NOVEMBER 2017 DELIVERED MONTHLY TO 2,400 HOUSEHOLDS **SILVERADO edge**

THE OFFICIAL SILVERADO COMMUNITY NEWSLETTER

FOLLOW US ON FACEBOOK





Bag to Earth[®] Food Waste Bags

Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag is made entirely of renewable and sustainable resources
- Features Unique Leak-Resistant Cellulose Lining... it's "clear paper" not plastic
- Tough... No need to double-bag as with other bag products
- Environmentally Friendly... and completely compostable
- Certified Compostable... Meets BPI/ASTM industry standards
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... Small 10-pack & Large 5-pack
 Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement store
 in the Calgary Area. Made in Canada +

Visit www.bagtoearth.com

for more product information & how to purchase

CONTENTS

- 5 SILVERADO COMMUNITY ASSOCIATION'S REPORT
- 8 KIDS' COLOURING CORNER
- 10 CCSD BOARD OF TRUSTEES
- 11 AT A GLANCE
- 12 RESIDENT PERSPECTIVES: TREATING THE LITTERBOX BLUES
- 14 REAL ESTATE UPDATE
- 16 MY BABYSITTER LIST
- 18 MLA RICK FRASER'S REPORT





COMPOSTABLE

0









SILVERADO COMMUNITY ASSOCIATION

P.O. Box 32003 Silverado PO Calgary, AB – T2X 0X4 info@silveradoca.ca • www.silveradoca.ca

Delivered monthly to 2,400 households and businesses for 9 years!

Editorial Submissions

info@silveradoca.ca

All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

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

Published by Great News Publishing

Serving Calgary communities for 28 years 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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

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



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

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

The Silverado Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	

onien	
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 Weather Information	511
Gamblers Anonymous	403-237-0654

SILVERADO COMMUNITY ASSOCIATION

Hello Silverado,

We are coming up to the end of the year and have one last event in store for you! Saturday, December 9th is the annual gingerbread decorating event at Sobeys. Please check our Facebook page and our website (silveradoca. ca) for more details.

Did you enjoy all the events we hosted through the year? Those events can't happen with out the wonderful volunteers from our community. If you are interested in volunteering, please email info@silveradoca.ca to be put on our volunteer list. Even if you can only volunteer for one hour at one event, we would love to have you on board!

As winter comes upon us, so comes the annual reminder to ensure your sidewalks are cleared after a snowfall. It is your responsibility to remove any snow and ice from your property within 24 hours after a snowfall. Our sidewalks are well used in Silverado so please do your part to ensure a safe walking path for everyone. You can also consider becoming a "Snow Angel" by helping neighbours in need, especially seniors, with snow removal this winter. Take a few extra minutes when shovelling your own sidewalk to shovel a neighbour's sidewalk and to help keep them clear, ice-free and safe!

Thank you, Silverado Community Association

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



4 NOVEMBER 2017 | Call 403-263-3044 for advertising opportunities



Silverado Community Association

Board of Executives

Laura Fader	President
Andrew Gleeson	Vice President
Lori Wock	Treasurer
Nancy Boychuk	Secretary

Director at Large

Website Director

Events Coordinator

Adopt-A-Rink Coordinator

Community Clean Up/Events

Board of Directors

Mark Engelhardt Alex Sazanovitch Andrew Gleeson Joseph Purcell Bruce Zhao Aman Dhillon

Aman Dhillon	Directo	r a	t La	rge	
Subcommittees					
	~	•.	~		

Stef McDonald	Community Garden Coordinator
Andrew Gleeson	Events
Taryn Gunn	
Debbie Ricketts	
Michele Kawa	Fun Run Coordinator
Alex Sazanovitch	Development Committee
Joseph Purcell	
Mike Shaw	
Tanya Woo	

To contact the SCA, email info@silveradoca.ca



Please feel free to contact our community liaison office with questions or concerns. Eugene is working very hard to keep our community safe so let's help him out in any way possible.

Cst. Walter Kachmar Community Liaison Officer Calgary Police Service District 8 Office: 403-428-6800 Email: pol3114@calgarypolice.ca

SCA MEMBERSHIP

BENEFITS PLEASE SHOW YOUR SCA MEMBERSHIP CARD TO REDEEM YOUR DISCOUNTS

Business Discount

Skaja Law	10% off on legal fees, excl. disbursements.
Siraia	Waived registration fee and 10% off Siraia
	dining room
Longevity Painting	10% off
Turtles in Bloom	10% off (use discount code Silverado)
Hot Shop Yoga & Spin	10% off class packages and one
	month unlimited
Daisy Fresh Dry Cleaners	10% off total bill for all dry cleaning services
Denim & Smith	10% off all cuts
Papa John's Pizza	10% off
Silverado Veterinary Hospital	10% off services
Tobacco Outlet	10% off accessories
B.A. Productions	10% off
Silverado Business Centre	10% off meeting space
Capture the Flag	Waived entry fee and free level 3
	upgrade gun
Anytime Fitness	Free FOB (a \$50 value)
Global Pet Foods	10% off
Sobeys	10% off (first Tuesday of every month)
Beyond Bronze	10% off
One Time Shot Photography	10% off
Kung Fu Restaurant	10% off all pickup orders
Rush Salon	10% off products only
Stitch 4 You Alterations	10% off
Hairapy Parlor	15% off
Cloverdale Paint	25% off paint, 15% off supplies
Stealth Alarms	25% off monitoring fee
Mobile Tireworks	15% off services
Simply For Life	Registration fee waived
Certified Home Sitters	10% off
Cardel Rec South	SCA Members - 15% off programs
	Silverado Residents – 10% off programs
Joel West 67	10% off painting and decorating, refresh
	and re-modernizing services

Follow Silverado Community Association on Facebook

WANTED: Nanny/Home Childcare Provider for infant twins (Live-out)

Location: SE (Auburn Bay), Calgary, AB Salary: \$15.00 / Hour for 40 to 44 Hours / Week Education: Secondary (high) school graduation certificate Experience: at least 6 months to less than 2 years Work Location: Employer's home in SE Calgary Job Description: Sterilize bottles, prepare formulas and change diapers for infants: bathe, dress and feed infants: supervise and care for infants; wash, iron and press clothing and household linens, perform light housekeeping and cleaning duties Children's Ages: Twin infants (about 7 months old) How to apply: By email: crethel1377@yahoo.ca









www.deerfootcarpet.com

6170 12th ST SE





SILVERADO COMMUNITY ASSOCIATION Membership Application

Become a part in your Community! Join the Silverado Community Association

Family Name:	Date:
Applicant's First Name(s):	Home Phone:
Address:	Postal Code:
Email:	
 Memberships cost \$25/year for each address and are renewable ar form to: Silverado Community Association, PO Box 32003 Silverado info@silveradoca.ca. Cheques are payable to Silverado Community your membership to be delivered to your home address. Members of the community association are welcome to attend SCA Not only will you be able to meet others within Silverado, but will hour neighbourhood. Stay connected with what is happening within your community. Moments within and around the community. Silverado Community Association is actively looking for volunteers to board positions. If you are interested in volunteering your time to m send inquiries to info@silveradoca.ca. Silverado Community Association updates can be located on our weighbourhout. 	PO, Calgary, AB T2X 0X4 or send email to y Association. Please allow 3-4 weeks for A sanctioned events throughout the year. help build a better sense of community in Members are kept up-to-date of the devel- to help out with community events and for nake Silverado a better community, please

Follow Silverado Community Association on Facebook www.silveradoca.ca



DR. JENNIFER SCOTT & ASSOCIATES 403 254-9698

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6 www.sundanceanimalhospital.com Tues 8-8 Sat 9-1 Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



BLACK FRIDAY MADNESS

More info at:

Nov. 20-25

FREE FRAME when you purchase 2 complete pairs

25% off FRAME with purchase of lenses with Seecoat

Q 315, 2335 - 162nd Avenue SW (beside Sobeys)

WE DIRECT BILL TO: 403-873-2123 www.bridlewoodeyecare.com

CCSD BOARD OF TRUSTEES

Website: www.cssd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District **Board of Trustees!**

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme – "Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you." (Matthew 7:7)

This year, we will focus on the first part of the theme, "Ask, and it will be given you." This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God's abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God's abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market -Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company - Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and singalong (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebee-Jeebees, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss -Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23 This is one elf that won't make the nice list. His name is Crumpet

and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/

-



TREES WITH TEA - YYC BEESWAX HO. **DECEMBER 5**

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: https://www. eventbrite.ca/e/trees-with-tea-tickets-36255478111?aff=es2.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/ category/news/.



Standard Life



RESIDENT PERSPECTIVES

Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litter box, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.

SAFE & SOUND

Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women. In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence. If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor. Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40s can speak to their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta. To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer? You can talk to your doctor about your family history of breast cancer and know your risk. Know how your breasts normally look and feel, and get them checked if you find anything unusual. And of course, a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. Get a screening mammogram in October.

To find out more about breast cancer screening in Alberta, visit www.screeningforlife.ca.

PAP&IUD Clinic Walk-in & Family Practice Flu Shot Available

7 Days/week

- PAP & IUD by Female Physicians Self-referral accepted;
- Contraceptive and Family Planning Counseling • Driver's Medical
- Warts Treatment—with Liquid Nitrogen

 Chronic Disease Management (Diabetes, Cholesterols, Hypertension, Obesity, Asthma/ COPD, Smoking cessation etc.)
 We speak: English, Mandarin, Vietnamese, Filipino

Call us at 403-281-8868

Healthyway Medical Clinic 10505 Southport Road SW (Inside Southland Superstore)

DR. GARY HARRISON, D.D.S. DR. LUKE SZOTT. D.D.S. FAMILY DENTISTRY For Appointments SUNDANCE Please Phone 403 256-2727 Convenient Hours Free Consultations DENTAL CLINIC New Patients Welcome All Facets of General Dentistry Office Hours: Monday 11:00 am - 7:00 pm 7:00 am - 7:00 pm Tuesdav Wednesday 7:00 am - 7:00 pm 7:00 am - 7:00 pm Thursday Friday 7:00 am - 2:00 pm 9:00 am - 4:00 pm Saturday

Shawnessy Village Shopping Centre 134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3

JACKSON & JACKSON CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca

WE SPECIALIZE IN ALL FORMS OF **CONSTRUCTION & LANDSCAPE**

Affordable Custom

Landscape Plans

Stamped and

Exposed Concrete Retaining Walls

AFTER

Kitchen. Bathroom and **Basement Remodeling Home Renovations** and Additions

Custom Decks & Fences

BEFORE & AFTER RENOVATION PROJECT



BEFORE



BEFORE



Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca



Silverado Real Estate Update

Last 12 Months Silverado MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$427,500	\$420,000
August 2017	\$427,400	\$417,500
July 2017	\$464,500	\$455,000
June 2017	\$479,900	\$469,000
May 2017	\$439,995	\$435,000
April 2017	\$422,900	\$420,000
March 2017	\$430,000	\$426,250
February 2017	\$469,700	\$457,500
January 2017	\$522,450	\$512,450
December 2016	\$499,900	\$483,750
November 2016	\$414,900	\$403,950
October 2016	\$415,450	\$408,000

Last 12 Months Silverado MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2017	14	11
August 2017	17	10
July 2017	13	8
June 2017	16	13
May 2017	18	12
April 2017	13	9
March 2017	16	10
February 2017	8	6
January 2017	6	6
December 2016	8	4
November 2016	4	6
October 2016	10	8

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

YOUR CITY OF CALGARY

Your City Section

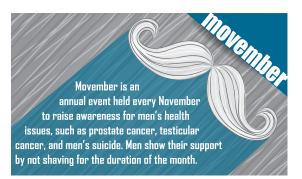
What's happeningKnow someone who is removing barriers for people with disabilities in Calgary? Nominate them for one of three accessibility awards before Nov 17.	More info Calgary.ca/ Accessibility	Stay connected!
The pathway across the Glenmore Dam was closed to the public on September 30, 2017, and then until the work is complete in 2020.	Calgary.ca/ Glenmore Upgrades	facebook.com/ cityofcalgary twitter.com/city
You have opinions, The City wants to hear them. Help shape Calgary's future by joining the Citizens' View panel. Visit citizensview.ca and join today.	Citizens View.ca	ofcalgary calgarycitynews.com
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/ Accessibility	

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

CONFLICTING LOYALTIES: conversations around peace, justice, nationalism & spirituality. Nov. 10-12 at Trinity Mennonite Church. More info at www. trinity.mennonitechurch.ab.ca or phone 403-256-7157. Please join us for this free event featuring guest speakers, representatives from peace and justice organizations and 10,000 Villages.



YOUR CITY OF CALGARY

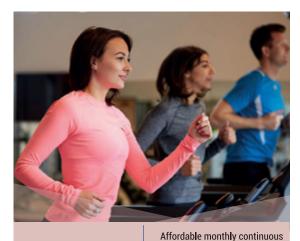
November is Adopt-a-Senior-Pet Month

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 order).

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.



FIND YOUR FIT FIND YOUR FIT fitness options to choose from every week - all are included in

Trico Centre for Family Wellness 11150 Bonaventure Drive SE www.tricocentre.ca



your pass!

TRICO CENTRE

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing" W. Brett Wilson – Dragon Emeritus, Philanthropist and Hoffman Graduate

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

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

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





Name	Age	Contact	Course
Eric	12	587-432-7888	Yes
Paige	14	587-226-8748	Yes
Emelia	15	403-870-9738	Yes
Jordan	15	780-215-7558	Yes
Gracie	17	403-807-6893	Yes
Daria	18	403-850-3380	Yes
Sophia	19	403-404-3240	Yes
Erin	19	403-869-5814	Yes
Sara	20	403-700-8675	No
Kayla	23	403-850-8995	Yes
Ariana	26	403-470-8649	No
Daniela	33	403-397-5277	Yes
Jay	35	403-890-9789	No
Calling All BABYS		Calling All PA	

choose the Calgary communities you would like to babysit in. 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.



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

If You Feel the Same Let's Talk. 403-263-3044



BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Silverado. 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."

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

WHITTON ELECTRICAL SERVICES: Master Electrician 10+ years' experience; available for all your electrical needs. Need your basement wired? Or installing a new hot tub? Big box companies say it's not possible?! Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383

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!

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

A- BEFORE AND AFTER SCHOOL CARE: Silverado for grades 1-6. Nutritious snacks provided to your preferences. Non-smoking home. CPR and first aid. Email anytime: nkmoonbeam@hotmail.com.

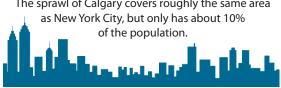
HOST A CHRISTMAS SHOPPING PARTY! Give the gift of KEEP Collective. T'is the season to be merry, so gather your friends to design that perfect gift to remind someone of big things, small things, memories, milestones and all things that matter. Book your party at keepcollective.com/with/katrinajackle or 403-826-4086 and earn free product for hosting!

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

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

TRANSFER HOME MOVIES: That's Entertainment Video Productions will convert your 8mm film, video tapes, slides, negatives, photos to digital format on DVD or USB. Since 1978 all work is done here in Okotoks. We do not ship orders East for processing. Please call Manfred: 403-938-7473 or e-mail: manfred@tevideo.ca. Website: www.tevideo.ca.







The month of September was a busy one for me, speaking to concerned constituents about traffic in south Cranston, school playground funding and Bill One issues with bussing and bell times. I continue to work with parents and Ministers offices in this regard. Please continue to contact my office with feedback so I can be your voice in the legislature and do my best to resolve your issues.

The Cranston 212th interchange has begun construction. This project is an equal cost-share between the Government of Alberta, the City of Calgary and a consortium of developers led by Brookfield Residential. This project will allow for the development of land in Seton, Rangeview and Cranston. It will also greatly improve access to the South Health Campus and additional emergency services, the eventual terminus station for the Green Line LRT, and to commercial and office areas. The interchange will relieve the current morning traffic nightmare leaving south Cranston and allow constituents to exit the community in a timely manner.

Events and congratulations

- Parks Foundation Celebration of the Rotary/Mattamy/ Greenway project (I visited the Mahogany location)
- Camp FYrefly brunch
- attended Pride Parade
- · Congratulations to Outdoor Dental on their one-year anniversary party (Seton)

 Silverado Community Association Fun Run South Health Campus Fun Run

- Grandparents day at Auburn Heights Retirement Residence
- · World Suicide Prevention Day Centre for Suicide Prevention event
- Toured the University of Calgary Students Union and met with Student Council
- Traffic Safety Day at Auburn Bay Elementary
- Ward 14 Community BBQ
- Second Cup Mahogany Grand Opening
- Seton Age Care Men's Breakfast
- ATB Financial Mahogany Grand Opening

MLA, Calgary-South East **Rick Fraser** Suite 202, Building D, 5126 126 Av SE Calgary, AB T2Z 0H2 **403-215-8930** \sim Calgary.southeast@assembly.ab.ca **f** RickFraserYYCSE **o** rickfrasermla **v** RickFraserYYC

 Cranston Residents Association AGM Cranston Harvest Festival

Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in fiveyear intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' guestions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

RBC Dominion Securities Inc.

OUESTIONING YOUR INVESTMENTS?

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



www.martinwealth.ca

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

Is your portfolio still on the right track? • Are you taking too much risk in vour portfolio? Which investments are likely to recover



There's Wealth in Our Approach.™

Chaparral Valley Dental

Where your neighbours go!

DR. BILODEAU CONGRATULATES AVA.

- •TVs in the ceiling!
- •Fun childrens' play area!
- Convenient hours
- Financial options available
- Direct billing

Dr. Jeff Bilodeau | Dr. Tobias Meiszinger Child and Family Dentistry

Implants, Sedation, Zoom Whitening, Invisalign and Esthetic Dentistry

Always welcoming new patients!

Suite 2350-1800, 194th Ave SE • CVDental.ca • 403-283-3682

Take the stress out of rushing home to let the dog out. Book a backyard break for your pooch today!



Your Neighbourhood Drop-In Pet Service Open 9am-9pm 7 days a week Canyouletmydogout.com 3587-999-5199

Taking a quick trip out of town for the night or a quick weekend getaway? We offer customized multiple care services - we customize care packages to check on your pet as often as you'd like, while you're away allowing your pooch to remain relaxed in their home.



Dafly, Monthly and Drop-In Sarvice Available