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## Shawnessy Board Meetings

Board meetings take place at 8:30 pm at the Barn, on  
the first Monday of the month, every month between  
September and June, unless otherwise announced on  
the website and/or in the newsletter—The Shawnessy  
and Millrise Chronicle. In the event the first Monday of  
the month is a holiday, the board meeting will be held  
on the following Monday, same time, same place.



### Covenant Christian Reformed Church

403-254-2505; 50 Millrise Blvd SW

### Peace Lutheran Church

403-256-1439; 14640 6 St SW

### South Gate Alliance Church

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403-254-1030; 1436 James McKeivitt Rd SW

### Southgate Baptist Church

*(not to be confused with the Alliance church of the same name)*  
403-561-6648; 115 Shannon Dr. SW at Samuel W. Shaw School

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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	
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Gamblers Anonymous	403-237-0654	



Name	Age	Contact	Course
Alyssa	16	403-801-6248	Yes
Amy	16	403-247-9228	Yes
Anna	15	587-999-5607	Yes
Belle	15	403-256-5551	Yes
Bryson	16	403-720-0345	No
Deborah	15	403-619-7037	Yes
Ella	18	778-212-9102	No
Faith	16	403-805-6988	Yes
Hannah	14	403-603-8150	No
Jacy	16	403-254-4949	Yes
Jeffery	15	403-256-7828	Yes
Kali	16	403-244-8814	Yes
Katie	20	403-540-3878	No
Laura	15	403-287-9380	Yes
Leah	18	403-862-2487	Yes
Monika	18	403-805-1224	Yes
Polina	15	403-455-3067	Yes
Rhodora	36	403-690-7190	No
Sierra	13	403-201-2164	Yes
Stephanie	26	403-991-9545	Yes

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## Family Matters

### at St. Mary's University

For the Strother Family, Catholic Education and St. Mary's University run in the family! Ricky is currently in his second year while brother Joey recently graduated from St. Mary's and is currently working as a teacher in the Calgary Catholic School District. Their father Gary is Chief Superintendent of the CCSD and mother Kathie, an award-winning retired teacher for CCSD, and the family dog Cujo, volunteer regularly with the Pet Access League Society, and are frequently on campus helping St. Mary's students de-stress before exams.

[www.stmu.ca](http://www.stmu.ca)



# The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

**Fun Facts:**

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

*If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.*

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## SCHOOL SHOUT-OUTS

### St. Teresa of Calcutta School

We are well into the season of Fall and the year is flying by. September seems like yesterday when we welcomed back our returning families as well as new families that have become part of our St. Teresa of Calcutta French Immersion community. Already there have been some great things happening. We began the year introducing our District Faith theme; 'Ask and it will be given you' -Matthew 7:7, which focuses on prayer. This year staff and students are encouraged to deepen their relationship with God through prayer. Students and staff were welcomed back with a wonderful Welcome Back BBQ hosted by our school council. Later in September, students donated loose change during the week leading up to our annual Terry Fox Walk and raised close to \$700 to support cancer research for the Terry Fox Foundation.

In October in the spirit of Thanksgiving, students joined in our annual Stone Soup event. This old folktale is shared with students and reminds us that when everyone contributes just a little, a great good is achieved. Each student brought in an item for the soup and parents volunteers prepared and served the soup to all our students. Special thanks to all our students and parent volunteers for making this, once again, a memorable event.

Upcoming events an Earth Ranger Presentation with a focus on conservation, Remembrance Day Liturgy and a collection to support our veterans and Kananaskis In the Classroom where students will enjoy an entertaining presentation describing the unique adaptations between sheep and goats.

As we progress through the year we are reminded of all that we can be together as a community of French language learners. At St. Teresa of Calcutta, we are blessed with wonderfully supportive parents/guardians as well as a truly dedicated staff all working together to make the best possible educational experience for our children.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
Contact [news@great-news.ca](mailto:news@great-news.ca)

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

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**FLC SENIORS CLUB 55+:** (Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). Line Dancing, call Ann 403-254-9181 or email [linedancing@flcseniors.ca](mailto:linedancing@flcseniors.ca). Winter session starts January 2018. For more activities, visit [www.flcseniors.ca](http://www.flcseniors.ca).



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

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

**What is your health goal?**

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: “We are what repeatedly do. Excellence is not an act but a HAB-IT.” Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18



MLA Calgary-Shaw  
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Greetings, Calgary Shaw.

It is hard to believe it is already November. This month we honour the courage and sacrifice of our veterans, and the men and women who continue to serve our country. These selfless individuals have fought for the rights and freedoms that we, as Albertans and Canadians, are proud of. When our country called upon these brave men and women, they answered with courage and determination, without a second thought. Today, those traits are still inherent in our soldiers. Both of my grandfathers were WWII veterans and I often think about their contributions to our country.

It was soldiers who conceived the notion of Remembrance Day almost a century ago, and its purpose is as valid today as it was then - a day to honour the fallen, remember the horror of war and to embrace peace. As our older veterans pass on, it is important to enshrine their memories and contributions to freedom, ensuring their acts of valour do not fade in history. And we must also recognize today's veterans, many whom are of our generation and have already given so much. During the month of November, I urge each of you to remember those that have made the ultimate sacrifice, those that continue to take on the hazardous work of safeguarding our freedoms and ideals, as well as those working as peacekeepers around the world. Lest we forget.

I want to remind you that my office is available to help all constituents of Calgary Shaw. My office can provide Notary Public and Commissioner for Oaths services. However, it is a good idea to make an appointment well ahead of when you need the document signed. I am not always available on short notice. If you need a few provincial pins just connect with my constituency assistants, Michelle and Katharina. They are happy to help you out and can be reached at 403-256-8969.



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**Albertan Students and the Opioid Crisis:**

People across the province tell me that it is crucial for age-appropriate information be taught about the opioid overdose crisis in the Alberta curriculum. A recent story from BC examined what resources are available within schools to teach students about their crisis; but there was no information on Alberta—which underlined the need for a comprehensive strategy to teach students the dangers of opioids—at age appropriate levels. As a United Conservative Advocate for Education, Post-Secondary Education, Indigenous Relations, and Wellness, I fully support immediately investigating the implementation of curriculum on the drug crisis. My colleagues and I believe our school system must be a safe space for students to learn about the dangers of the opioid crisis that Alberta continues to grapple with. If providing information within the school setting on the dangers of fentanyl can save even one life, it's worth it. Our caucus proposes that the government collaborate with health, education, and law enforcement professionals—along with other provinces—to develop modules on the opioid epidemic, while ensuring harm-reduction, prevention, and awareness initiatives are taught. The more information students are equipped with, the more likely they are to understand the lethal nature of fentanyl and other opioids. It's a life and death issue.

**Connections with Alberta Families:**

Constituents continue to tell me that as Alberta families went back to school this fall, the disconnect between government policies and the harmful effect on students and parents is becoming more and more apparent. Worried parents have been left grappling with the consequences of Bill 1—with families bracing for far-away bus stops, terrible commutes, and uncertainty around programs of choice. Many students are dealing with the consequences of government policy—with some travelling on half-a-dozen different busses a day—just to get to and from school. When Bill 1 was introduced in the Legislature this spring, I warned government about the impact it would have on families every day. Coupled with the extra carbon tax costs, many families are in difficult situations. Our caucus continues to hear loud and clear from Albertan families who say they are worse off under these policies; and that if the government was listening, they would stop introducing policies that are hurting students and their families.



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**AFFORDABLE DENTAL CARE:** Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Save money, live better!

**ALL TYPES OF DRYWALL:** Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**BLUE SPRING ACCOUNTING:** CPA for your corporate/personal tax returns, financial statements, GST returns, T4/T5 slips, payroll processing/systems, bookkeeping and business startups. Professional services at fair prices. Maximize your refund/minimize your tax. Call Brian Dunn, CPA, CMA, DFA - tax services specialist at 403-774-8885 or brian@yycaccountant.ca.

**RELIABLE MASTER ELECTRICIAN:** For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

**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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**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.

**SAVE \$\$\$\$ FOR CHRISTMAS!** We train you to clean nice homes in South Calgary. Work 8:30 am - 4:30 pm, Monday-Friday. No evenings! No weekends! All holidays off! Must have car. Mileage paid. \$15 per hour to start. Call 403-225-3441.

**HOME DELIVERY BY DELIVERX.CA:** Fast food, beer, wine, liquor (alcohol delivery must be legal age, ID and signature required). Wendy's, Burger King, McDonalds, A&W, DQ and more! Walmart groceries pick-up/delivery! Convenience store. Favourite restaurants: Greek, Mexican, Indian etc. Visit DeliverX.ca for all your delivery needs!

**NOW HIRING:** Delivery drivers, full and part-time. Independent contractors required for busy home delivery service. Be your own boss, use your own vehicle, and make money driving. Prior delivery experience would be helpful, but is not required. Sign up at www.DeliveryDriversNeeded.com.

**DEBORAH'S TOUCH:** Cleaning services residential and commercial. Licensed, insured, bonded, and supplies provided. Call or text Deborah at 403-801-7236, deborahstouch@gmail.com.

**CALLING PROFESSIONAL PORTRAIT PHOTOGRAPHERS:** Feature your professional family portraits for free in this newsletter. Email MR@great-news.ca for more information.

**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.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 businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

**MASONRY CONCERNS? UGLY FIREPLACE?** Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

**SNOW REMOVAL:** Local, high-quality, highly reliable snow removal service provided by family run business. Unlimited low monthly rates starting at \$120 per month. Same-day snow removal service. Call 587-577-8584 to book now.

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**NEDA'S CLEANING SERVICES LTD:** offers professional house cleaning. Bonded and insured. We offer one-time cleaning; regular service (weekly, bi-weekly, monthly), move in, move out, construction and renovation cleaning. Neda's Cleaning Services' trained team can handle any job. Flexible appointment scheduling and 100% satisfaction guarantee. Free Estimates. 403-702-5099, ganicneda@gmail.com.

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**GARAGE DOORS AND OPENERS:** Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

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# BUSINESS CLASSIFIEDS

cont'd

## DOG WALKING & PET SITTING SERVICES



As a dog lover and owner of a large dog, I will be happy to provide pet sitting and dog walking for ANY kind of dogs.

Call Dana at 587-434-2106 and leave a message

**INTERIOR PAINTING:** Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies. 18 years' business experience, references call Colleen at Unique Interiors 403-830-3456.

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. [www.ZanellaAutoRepair.com](http://www.ZanellaAutoRepair.com).

## BRAIN GAMES

## SUDOKU

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

## YOUR CITY OF CALGARY



## November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

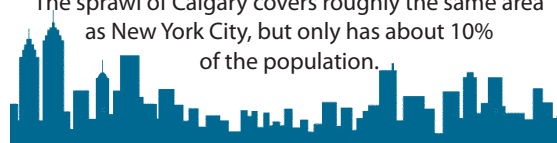
Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit [www.calgary.ca/adoptapet](http://www.calgary.ca/adoptapet).



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