

OCTOBER 2016

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Rutland Park Community Association
3130 -40 Ave SW | Calgary, AB T3E 6W9
Phone:403.246.8318
president@rutlandparkcommunity.com
<http://www.rutlandparkcommunity.com/>

CONTENTS

Message from our President	6
Development and Traffic Report	8
Community Garden Report	11
Your Community Business of the Month	20

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Talk to your healthcare professional, including our pharmacist, about having your own immunization record reviewed to determine your individual needs. Vaccines may not be suitable for everyone and do not protect all individuals against development of disease. Some vaccines may require a prescription. Vaccines may not be available in all locations. Age restrictions may apply. Check with our pharmacist for further information.

RUTLAND PARK COMMUNITY HALL RENTALS

3130 - 40 Avenue SW,
Calgary, AB, T3E 6W9

Rental rates for the Rutland Park Community hall have been revised for all bookings made after February 29.

The new rate structure is:

Hourly Rate: \$50/hour

Admin and Cleaning Fee: \$75/rental

A four hour minimum rental is required on Friday, Saturday and Sundays.

If you are interested in renting the hall or would like more information on any of the classes running at the hall, please contact Lizzel Krueger at hallrentals@rutlandparkcommunity.com.

Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/ Contact Lizzel at 403-246-8318.

COMMUNITY ANNOUNCEMENTS!

Any member of the community may submit a personal classified ad and we will print it. Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc. Send your ad to newsletter@rutlandparkcommunity.com.

newsletter@rutlandparkcommunity.com

Editorial Content DEADLINE

1st

of each month for the next month's issue

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RPCA BOARD

Visit our website for the latest information
http://www.rutlandparkcommunity.com

Board meetings are held the second Tuesday of each month at 7:30 PM, everyone is welcome

BOARD OF DIRECTORS 2015

President	Meera Nathwani-Crowe - 403 246 3303 president@rutlandparkcommunity.com
VP Communications & Website	Simon Davies - 403 700 9790 communications@rutlandparkcommunity.com
Membership	Shirley Williams - 403 240 4777 membership@rutlandparkcommunity.com
Ice Rink	Greg Winnicki - 403 246 1746 rink@rutlandparkcommunity.com
Secretary	Grace Kim secretary@rutlandparkcommunity.com
VP Development & Traffic	Leanne Ellis development@rutlandparkcommunity.com
VP Infrastructure	Ben Seaman infrastructure@rutlandparkcommunity.com
Newsletter	Jeromy Farkas - 403 975 5445 newsletter@rutlandparkcommunity.com
Recreation Coordinator	Gord Leach recreation@rutlandparkcommunity.com
VP Finance/Treasurer	Myles Dougan treasurer@rutlandparkcommunity.com
Lincoln Park Liaison	Amber Cannon lincolnparkliaison@rutlandparkcommunity.com
Sarcee Meadows Liaison	Randy Senft sarceemeadows@rutlandparkcommunity.com
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Patti McMillan curriebarracks@rutlandparkcommunity.com
Social Committee	Megan Justason social@rutlandparkcommunity.com
Special Projects	Gayle Fields rpcaspecial@gmail.com

COMMITTEES:

Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

CONTACTS:

Hall rentals	Lizzel Krueger	hallrentals@rutlandparkcommunity.com
City Recreation Coordinator	Cathi Groves	cathi.groves@calgary.ca
Police Resource Officer	S. Gallant	s.gallant@calgarypolice.ca
Emergency contact for RPCA Hall	Lionel	403 890-7017
Community Social Worker	Cynthia Lokko	Cynthia.Lokko@calgary.ca



Board Recruitment

The board is looking to fill the following roles at our upcoming AGM:

President

Priorities for role include board member recruitment and training, increasing capability and influencing behaviours of the board, aligning board members on a shared vision, supporting board members in their respective roles, and increasing the influence of the community association.

Treasurer

Priorities for role include organizing materials for financial statements and tax filings, overseeing bookkeeping and yearly audit, and ensuring community association/AGLC funds are used and balanced properly.

Newsletter Editor

Priorities for role include editing and organizing submissions for the monthly newsletter, coordinating future content, and ensuring prompt delivery to publisher by deadline.



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MESSAGE FROM OUR PRESIDENT

Dear Neighbours,

Membership, Membership, Membership!

Yes, it is now time for our annual membership drive. Buying your membership is an important way to support your community and stay informed on activities that impact us. Not to mention all the other perks of membership like the social activities and recreational programs that are planned throughout the year.

Expect to see door knockers selling memberships. Even better, if you already have a membership, why not ask your neighbours to buy one, too? Memberships can be purchased on our website. Membership also gives you access to our upcoming AGM.

AGM – Tuesday, November 15, 7:30 pm

I have mixed feelings stepping down from the President's role this year, but recognize the benefit of having a new person with new ideas in this role. I can't emphasize how rewarding this experience has been for me.

Additional vacancies to be filled are:

- Treasurer
- VP Communications
- Lincoln Park Liaison
- Newsletter Editor

If you are interested in volunteering for these roles, please contact me. Studies have shown that volunteering actually reduces stress levels, enriches one's sense of purpose in life, and makes people feel healthier. Volunteers also have lower mortality rates than those who do not volunteer! What more reason do you need than that?

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." ~ Marjorie Moore

Vandalism and the Community Garden

I take pleasure in seeing our beautiful community garden grow, and enjoy meeting the people who either garden or appreciate our gardens there. One of the benefits of a community garden is it creates an opportunity for people to leave their homes and meet their neighbours. It is an important element of our community, and so I am extremely disappointed that vandals have at times damaged the beds. This is completely unacceptable. I encourage all of you to report acts of vandalism within our community to the police.



EDITOR'S CORNER

I want to kick hate to the curb and celebrate how amazing life in Calgary really is. That's why I marched last month in the Calgary Pride Parade. Many have suggested that events like Pride are a political stunt or form of favouritism, rather than being a meaningful show of inclusion.

I march because I believe that there's great power in symbols and imagination. I grew up not knowing examples of others like me. I am motivated every day to be a kind and decent one.

Pride is a symbol of refuge and safety. It's a response to a very real and present threat of discrimination, and at times, violence.

Forty-nine people were murdered, and many more were injured in June just for living their lives; celebrating, rather than hiding who they loved. As said online, those weren't just "gays". They were teachers, nurses, dancers, managers, parents, musicians, volunteers. Everybody is somebody's everything.

I march because I am afraid. But my love for Calgary, and hope that all can love and be loved is greater than my fear of personal failure.

Sharing this publicly may only serve to increase your judgment and skepticism of me. As a politician, it even puts my life in danger. I've lived for a long time in fear of that, but not anymore. I have faith that love will prevail over hate.

Harvey Milk, the first openly gay politician in North America, once shared: "If a bullet should enter my brain, let that bullet shatter every closet door." Harvey was killed less than a year after being elected, and making sense of that pain, sorrow, and loss is very closely tied to the story of Pride.

Above all else, I march because I'm grateful to live in a society where I can choose to participate, and you can choose not to.

Jeromy Farkas



COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:
Rutland Park Community Association, 3130-40 Avenue SW, Calgary, AB, T3E 6W9
or call Shirley at 403-240-4777 or membership@rutlandparkcommunity.com

Select Membership Type:

- Family: 1 year - \$15.00; 3 year - \$36.00
- Single: 1 year - \$5.00; 3 year - \$12.00
- Senior: 1 year - \$5.00; 3 year - \$12.00

Name: _____ (please print)

Home Address: _____

Phone Number: _____

Email Address: _____

Payment Enclosed: _____

Be sure to include your email address so we can keep you up to date with community news and events of interest to you.

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

Rutland Park Mission and Values:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

Our Mission and Values:

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

What your Board Commits to Do:

- Engaging and including residents of our community
- Addressing community concerns in a transparent fashion
- Conducting board business in an ethical and fiscally responsible manner
- Making decisions based on the needs of the community as a whole
- Communicating board decisions with one voice

VI. Following through on the commitments and action plans we undertake

Community Values we will uphold:

- honouring our heritage
- connectedness: bringing people together
- knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- desirable quality of life: all season activities
- promote accessible recreational activities

DEVELOPMENT & TRAFFIC REPORT

I would just like to highlight what has been happening/going on behind the scenes this past month, in no particular order:

1. I made inquiries of Councillor Pincott and submitted a 311 request regarding possible road changes at Sarcee Road and 35 Ave SW; we want to make sure that the bigger picture is considered (we have submitted a design initiative for Sarcee Road several times) and that bike lanes are considered, as we have requested to be included in the Mount Royal connective bike path planning (the west side of Sarcee road would be preferable as it would have the least impact on current parking).
2. I did not hear back from either 311 or Councillor Pincott's office, and road construction was initiated; I am extremely disappointed once again with the lack of engagement and information sharing on the part of the City.
3. In 2012 a study was conducted by Glamorgan Community Association to see if a left hand turn light was warranted at Richardson Way/46 Ave SW to send the traffic southbound on 37 St SW—it was warranted and supposedly scheduled for the 2013 construction season. It has still not been added. I have followed up with Kris from the City (after being unable to reach the original contact) and have also submitted another 311 request. Once again, there is a communication breakdown with the City—I will continue to pursue this.

If you have not already signed up for our email updates, please do so at our website-- rutlandparkcommunity.com The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Thank you for your ongoing support.

Leanne Ellis
RPCA VP Development and Traffic
development@rutlandparkcommunity.com



If you've had this thought, you may also have wondered how you could fund a great community-related idea. Small Grants of up to \$600 are available to support projects that strengthen connections between residents in each of Rutland Park, Lincoln Park and Currie Barracks and make these neighbourhoods and our broader community an even better place to live.

Since the 'I Love My Neighbourhood' grant program began in the greater Rutland Park community in 2015, over \$1300 in total grant money has been awarded. The three successful applications were for a Winter Carnival in Lincoln Park, a Common Space Revitalization Project in a Calgary Housing complex, and the Rutland Park Community Association Christmas Party. Projects that have been funded in other Calgary neighbourhoods include community murals, pedestrian safety campaigns, and babysitting cooperatives start-up costs.

When contemplating a grant application, consider whether your project achieves one or more of the grant goals of:

- Fostering neighbourhood connections and inclusion
- Improving amenities, programs and services
- Improving the built or natural environment
- Improving local economic development

The 'I Love My Neighbourhood' program is a City of Calgary initiative, coordinated in our community by Community Social Worker, Cynthia Okafor. A grant committee, comprised of a resident from each of Rutland Park (Mary Emro), Lincoln Park (Samira Naili), and Currie Barracks (Carly Grimsen Seligman), makes recommendations after assessing the grant applications. The committee evaluates whether a project has the potential to: get people involved who do not usually get involved in community activities, help people feel they belong in the community, provide an opportunity for people to practice leadership skills, provide an opportunity for people to learn about community issues and strength, and be sustainable. Projects are encouraged to support community connections between the neighbourhoods within the broader Rutland Park community

For more information, please contact Cynthia Okafor, Community Social Worker, at 403-476-7184 or cynthia.okafor@calgary.ca.



WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

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MEMBERSHIP DIRECTOR'S REPORT

We are conducting the 2016-17 Rutland Park Community Association (RPCA) Membership Drive.

If you have supplied RPCA with an e-mail address and your RPCA Membership expired September 30, 2016, an e-mail REMINDER was sent to you in September 2016. For those of you who do not have e-mail, a REMINDER was delivered to your address.

Your participation is important to the success of the projects and issues we undertake on behalf of all of the communities that comprise RPCA. We are pleased to highlight activities for 2015-16:

- 2015 Halloween Party RPCA Hall (Oct '15)
- Ukrainian Cultural Celebration (Meal and Entertainment) (Nov '15)
- RPCA Kids Christmas Party (Dec '15)
- Christmas Wish Tree for Children and Youth (Dec '15)
- Volunteer Appreciation and Celebration of 2015 Volunteer (Leanne Ellis) (Jan '16)



- RPCA volunteers raise funds for RPCA projects by volunteering two nights at an assigned Calgary Casino (Jan '16)
- Resiliency Project Workshop in collaboration with Knox Presbyterian (non-denominational) (Feb '16)
- Billie and Cheer Chili Cook-off (Feb '16)
- St.Paddy's Pub Night and Name That Tune (Mar '16)
- Easter Egg Hunt (Mar '16)
- Spring Clean-Up (June '16)
- Parade of Garage Sales and Sarcee Meadows Sidewalk Sale (June '16)
- Show and Shine Antique Car Show (partnering of Royal Park Retirement Residence and RPCA) (Aug '16)
- Family Movie Night (Partner and Sponsor DDRC)(Sept '16)
- Seniors' Fitness (Fall and Winter sessions)
- Parents and Tots (Mondays 9:30-11:30 am)
- Trial Concession at the Skate Shack (Drinks and Snacks)

We also have on-going advocacy regarding:

- Currie Barracks, ongoing development reviews with Canada Lands
- Parking restrictions
- Development site safety
- Rutland Park: Land use, major renovations and new builders
- All RPCA communities: Traffic and Pedestrian Safety
- Skate Shack Expansion and Upgrades
- Community Garden (second year of operation)
- Website improvements and updates (ongoing)
- Online membership application and payment
- Representation at City of Calgary projects that impact RPCA communities
- For more information check out our website at: www.rutlandparkcommunity.com
- THE POST (delivered to your home the first of the month and on the RPCA website)

The RPCA Board hopes you will deem these efforts worthy of your support through MEMBERSHIP.

Shirley Williams (Membership Co-ordinator)

COMMUNITY GARDEN REPORT



Please read this to better understand how the community garden works.

1. What is a community garden and how does it work?

The garden was built to give area residents the opportunity to garden in a community environment. It consists of 25 garden beds, of varying heights but similar area (approx. 4 ft by 8 ft.). For the first two seasons (2015 and 2016), the beds numbered #1 through 20 were rented to individuals. The 5 hexagon-shaped beds were reserved for communal use – two beds for perennials and three beds with a variety of vegetables and herbs.

2. Is the produce from the garden available for anyone in the community?

NO. Vegetables, herbs and flowers that are planted in rented beds belong to the individuals that rent these beds. The gardeners put a lot of thought and work into their beds – buying seeds, planting, watering and maintaining the plants. Please respect the rights of the registered gardeners and do not pick anything from these beds.

For 2015 and 2016, we encouraged community members to sample produce in 3 of the hexagon beds – this practice may be discontinued in 2017. We will be looking at making more garden beds available for rental and this would mean eliminating the "sampling" beds.

3. How can I get a garden bed?

First - buy a membership in the RPCA for the upcoming year - Sept. 2016 through August 2017. Please contact Shirley at (403) 240-4777 or email member-

ship@rutlandparkcommunity.com You will be required to provide your RPCA membership number when you put your name on the wait list. If you are in a housing complex that holds a bulk community membership, you will not be required to purchase your own.

Second – Once you have your membership number, you may apply by emailing the garden committee at gardens@rutlandparkcommunity.com to put your name on a wait list. For the 2017 season, the garden committee is considering using a lottery to choose the gardeners. This would enable new gardeners to join the group. More information to come ...

4. What is the cost to rent a bed?

The current annual fee is \$ 20.00, payable when your garden bed assignment is confirmed in the spring of 2017.

5. Can I have the same garden bed each year?

Possibly, no guarantees. You may request a specific bed but it might not be available if it has already been assigned. Please note that the three highest beds are reserved for persons with physical limitations.

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STEP INTO FALL



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.





Roasted Carrot Spiced Soup

Available online at nutritionwithnancy.wordpress.com

As the weather starts to cool, keep warm with this seasonal soup. It is filled with colourful vegetables and contains a strong flavor. The carrots in this soup are a source of Vitamin A through its plant precursor form: carotenoids. Your body converts these carotenoids to vitamin A to supply your body with nutritional benefits including the support of eye, skin and immune system health (www.dietitians.ca: Food Sources of Vitamin A).

Ingredients:

Olive oil
5 carrots
1 red pepper
3 garlic cloves
½ medium onion
chicken or vegetable broth
¾ cup of evaporated milk
2 tsp ginger
1 tsp cinnamon
½ cup pulsed walnuts

Supplies:

Blender

Directions:

1. Preheat oven to 400° F
2. Line a baking sheet with tin foil and spread a thin layer of Olive oil
3. Peel and chop carrots and assemble evenly on baking sheet
4. Chop red pepper, garlic cloves, and onion and add to the baking sheet
5. Stir vegetables so they are all evenly coated with olive oil and mixed thoroughly
6. Place baking sheet on the middle rack and cook in the oven for 20 minutes stirring half way through.
7. Let cool while assembling the blender
8. Place vegetable contents, broth and evaporated milk in the blender. Blend until smooth.
9. Add walnuts and pulse 2-3 times.
10. Pour into a bowl and stir in ginger and cinnamon.
11. Reheat on top stove to serve, or place directly in portion-sized containers and freeze for quick meals throughout the week.

Enjoy!

There's something new in the neighbourhood

Café

Drop in

Bring
a
Friend

Coffee

at Knox

FREE

Tea

Thursdays

Treats

9:00 am - noon

Conversation

Through October
beginning October 6

OPENING
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Knox Presbyterian Church

3704 37th Street SW

403.242.1808


RutlandPark
COMMUNITY ASSOCIATION



RPCA Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$719,900.00	\$705,000.00
July 2016	\$0.00	\$0.00
June 2016	\$874,900.00	\$835,000.00
May 2016	\$799,800.00	\$775,000.00
April 2016	\$399,900.00	\$387,075.00
March 2016	\$0.00	\$0.00
February 2016	\$519,000.00	\$521,000.00
January 2016	\$550,000.00	\$515,000.00
December 2015	\$736,950.00	\$719,950.00
November 2015	\$529,900.00	\$502,500.00
October 2015	\$699,900.00	\$683,500.00
September 2015	\$0.00	\$0.00

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$324,988.00	\$313,000.00
July 2016	\$334,900.00	\$326,000.00
June 2016	\$309,900.00	\$305,000.00
May 2016	\$289,450.00	\$280,000.00
April 2016	\$308,900.00	\$298,000.00
March 2016	\$325,000.00	\$295,000.00
February 2016	\$254,950.00	\$248,000.00
January 2016	\$319,900.00	\$306,500.00
December 2015	\$0.00	\$0.00
November 2015	\$274,900.00	\$261,250.00
October 2015	\$264,900.00	\$250,000.00
September 2015	\$275,000.00	\$265,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit rutland.great-news.ca, lincoln_park.great-news.ca or currie_barracks.great-news.ca

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$949,800.00	\$935,000.00
July 2016	\$0.00	\$0.00
June 2016	\$1,138,888.00	\$1,045,000.00
May 2016	\$839,000.00	\$830,000.00
April 2016	\$989,000.00	\$961,000.00
March 2016	\$0.00	\$0.00
February 2016	\$0.00	\$0.00
January 2016	\$1,177,000.00	\$1,100,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 19

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.

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/CSPS/Fire

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



Fire Safety Tips with Flint
<https://youtu.be/CbE3ICBzeY0>



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.

COOKING WITH FRIENDS

THURSDAYS 10:30AM - 1:00PM

@ KNOX PRESBYTERIAN CHURCH (3704 37 Street SW)

Program runs September 15 – December 8, 2016



Cooking with Friends provides a welcoming environment to:

- Make friends
- Learn about food and nutrition
- Share cultural dishes
- Learn about community resources

ALL WELCOME!

\$ 3/adult
\$ 2/seniors
\$ 1/children

TO REGISTER PLEASE CALL (403) 612-9949

OR E-MAIL community.stmartins@yahoo.ca

Childcare available with registration only

IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/



Name	Age	Contact	Course
Kiera	14	403-922-6067	Yes
Sam	15	403-287-3740	Yes
Samantha	15	403-287-3740	Yes
Chiara	16	587-585-5652	Yes
Elaura	19	403-471-5051	Yes
Ashley	21	587-215-1365	No
Linda	61	587-892-9731	No

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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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.



Start Fall Off On The Right Foot

By Paula Trotter
The Canadian Cancer Society, Alberta/NWT Division

Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at cancer.ca/prevention.



MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW
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 in-

creasing 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.

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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.

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VOLUNTEERING....
Good for the Soul



**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.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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**COMMUNITY
ANNOUNCEMENTS**

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE. Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

COOKING WITH FRIENDS - a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 -1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

SUPPORTING FAMILIES WITH MENTAL HEALTH CONCERNS: Monday, Oct 3, 7-9 pm at Brentview Baptist Church, 3512 Charleswood Dr NW. Tools and strategies for caregivers of those with mental illness. No charge but limited seating, call to register 403-464-7244.

SEPARATED, DIVORCED? When a marriage ends, the holidays are especially painful. Come to **Surviving the Holidays** to learn methods that will help. Saturday, Nov. 5, 7:00 p.m., 1920 13 Ave., N.W., Calgary Central Church. Free seminar. (403) 720-2048 or (403) 247-6673





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:SOURCEYYC (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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