

OCTOBER 2016

DELIVERED MONTHLY TO 8,100 HOUSEHOLDS

your **SOMERSET BRIDLEWOOD**

BRINGING SOMERSET & BRIDLEWOOD RESIDENTS TOGETHER





VISIT US IN SHAWNESSY

#118, 250 Shawville Boulevard SE (beside CO-OP)
(403) 256-3325 • opasouvlaki.ca

ENJOY THIS OCTOBER OFFER

FREE SKEWER

WHEN YOU ORDER ANY
OPA! MEAL & DRINK COMBO



Somerset & Bridlewood Community Association

Box 69056, RPO Bridlewood SW
Calgary, Alberta
T2Y 4T9
info@mysbca.ca | www.mysbca.ca

Elected Officials



Councillor Diane Colley-Urquhart
Ward 13 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA Rodney
Calgary-Lougheed
#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@assembly.ab.ca



MLA Graham Sucha
Calgary-Shaw
#328, 22 Midlake Blvd SE
Calgary, AB
Canada T2X 2X7
Phone: (403) 256-8969
Fax: (403) 256-8970
calgary.shaw@assembly.ab.ca

NEWSLETTER AD SALES



Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

My Babysitter List	5
Somerset Real Estate Update	6
Bridlewood Real Estate Update	8
Front-wheel, rear-wheel, or all-wheel drive?	10
Trico Centre	17



GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING SOMERSET & BRIDLEWOOD
FOR 17 YEARS!

This Blood Cancer Awareness Month



Shine a Light on Blood Cancers

Add a light at LightTheNight4BloodCancer.ca
 Donations up to \$100,000 will be matched.



**someday
is today®**

LightTheNight4BloodCancer.ca

Somerset INFORMATION for SOMERSET RESIDENTS



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website www.Somersetwaterpark.org.

QUESTIONS OR COMMENTS?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

VANDALISM

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

ANNUAL INVOICE

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.somersetbridlewood.ca.

Contact information:

SOMERSET RESIDENTS ASSOCIATION
 Phone: 403-807-8736 Email: somersetresidents@shaw.ca; Website: www.somersetwaterpark.org.

Somerset/Bridlewood mybabysitterlist

Name	Age	Contact	Course
ABC Babysitting	13	403-201-0247	Yes
Abdullah	14	587-889-4532	Yes
Alexandra	14	403-201-4971	Yes
Amber	30	587-438-4789	Yes
Andreea	14	403-202-5610	Yes
Ariana	25	403-470-8649	No
Brianne	18	403-999-6906	Yes
Cynthia	15	403-276-4548	No
Dana	14	403-285-0209	Yes
Erin	15	403-254-2020	Yes
Gabriel	15	587-777-4616	No
Janelle	24	403-808-2505	Yes
Jewelyn	38	403-926-3703	Yes
Lois	13	403-700-2331	Yes
Nicole	17	587-968-6201	No
Paige	13	403-201-0247	Yes
Rochelle	16	403-700-2881	No
Shamaya	16	403-464-5443	Yes
Shay	15	587-899-3512	Yes
Sonya	21	403-389-5921	Yes
Yuliya	18	403-401-6283	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.



TRIVIA

The stately, sandstone Loughheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city. <http://www.loughheedhouse.com/>

BRIDLEWOOD EYE CARE
YOUR NEIGHBOURHOOD VISION CENTRE

10 Years Serving
Our Community

RED DOT SALE
OCTOBER 1ST – 31ST
UP TO 50% OFF FRAMES
AND SUNGLASSES
PRIZE DRAW

315, 2335 - 162nd Avenue SW (beside Sobeyes)

403.873.2123
www.bridlewoodeyecare.com

WE DIRECT BILL TO:
Great-West, CIBC, Standard Life, Manulife, FINGO, Sun Life Financial

Somerset

Real Estate Stats

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$412,450.00	\$402,500.00
August 2016	\$418,950.00	\$408,250.00
July 2016	\$452,394.00	\$441,000.00
June 2016	\$455,000.00	\$447,500.00
May 2016	\$429,900.00	\$421,000.00
April 2016	\$449,900.00	\$435,000.00
March 2016	\$450,000.00	\$447,000.00
February 2016	\$438,888.00	\$422,500.00
January 2016	\$469,000.00	\$457,000.00
December 2015	\$424,900.00	\$415,000.00
November 2015	\$399,900.00	\$389,750.00
October 2015	\$449,888.00	\$438,250.00

Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	6	6
August 2016	9	6
July 2016	13	10
June 2016	3	8
May 2016	10	8
April 2016	11	9
March 2016	11	7
February 2016	7	5
January 2016	6	5
December 2015	1	3
November 2015	8	2
October 2015	10	9

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

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/

Free Health Talks

Plantar Fasciitis
Sat Oct 15 @ Noon
Get A Free Cold Laser Demo & Computer Foot & Gait Scan

Migraine Headaches
Wed Oct 26 @ 6 PM
Get A Free MindFit Therapy Demo Session for Pain Relief!

Infertility + Pregnancy
Wed Nov 30 @ 6 PM
Improve your chances for conception and pregnancy.

403-254-5774 CalgaryWellness.com

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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 9

DON'T FORGET TO PREORDER FOR THANKSGIVING!

PURCHASE 6 SCONES AND RECEIVE A COMPLIMENTARY WHITE OR WHOLE WHEAT LOAF

COBS FRESH BREAD

SHAWNESSY
70 Shawville Blvd SE, Calgary
(587) 353-6517

CENTENNIAL VILLAGE
31 Southridge Drive, Okotoks
(403) 995-6517

Exchange this ad to receive offer • Valid only at COBS Shawnessy and COBS Centennial Village from October 1, 2016 to November 2, 2016 • No cash value • Not valid with any other offer • One offer per visit • While quantities last

ABOUT PAINTING

Professional, Reasonable & Reliable

BBB
20+ Years Experience - Free Estimates & Advice

Interior Painting

- Cabinet Spraying ● Wood Staining
- Spray Painting ● Ceiling Painting

ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY

403-239-9022
www.aboutpainting.ca



Bridlewood Real Estate Stats

Last 12 Months Bridlewood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$427,400.00	\$415,500.00
August 2016	\$389,000.00	\$378,750.00
July 2016	\$410,000.00	\$398,400.00
June 2016	\$439,450.00	\$429,950.00
May 2016	\$411,000.00	\$402,500.00
April 2016	\$394,450.00	\$387,250.00
March 2016	\$409,900.00	\$407,500.00
February 2016	\$423,900.00	\$402,500.00
January 2016	\$409,949.00	\$404,000.00
December 2015	\$442,850.00	\$432,500.00
November 2015	\$429,000.00	\$420,000.00
October 2015	\$424,900.00	\$415,000.00

Last 12 Months Bridlewood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	24	14
August 2016	17	10
July 2016	11	11
June 2016	18	16
May 2016	22	16
April 2016	14	12
March 2016	12	12
February 2016	15	9
January 2016	8	6
December 2015	11	8
November 2015	13	15
October 2015	17	23

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

BRAIN GAMES SUDOKU

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

PLUMBER

PLUMBOB For All Your Plumbing Needs

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: **403.257.3465 / 403.461.3490**

SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- STI testing, contraception, HPV counselling.
- Patients may also self-refer for early prenatal care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment.
Visit our website at www.thesundanceclinic.com

The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5

DIMENSION DENTISTRY

Complete Family and Cosmetic Dental Care

CALL TODAY!
403-202-1783
#302, 51 Sunpark Drive SE
www.dimensiondentistry.com

NEW DEDICATED CHILDREN'S PROGRAM
no referral required
payment plan options

Digital X-Rays
Dental Hygiene
Sedation Services
Restorative Dentistry

Direct Billing
New Patients Welcome
Dentistry for all Generations
Open Evenings & Weekends

Location Map



THE GREAT DEBATE: FRONT-WHEEL, REAR-WHEEL, OR ALL-WHEEL DRIVE?

With winter around the corner, drivers should know how their vehicle will handle in various situations so that they can be prepared for poor weather conditions.

“While modern anti-lock braking system, electronic traction, and stability control technologies all provide added grip and handling regardless of the drive wheels, the driving dynamics of each vehicle are unique,” says Jacob Black, senior editor at autoTRADER.ca. He explains the pros and cons of each type in easy-to-follow language:

Front-wheel drive. FWD is the most common configuration in modern passenger vehicles. They’re less expensive to produce and offer a more efficient use of space since there’s no driveline routed through the cabin. With the engine usually located in the front of the vehicle, this setup also offers good traction from a standstill in snow and slush.

Rear-wheel drive. RWD is most often found on pickups and performance-focused sports cars or sedans. Pickups benefit from it when carrying a heavy load in the bed or towing. RWD in a performance car allows for more ideal handling dynamics and balanced weight distribution.

But it can also provide less traction in slippery conditions and tends to oversteer when applying power during cornering, which some find unpredictable and unnerving.

All-wheel drive. Just as the name states, AWD systems are capable of delivering power to all four wheels, many of which are now able to divert additional traction from front-to-back or side-to-side, depending on conditions. Offering well-balanced driving dynamics and traction over a variety of road conditions, AWD also tends to suffer from higher fuel consumption due to the added weight and components.

The verdict. While all-wheel drive generally offers the best grip, it has a few shortcomings and can create a false sense of security. While there are theories about the optimal drive, a lot depends on the vehicle and its intended application. In many cases, having good tires is more important than which wheels the power is coming from. Remember that no matter what you choose, in the end it’s less about what you drive than how you drive.

www.newscanada.com

RBC Dominion Securities Inc.

LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11.2015.1000.011

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

ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

www.academydenture.com

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

Southcentre Mall
Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

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 Somerset and Bridlewood. 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."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Somerset/Bridlewood area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

WHITTON ELECTRICAL SERVICES: Master Electrician with 10 plus years' experience. Offering service up grades, panel changes, fixtures, aluminum wiring change out and more! 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.

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

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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

 **OKOTOKS SKATING CLUB**
okotoksskatingclub.com
registrar.osc@gmail.com

PRECANPOWER: Wed. Nights at Scott Seaman Arena 6:30-7:00 pm
CANSKATE: Tue 5:30-6:15 pm, Fri 12:45-1:30 pm, Saturday 10:10-45 am and 11:15-12pm and Weds. at Scott Seaman Arena 7:00-7:45pm
PRECANSKATE: Wed. Night at Scott Seaman Arena 6:30-7:00 pm
NEW - Teen & Adult Skate Wednesday evening at Scott Seaman Arena

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

CHILD CAREGIVER-PRIVATE HOME: Need full time caregiver (live-in/live-out), Somerset area, to supervise and care for 5-month-old-daughter. 44hrs/week. \$12.20/hr. Extended medical insurance offered. Optional accommodation at no charge for live-in basis. Completion of secondary school or equivalent, worked full time caregiver at least 1yr is needed. Contact Rhea and send resume at reia_15@yahoo.com.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. Thank you.

GRADE DOCTOR TUTORING SERVICES: Need that little boost in science? The Grade Doctor can help! 17 years of teaching science. 10 years' experience with diploma exam marking and item construction. Accepting students in all general sciences and all chemistry courses. Call 403-993-1463(C) or 403-228-1465(H). Don't delay, call today!

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.

HUNTER'S HEATING AND COOLING: Fall Specials - \$125 Furnace tuneup, and \$250 off furnace installs. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

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

 **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

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols. Clinical Vibration studies show measured results for sufferers of these conditions. www.spicewellnesscalgary.ca, 403-698-6892.

MESSAGE-U-WELL: Special: \$72/hour deep tissue massage, direct billing insurance. Registered massage therapist and acupuncturist. Lee is RMT and has 20 years' experience in Chinese acupressure massage field. His special is in treating whiplash and sciatica. If you are bothered with chronic pain, don't wait. Phone: 403-475-0368. Visit our website to book online: www.message-u-well.com.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203, 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

Editorial Content DEADLINE 1st of each month for the next month's issue
news@great-news.ca

DR. GARY HARRISON, D.D.S.

DR. LUKE SZOTT, D.D.S.
FAMILY DENTISTRY

For Appointments
Please Phone

403 256-2727

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry

Office Hours:

Monday	11:00 am - 7:00 pm
Tuesday	7:00 am - 7:00 pm
Wednesday	7:00 am - 7:00 pm
Thursday	7:00 am - 7:00 pm
Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

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

SUNDANCE

DENTAL CLINIC

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to SB@great-news.ca



MLA CALGARY-SHAW
GRAHAM D. SUCHA

#328, 22 Midlake Blvd SE
Calgary, AB Canada T2X 2X7
Phone: (403) 256-8969; Fax: (403) 256-8970
calgary.shaw@assembly.ab.ca

As School Councils start meeting for the new school year, as well as community leagues and associations resuming business, I want to take this opportunity to thank all the volunteers who assume these roles and take on these responsibilities. It can be a thankless job, so I really want to take this opportunity to say thanks for all the hard work you put in. If there is any way that I or my office can be of assistance, please let us know. We are happy to attend any meeting or have any formal one on one meetings with representatives.

Pressures on schools

I am very well aware about the capacity issues we are facing at our schools in the South end of the city. I see it every day, with my two sons attending school in the riding. It is unfortunate that past administrations allowed us to fall behind; however, we are working hard to ensure that our over 200 new builds and revitalizations are done on time and on budget. New schools, like the middle school in Evergreen and the new high school in Legacy, will help remove the pressure that schools in this riding continue to face.

Supporting small business

Over the summer I met many people who were building new startup businesses, growing existing ones or starting them at home. It has been remarkable to see how resilient people are during these tough economic times. I would be more than happy to sit down with any small businesses and discuss some of the opportunities that are available for them. Whether it be improving access to capital or supporting the reduction in the small business tax rate, I am always here to stand and support small businesses in Alberta.

Moving to reduce spending

It is no secret that the fire in Fort McMurray has had an impact on our budget. It is also no secret that the

low price of oil has led to low returns in royalties. As we face this hard economic time, people rely even more on our social services and our health care system. We cannot let people who depend on these services down by laying-off nurses and social workers. What we can do and have been doing is to work to find efficiencies in the system. Every ministry has been tasked to bend the curve in their spending. We have also embarked on a review of agencies, boards and commissions, and have disbanded or amalgamated nearly 30, to provide significant savings to the tax payers. We will continue to work hard to do what we can to reduce and control spending in Alberta.

Indigenous outreach

A month ago I had the opportunity to participate in a round table discussion at St. Mary's University on urban Aboriginal challenges faced off reserve. It was great to have the Minister of Indigenous Relations, Richard Feehan, come to the riding.

He understands the opportunities we have here in Calgary and the fact that we need our local supports and resource centers to assist with challenges. I want to thank Métis Calgary Family Services located in Sundance for the support they have provided to me to help our government address opportunities and to move forward on the recommendations of the Truth and Reconciliation Commission.



OPEN BRAND NEW, CLEAN & FRIENDLY
Oct. 2016 INDUSTRY LEADING & AWARD-WINNING MANAGEMENT



Walden
BOTTLE DEPOT

- Full refund on all eligible containers, including milk containers
- Honest, fast & accurate counting
- Ample Parking and no self-sorting required
- Pick-up service for schools, hotels, golf courses, and the hospitality industry,
- Hours: Mon-Sat 9am-5:30pm, Sun 10am-4pm

Call (403) 930-6761

19618 Walden Blvd. SE



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca



Deputy Mayor with Jimmy Hughes at the Calgary Seniors Society Gala



Peanut Butter Women's Charity Golf Tournament

COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: dcolley@calgary.ca
Phone: 403.268.1624
Twitter / Instagram: @BigRedYYC
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)
Website: CouncillorDiane.ca

Ward 13 Traffic Safety Town Hall – October 12, 2016

I have invited the Calgary Police Service (CPS), the City Safer Mobility Operations Team and Traffic Section Management Team to join me at my upcoming **Traffic Safety Community Town Hall** for my Ward 13 communities. Traffic concerns are the number one issue raised. Please come out on **October 12th, 2016 from 7pm – 9pm at the Canyon Meadows Community Association (844 Cantabrian Drive SW)**. I need your feedback on hotspots.

Water Fluoridation in The City of Calgary

Over the past many months since the research study on “Measuring the Short-Term Impact of Fluoridation Cessation on Dental Caries in Grade 2 Children” was released by lead author and Albertan, Dr. Lindsay McLaren, I have been meeting frequently with Councillors Demong and Pootmans to consider not only the findings, but to determine what an objective go-forward plan could be for Calgary City Council to consider.

An important aspect of our meetings has included seeking professional expertise and advice from the University of Calgary’s O’Brien Institute for Public Health (OIPH) and from Dr. Richard Musto, MD, FRCPC – Medical Officer of Health – Calgary Zone – Alberta Health Services. While Dr. Musto is certainly an advocate for fluoridation, that is contrasted by Dr. William Ghali, the Scientific Director of the OIPH who approaches matters such as this from a purely scientific non-advocacy perspective.

It is because of these conversations and advice, that we have developed the approach outlined in our Notice of Motion (presented to Council on September 12th). The Institute has established deep engagement and longitudinal partnerships with governments, health systems, and public health agencies that shape policies that influence our health. The OIPH is a credible agency to undertake this work. I would like to continue hearing from you on all pros and cons of this debate to use

in our evaluation and research process. To learn more, please email my office for links on my recent coverage in the media.

0% Property Tax Increase

For weeks prior to the Strategic Meeting of Council on June 27th, I asked what it would look like if property taxes were not raised to the proposed 4.7 percent (through *ActionPlan*), and instead, somewhere between zero and 3.2 percent.

On June 11th held my Mobile Town Hall to help me get a better understanding of the needs of my constituents. The event gave me a forum to hear your concerns and your feedback helped to open my eyes to the needs of our Ward.

With the notion of a zero percent tax increase, services would have to be re-examined, adjusted, and possibly even cut. After speaking with my constituents, as well as my fellow Calgaryans outside of Ward 13, I’m seeing more and more of an understanding that to see some sort of tax relief, it would mean a less strict quality of service target for City services. Although answers to which services citizens would lessen or cut altogether is a different story. That’s the million dollar question.

When City Council approved the Four-Year Budget in 2014, financially, it was a much more optimistic and different time. Our City’s economic outlook was prosperous. Much has changed and we need to change with them. In our current financial situation, City Council approved a vote to utilize the City’s Fiscal Stability Reserve Fund, to be used in times of need.

With the economic downturn felt in our City, we as your elected officials need to make decisions that help to not only sustain us but to ensure prosperity in the future, while also giving credit to Administration in finding efficiencies that have already saved our City tens of millions of dollars.



Residents of partnered communities’ pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and




Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

- All children’s programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
- Li’l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, youth shinny, and stick & puck.




www.curbmasterfx.com

SNOW REMOVAL

**Family Owned
& Operated**

❄️ **403.240.2526** ❄️

**Monthly Contracts
start at \$99.00**





SUNDANCE ANIMAL HOSPITAL

DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1

Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



Are you currently looking for a Job? Or Considering a Career Change?

McBride Career Group Inc. has opened an office in South Calgary and offers **NO COST** services to assist you identify the steps required to achieve your employment and career goals.

Job Search Centre - Career Counseling - Computer Tutorials
Weekly Career Café - Webinars - Employer Services

Computers • Photocopier • Fax • Scanner • Telephone
Job Search • Resume & Cover Letter Assistance
Interview Techniques • Career Assessments
Educational Options • Labour Market Information
Job Board • Employer Job Postings • Annual Career Fairs

Phone: 403-668-5445
www.mcbridecareergroup.com


Southcentre Executive Tower,
Unit 350, 11012 Macleod Trail SE,
Calgary, AB



DISCLAIMER

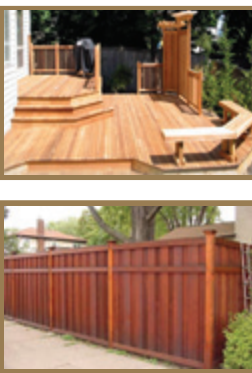
The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



JACKSON & JACKSON
LANDSCAPING


CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil

GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



South Calgary
Denture & Implant Clinic
403-254-5000



Suite 302, 40 Sunpark Plaza SE
info@southcalgarydentures.ca
www.southcalgarydentures.ca

Follow us 

Bringing smiles back into your life!
Book your Free Consultation Today.

Personalized Precision Dentures



Partial Denture Solutions



Implant Retained Dentures



Dentures in a Day




Multiple Denturists
In-house Dental Lab
Modern and Cozy Practice
Direct Billing to Insurance

***Accredited**
BRIDLEWOOD OUT OF SCHOOL CARE

323, 2335 162 AVE SW
(located in the Shoppes of Bridlewood)



OPEN 6:45am - 5:45pm

Schools we service are... Bridlewood School, and Monsignor J.J. O'Brien.

Pick up and drop off included.
Breakfast and afternoon snack is included.
Summer Programs: Indoor/Outdoor activities planned (weather permitting)

Accepting Kindergarten to grade 6.
Accepting for Kindergarten 2016 NOW
Open on non-school days.

Come tour our facility!
403-256-1588

bosc.kidz@shaw.ca



Family Physicians & Walk-in Clinic

635 Shawcliffe Gate SW Calgary, AB T2Y 1W1

Call 403-457-5009

Dr. Taofik A Adedeji, MBBS, LMCC, MCFP

Dr. Chika Odunze, BBS, DCH, DFFP, MRCGP, CCFP
Female doctor accepting new patients.

NO WAIT TIMES

Beside 7-Eleven Shawnessy



HOURS OF OPERATION

Monday - Friday:	9-6pm
Saturdays	10-5pm
Sundays	Closed

IUDs, PAP Clinic, Joint Injections, Insurance Medical, Family Care

Lundgren & Young

INSURANCE



TERRY BURTON

Home - Mortgage Insurance - Business Property
Life - Group - Travel

📞 403.539.0269

📱 403.860.3615

terry.burton@landy.ca

DARCY BURTON

Home - Auto
Commercial Auto

📞 403.539.9518

📱 403.860.3617

darcy.burton@landy.ca