our next door neighbor in Kensington, will guide us as we explore the world of Argentina, Chile and Patagonia wines. Stand up format.	\$30
anCnoc, Balblair, Old Pulteney & Speyburn	Thr Nov 3	We'll sample selected whiskies from these 4 Highland & Speyside distilleries, with Brand Ambassador Lukasz Dynowiak. Expect more than a few gems!	\$40
Kilchoman, 100% Islay	Fri Nov 4	Distillery founder Anthony Wills will be on hand for a Kilchoman Master Class featuring a new KWM exclusive cask, the new Sanaig release and a range of other very peaty malts!	\$30
Bordeaux vs Tuscany	Tue Nov 8	Consistently challenging each other for the title of the "Greatest Red Blends of The World". Let the battle begin!	\$50
Intriguing Piedmont	Fri Nov 11	"Nebbia" is Italian for fog and the hills of northern Italy, Piedmont, are often shrouded in mist. Nebbiolo is the grape for the most famous red wine of the region, Barolo. But Piedmont is much more diverse. Join us for a tour of this amazing wine region and his famous -and less famous!- grape varietals.	\$40
Red Wine Icons	Tue Nov 15	La crème de la crème! Don't miss a great opportunity to taste some dream wines side by side, in a comparative tasting from the best wine regions and top producers of the world. Bordeaux, Piedmont, Barossa, Napa, to name only a few.	\$75
An Introduction to Craft Beer	Thr Nov 17	Looking to dip your toe into the world of Craft Beer? We'll visit the origins, production and terminology surrounding different styles of craft beer all while sampling some of the best examples!	\$25
Fall Wine Fest!	Fri Nov 18	We clear the floor to make room for a "store wide" tasting of our best. Food, wine, music; don't delay as it sells out quickly. You'll also enjoy "early bird" pre-Christmas sale prices! Our sale runs to Sun Nov 20	\$40
Cheese Please	Tue Nov 22	Sherry and Port! With the holidays approaching and entertaining revving up this tasting will explore the many Sherry and Port styles with some delicious cheese pairings	\$30
Master Malt	Thr Nov 24	Only the rarest and very special whiskies are showcased at this tasting which always highlights some of the most exciting new whiskies in the world!	\$125
Champagne & Bubbly Festival	Fri Nov 25	What more fitting wrap up for our fall tasting schedule than a mini bubbles walk about! The holidays will soon be upon us so now's the time to taste test your holiday favorites.	\$40
KWM 25th Anniversary Port Launch	Thr Dec 1	2017 will mark KWM's 25th Anniversary and to help commemorate this milestone we will be launching our very own KWM 1992 Vintage Port as well as our very own 20 Year Tawny Port both blended and bottled just for us! Join us for an early bird taste! Stand up format.	\$25

NOVEMBER 5
ROTHNEY ASTROPHYSICAL
OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, \$20 per car or \$10 per person. www.ucalgary.ca/rao



NOVEMBER 22 - DECEMBER 31
SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com



NOVEMBER 26
COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. www.mtroyal.ca



YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artsccommons.ca

November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. www.artmarketcraftsale.com

November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www.calgaryphil.com

November 25 – December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www.storybooktheatre.org



Marda Loop Real Estate Update

Last 12 Months Garrison Woods
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$659,900.00	\$667,500.00
July 2016	\$589,900.00	\$585,500.00
June 2016	\$599,900.00	\$596,000.00
May 2016	\$824,900.00	\$807,500.00
April 2016	\$824,900.00	\$815,000.00
March 2016	\$927,450.00	\$872,000.00
February 2016	\$995,000.00	\$939,000.00
January 2016	\$859,900.00	\$835,000.00
December 2015	\$772,450.00	\$755,000.00
November 2015	\$599,900.00	\$590,000.00
October 2015	\$639,450.00	\$618,250.00
September 2015	\$549,900.00	\$535,000.00

Last 12 Months Garrison Woods
MLS Real Estate Sale Price Update

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

To view the specific SOLD Listings that comprise the above MLS averages please visit garrison_woods.great-news.ca



Open House & Information Meeting
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Halloween hazards! Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.

4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



Marda Loop Real Estate Update

Last 12 Months Altadore
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$999,999.00	\$975,000.00
July 2016	\$889,000.00	\$872,000.00
June 2016	\$928,000.00	\$907,500.00
May 2016	\$1,160,000.00	\$1,110,000.00
April 2016	\$949,500.00	\$910,000.00
March 2016	\$791,950.00	\$775,500.00
February 2016	\$939,450.00	\$912,500.00
January 2016	\$889,900.00	\$867,750.00
December 2015	\$825,000.00	\$796,250.00
November 2015	\$899,900.00	\$890,000.00
October 2015	\$749,900.00	\$732,500.00
September 2015	\$937,500.00	\$897,500.00

Last 12 Months South Calgary
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$831,200.00	\$795,000.00
July 2016	\$829,450.00	\$821,000.00
June 2016	\$0.00	\$0.00
May 2016	\$739,900.00	\$722,500.00
April 2016	\$737,000.00	\$730,000.00
March 2016	\$532,400.00	\$501,500.00
February 2016	\$794,700.00	\$751,250.00
January 2016	\$899,900.00	\$899,900.00
December 2015	\$914,808.50	\$896,700.00
November 2015	\$649,000.00	\$630,000.00
October 2015	\$1,029,000.00	\$985,000.00
September 2015	\$0.00	\$0.00

To view the specific SOLD Listings that comprise the above
MLS averages please visit altadore.great-news.ca or
south_calgary.great-news.ca



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A Brief History of Kids' Literature

Tales and stories have entertained and educated kids for hundreds of years, but books written and published especially for kids is relatively new in the western world. Up until the Georgian period, kids were just given such reading material as ballads, religious catechism and books about how to behave. While the advent of the printing press widen the selection of books for adults, kids were left looking over their adults' shoulders.

Then, in 1691, English philosopher John Locke came up with the great idea that children learning to read should start with some easy books with pictures... like an Aesop's Fables. While these are still fun to read today, Locke didn't have any other recommendations for good reads for kids of that era.

But once the 18th century rolled around, and people began to think of kids as kids, and not little adults, the genre of kid's literature began to take shape. One of the first children's books considered now to be modern, was published by UK author John Newbery. He published a book called "A Little Pretty Pocket-Book" in 1744, which is has been called the "first modern children's book." What makes this book remarkable was that it was kid-sized, meant for children's hands, and it had a brightly colored cover that appealed to kids. This was new. (If Newbery's name sounds familiar, it's because in 1922 the John Newbery Medal was created in his honor, for the "most distinguished contribution to American literature for children.")

Other important names in the early development of children's literature are Hans Christian Andersen, the Danish author and poet in the early 19th century, who wrote such fairy tales as "The Little Mermaid," "The Snow Queen," and "Thumbelina." Also during this period, the Brothers Grimm were at work preserving traditional German tales (sometimes rather gruesomely), such as "Hansel and Gretel," "Snow White," and "The Frog Prince."

However, it was Lewis Carroll's "Alice's Adventures in Wonderland," published 1865 that heralded a change in writing style for kids, from a preachy, teaching one, to an imaginative one. "Alice" is considered to be the first "English masterpiece written for children."

And so it was in the late 19th century, *the golden age of children's literature* that many of the kids' books we now consider classics were published. This list includes "Pinocchio," Robert Louis Stevenson's "Treasure Island" and "Kidnapped," Rudyard Kipling's "The Jungle Book," J.M. Barrie's "Peter Pan," and in North America, "Little Women," and Mark Twain's stories, to name but a few.

Next time... kids' lit in the 20th century...

Val Lawton
Manager, Monkeyshines Children's Books and Toys
email: monkeyshines@telus.net

Val Lawton is a librarian by training and has worked as a kid's book illustrator for a number of years.

Fall Construction Update from cSPACE King Edward

This Fall has seen continued construction busyness on-site at King Edward with trades working hard both inside and out!

On the exterior, the historic sandstone chimney has been restored and the new slate-like roofing installed. Steel installation on site is also in full swing with the north-facing service enclosure taking shape around mechanical equipment and areas concealing everything from tenant bike storage to recycling. Curbs, paving, and work in the new south facing city park are soon to follow. Most dramatically, the concrete foundation for the new west wing has been installed, and structural steel will begin to take shape in October. The west addition will be fully enclosed with steel and glass before the winter sets in, giving neighbours a sense of the final size and vision of the building.

On the inside of King Edward, restoration continues in former classrooms, bathrooms and corridors. With fresh paint, new windows and lighting; our tenant spaces for artists are shaping up great for the December 2016 building occupancy.

Back to School – King Edward Time Capsule

We are looking for you to share your memories that define the spirit of King Edward School with us! We need your help to build a time capsule commemorating King Edward's storied 90 years of service as a school as well as to mark the building's new life as cSPACE King Edward, a hub for creativity in 2017!

Former students, teachers and staff are encouraged to share favourite memories of King Edward. From ghosts, to favourite teachers, sneaking into the attic, first love, and planting hollyhocks – think "Back to School". Selected stories and photos will be enclosed underneath the school's historic boiler doors, displayed under glass and inset into the original terrazzo flooring on the first level of the building for the next hundred years!

Stories and photos may be shared with our audience through newsletters, social media, and a digital history project that may be installed permanently in the building. Alumni are encouraged to reconnect and spread the word to those they went to school with for this commemorative project. The time capsule will be uncovered in 2062 – commemorating the 150th anniversary of the building.

How to submit your memories:

- Alumni may submit their memories to karilynn.thompson@cspaceprojects.com. Digital stories and pictures may be submitted (we will print these on archival paper for inclusion).
- Please indicate if we are able to share your story in our newsletter/social media.
- Due to limited space, at this time we are not accepting artifacts for the capsule but please contact us if you would like to donate an artifact from the school.
- Deadline: November 1, 2016

To stay on top of the latest information about cSPACE King Edward, please visit our website and sign up for our e-newsletter at www.cspaceprojects.com.

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**Artisan Market
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Friday, November 4th | 7 pm - 9 pm
Saturday, November 5th | 10 am - 4 pm
1802 33rd Ave SW in Marda Loop

Featured Artist: Cory Barkman
corybarkman.com

facebook.com/intheloopmarket intheevent.com intheevent@gmail.com


IN YOUR COMMUNITY

CALGARY IMMIGRANT WOMEN'S ASSOCIATION

Women's English & Social Group – Meet your Neighbours and Practice English!

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Our **Marda Loop** group meets every Wednesday from 10:00am – noon. Our first meeting starts up on **September 21st**. We meet once a week for 2 hours to practice English, make new friends and have fun! No cost, no immigration requirements and no minimum English level necessary. Free childcare provided for children 6 months to 6 years old. Come visit us at 3818 14A Street SW (River Park Church basement). For additional information contact Debra Colley at debracolley@ciwa-online.com or 403-444-1752.

Debra Colley, Program Coordinator
New Friends and Neighbourhood Groups
Calgary Immigrant Women's Association
Phone: 403-444-1752
Email: debracolley@ciwa-online.com
Visit our website: www.ciwa-online.com



SUDOKU

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

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



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Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...

Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

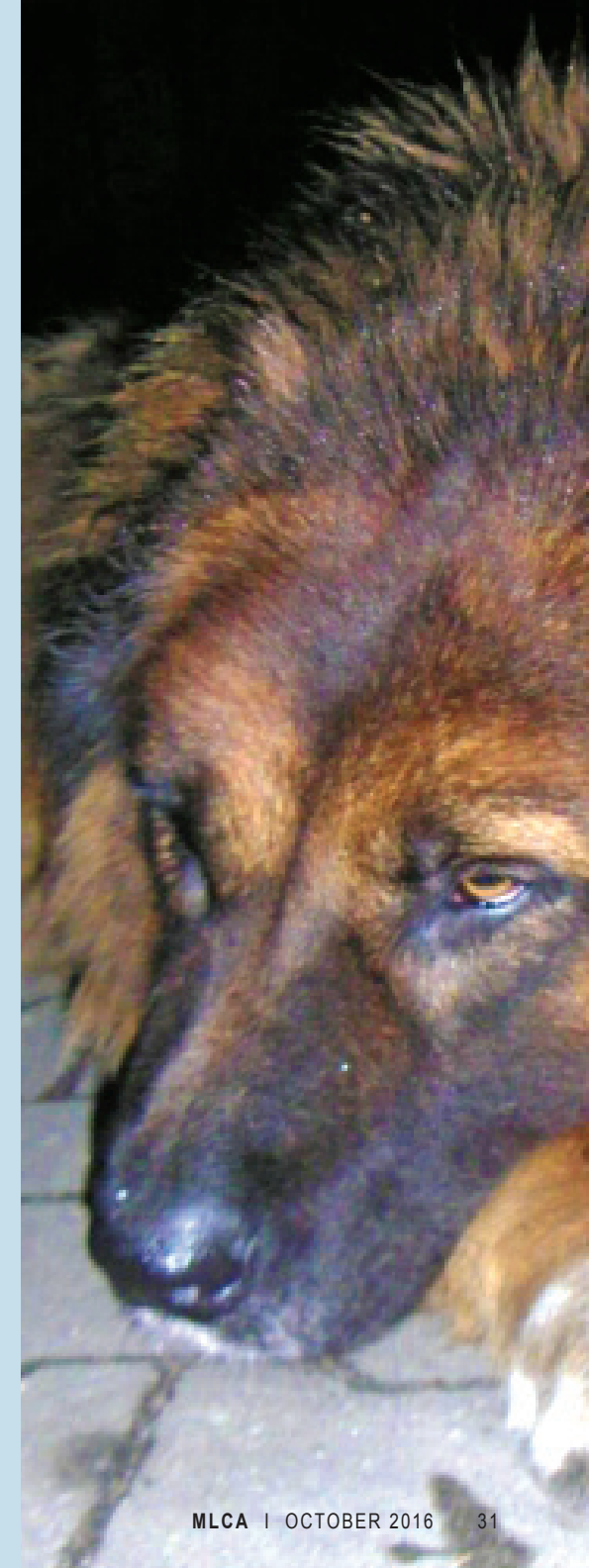
While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.



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NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in South Calgary, Marda Loop, Altadore, Garrison Woods and River Park. 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."

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Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

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FLOW IS A DIFFERENT KIND OF HAIR SALON: Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. www.flowhairsalon.com.

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FERIANEC ACCOUNTING & TAX SERVICES: Professional bookkeeper and tax preparer in Altadore is accepting new clients. Business setup, bookkeeping, personal tax preparation, corporate bookkeeping and taxes, payroll, GST Returns, using Simply Accounting and Quick Books. Please call Eva at 403-701-7729.

HANDYMAN/CONTRACTOR: Hire-a-husband type of jobs performed; carpentry, drywall repair, repaints, minor plumbing and electrical, fence and deck building, power washing of siding and decks, eavestrough cleaning, repair cracked concrete stairs and surfaces, laminate flooring. Spring clean up helpful hint: remove and replace obsolete garbage can enclosure with fencing. Contact Robert 403-606-8876, robziffle@gmail.com.

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.

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PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2016. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

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MP CALGARY CENTRE HON. KENT HEHR

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kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

One Year In

Time sure flies. It has been one year since I was elected to be Calgary Centre's representative in our nation's capital. I had the pleasure of running on an aggressive platform for the middle class and we are well on the way to implementing the changes that we were elected to do. Let me give you an update on some of the projects that we've been working on as a government.

In Budget 2016 our government brought into force the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and on the whole this policy change will raise some 300,000 children out of poverty.

As for our commitments to seniors – we moved the chains of justice forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65; and introduced a Seniors Price index to keep OAS and GIS at pace with the rising costs faced by seniors each year. Further to this we increased the Guaranteed Income Supplement for single, low income seniors by 10%, improving the financial security of about 900,000 single seniors across Canada.

Budget 2016 invests \$2.3 billion over two years to give Canadians greater access to more affordable housing. Our Government has already started to engage provinces and territories, Indigenous and other communities, and key stakeholders to develop a National Housing Strategy. This marks a return for the Government of Canada back to the table to play a leadership role in supporting affordable housing.

With regards to my portfolio of Veterans Affairs – my ministry is reopening the nine Veterans Affairs offices closed by the previous Conservative government, along with opening an extra one to continue our commitment to doing more for our veterans. This is in addition to increasing disability benefits, hiring hundreds more front line staff, and delivering on the care, compassion, and respect veterans and their families deserve.

Finally, the energy file this past year has been a focus of this new government with a combined effort by my cabinet colleagues. It is in this whole-of-government approach that we are reforming our regulatory framework, growing Canadians' trust in building energy projects, and working to getting our product to tidewater. By investing in indigenous communities, putting billions into the environment work we do at home and abroad, and improving the process, progress is being made.

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



MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

As I talk with my neighbours in Calgary-Elbow and travel the province talking with Albertans, the one theme I hear over and over again is concern about the health of Alberta's economy. Many people have lost jobs, taken reduced hours or a pay cut (or both) and many more worry about the future. The big question they ask is: what is Alberta's role in a changing world?

I believe we will get back on our feet and will thrive again, and we'll do it how we always do in Alberta; we will embrace change and lead in emerging fields while continuing to succeed in traditional areas. I believe Alberta's future lies in what I call the "and" economy; Alberta can continue to be a world leader in oil and gas development AND lead in the new low-carbon economy.

We will do this through new companies started by innovative Alberta entrepreneurs and by attracting new business to Calgary. Companies can build on our strength in oil and gas to expand into green-tech, information technology, renewable energy, logistics and many other fields. Many such companies are already well on their way and others are being helped along through the efforts of Calgary Economic Development (CED) and others.

There are several initiatives currently underway to establish business incubators and business accelerators in Calgary including RE:SOURCE YYC (www.resourceyyc.org) a co-working space recently established to facilitate and motivate the creation of start-ups by skilled professionals in Calgary.

Calgary's skilled workforce is our number one asset in attracting new businesses to Calgary. CED is working with WORKshift Canada to put people back to work and make use of underutilized downtown office space.

And this fall CED will begin a marketing campaign focused on innovation in Calgary that will change perceptions of our city and highlight business opportunities as we strive to attract investment and diversify our economy.

Navigating the New Economy: Career Strategies – October 27

The folks at Calgary Economic Development are doing their part and I want to do mine. Please join us on Thursday, October 27th at Temple B'Nai Tikvah (900 47th Avenue SW) to explore career strategies in today's economic environment. It will be an evening to learn new resume and interview skills, hear how to pivot from one career to another, and learn how to turn your skills and passion into a new business. There will be plenty of networking opportunities and other resources as well. Space is limited and **registration is mandatory**. For more information and to register, please visit: <http://navigatingtheneweconomy.eventbrite.ca>. It's a free event, open to everyone in Calgary-Elbow and beyond, whether you're currently working or not. Bring a friend!

If you have questions or would like more information, contact the constituency office at 403-252-0346, or by email at calgary.elbow@assembly.ab.ca.

I hope to see you there!

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MLA CALGARY CURRIE BRIAN MALKINSON

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

Autumn is here, and it's this time of year that we start settling in a bit, the rush of excitement from school starting is over, winter hasn't quite taken hold, and the air has the crispness seldom found through the rest of the year..

In October, Halloween may get most of the press, but for me Thanksgiving is the holiday that defines the season.

Thanksgiving is an opportune time to reflect on where we are as individuals and as a society, to look to where we have been, and imagine where we could be.

Remembering back to the Thanksgivings of my youth, I was fortunate. We always had mashed potatoes and gravy on the table come Thanksgiving time, but as I've grown, I've come to know that thanksgiving is about more than mashed potatoes, Brussels sprouts and turkey.

What makes Thanksgiving a day worth celebrating is people coming together regardless of differences and petty squabbles to reflect on the things we have in our life that make it special. To make thanksgiving, it takes people coming together and sharing.

When I take part in this exercise of thanksgiving, I think about the things I am grateful for. I think about my family and my friends of course, but I also think about those who are less fortunate, I am thankful I live and represent the people in as diverse, prosperous, and vibrant as Alberta.

I am thankful that I have been afforded so many privileges in my life, many of which I'm probably never going to fully be aware of, and I am thankful that I still have a direct connection to the past through my grandparents who have taught me so much about doing the right thing, and helping those in need.

At the end of the month, it is also expected that the Legislature will be sitting again. And while that means that I will be spending more time than usual in Edmonton, my work here in Calgary is never done, I will be out and about in our community, and working with those who are doing the real work to make Calgary Currie great.

Brian



COUNCILLOR, WARD 11 BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

You will notice continued work in our ward in preparation for the Southwest Calgary Ring Road (SWCRR). The City began work on SWCRR-related projects in late 2016. Each City project has its own timeline over the next four years, and the project teams will be updating and talking to residents throughout the different design and construction phases. The goal is to complete this work before fall 2021, when the Government of Alberta is scheduled to open the SWCRR.

Here's an update on The City projects and timelines that will affect us in Ward 11:

- **90th Avenue SW and Southland Drive connections**
 - Design: 2016 – 2017
 - Construction: 2018
- **Anderson Road widening, between SWCRR and Elbow Drive**
 - Design: 2016 – 2017
 - Construction: 2017 – 2018
- **Glenmore Trail widening and changes to the Glenmore / Crowchild interchange**
 - Design: 2017
 - Construction: 2018 – 2019

As the designs progress throughout 2016 and 2017, more information will be confirmed and available to the community. If you have questions or comments about The City's role with the ring road, you can email the project team at CalgaryRingRoad@newsletter.ca, contact 311, or visit their website at www.calgary.ca/swrr. If you have questions about the SWCRR's design, location or construction schedule, please contact the Government of Alberta at email@sw-crr.ca, or visit their website at www.sw-crr.ca.

Other projects that are underway in our ward and related to the SWCRR are:

- the ENMAX utility relocations at 90th Avenue SW and area
- the Anderson Pedestrian Overpass linking the communities of Woodbine and Cedarbrae
- the Crowchild Trail Corridor Study
- the 37th Street Stormwater Trunk Project

Details on these projects can be found on my website at www.ward11calgary.ca, and on The City website at www.calgary.ca. It's certainly a busy fall, be sure to subscribe to your Ward 11 update at www.ward11calgary.ca to receive timely updates on the SWCRR, and other projects in your community, and city.



COUNCILLOR, WARD 8 EVAN WOOLLEY

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

Listening is My Job

As Councillor for Ward 8, my first job is to listen. All of the other work I do; be it reading a report, sitting in a committee meeting, advocating in the media or speaking out for my ward in Council, is totally dependent on hearing your voices. The ways in which I stay connected are about as diverse as Ward 8 itself: Emails, phone calls, letters, newsletters, Facebook, Twitter, Instagram, and community associations are just a few. Of course, nothing beats meeting someone in person, looking them in the eye, and hearing what they have to say.

It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation:

Green Cart Composting

Sustainable and thoughtful development is critical for our city's future. By this time next year, all single family homes in Calgary will be provided a Green Cart for composting. While composting might be new to some, the impact it can and will have on our landfills is really significant. Organic waste from Calgarians can be turned into compost can help our city in so many ways. It can go towards bettering our parks, helping small urban farming initiatives like The Alex's Community Food Centre or even offering options for renewable energy.

Affordable Housing

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as Councillor. I'm proud that Council recently approved the Rosedale affordable housing project but that's a small step along a very long path. Some of the most important work we can do as citizens is increasing our capacity for empathy and understanding. Calgary currently has 56,000 people who are one paycheck or one rent increase away from housing instability. So, when you picture someone who

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

GET INTO THE CHRISTMAS SPIRIT with Live Jazz Music, make a difference with Fair Trade Vendors for Socially Conscious Christmas Shopping and relax with desserts, apple cider and specialty coffees. Saturday, November 19th, doors open at 7pm. Calgary Community Reformed Church, 1638 30 Ave SW.

is at risk of being homeless, the reality is that it could be someone much closer to you than you think.

Safety in the Inner City

Most of the communities in Ward 8 are within Calgary's inner city. So many of these neighbourhoods are growing and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly. We've had some great successes as the 1st Street SW underpass is nearly complete and we've secured funding to start the renovation of the 4th Street SW underpass. We'll continue to work to make walking in the inner city safer and more enjoyable for all Calgarians.

I want to envision and build the future of our city together, and to do that I need to hear your voice. You can get in touch with my office by email (ward08@calgary.ca), Twitter (@EWoolleyWard8) Facebook (Facebook.com/EWoolley.Ward8) phone (403-268-2430) or letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for.

IN & AROUND SCHOOLS

St. Michael School Christmas Craft Parade

St. Michael School
4511 8 Ave. SW
(2 blocks South of Bow Trail –
off 45 St. SW)

Saturday, November 26, 2016

10:00 am to 3:00 pm

- FREE Admission
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OCTOBER MOON CALENDAR



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AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre – Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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