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YOUR OFFICIAL
Community Newsletter
NOVEMBER | 2017 CIRCULATION | 3000 HOMES AND BUSINESSES



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WWW.SHAWNEE-EVERGREEN.CA

YOUR COMMUNITY
NEWSLETTER ON
THE GO!

Mind's Design
NEWSLETTER APP
Download from the app store or google play.





EVERGREEN
FAMILY
MEDICAL CENTRE

Walk-in & Family Practice

NOW OPEN

Male & Female Physicians

Accepting New Patients

587 535 5600

Your Southwest Community Health Centre

215 2250 162 Ave. SW

Calgary, AB. T2Y4Z9

Next to Evergreen Shoppers Drug Mart



FIND YOUR FIT

Affordable monthly continuous passes - more than 70 drop-in fitness options to choose from every week - all are included in your pass!

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



Calgary AfterSchool

Never again hear the phrase ***"I'm bored"***.

Calgary AfterSchool offers fun, safe and free after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit
calgary.ca/afterschool



GOOD SPORT! - by Bev Watson

All my life I've been very competitive and a little contrary, but that has served me well. I've learned there's really nothing you can't do or learn if you find out what it takes, then break it down in tiny steps and go for it.

So my life has been full of all kinds of interesting challenges and adventures. But here I want to talk about cancer and how Wellspring Calgary has helped me.

I had been a triathlete for 15 years when I won the 2013 World Championship Ironman in Hawaii. After that, biking and swimming started getting hard. I kept pushing myself, but something didn't feel right.

I went to the doctor but tests showed nothing was wrong. I started losing my balance when I was walking or swimming, but I kept training.

I went in to see my dermatologist about another issue and when I told him my symptoms, he said he thought I might have a brain tumour. At his insistence, I went to Rockyview Hospital. They did a CT scan and saw a big dark spot, so they ordered an MRI. They took one look at the results and I was ambulated to Foothills Hospital.

It took a while to get the diagnosis. Brain tumour – malignant. Metastatic melanoma. I had brain surgery and vigorous treatment. I was told I had months, then weeks to live. That was two years ago, and I'm still here.



I'm here and I still have things to do. I go to Wellspring Calgary several times a week. They have all kinds of programs - free for people with cancer. Everyone is so caring and welcoming there. It doesn't matter how bad you are at painting, or playing ukulele, you are always encouraged. If you have cancer – find Wellspring – it's a life-saver!

Bev Watson with her sister and caregiver, Jan Watson.

This is Bev's art she made at Wellspring Calgary.



HERITAGE TIME OUT

**WEDNESDAY MORNINGS,
9–11 AM**

ARTISANS IN QUILTING, KNITTING, CROCHETING, CARD MAKING, as well as a “do-as-you-wish” table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out! Our current session started Wednesday, September 6th and will finish November 29th. Registration is preferred, but drop in is available, babysitting supplied.

Please contact Lori at McDougall United Church: 403-252-1620. **McDougall United Church, 8516 Athabasca Street S.E.** (No religious content, non-denominational)



WE NEED YOU!



SECA Community Connection

WE HAVE VACANCIES ON OUR BOARD.

Do you want to make a positive difference? if so, please contact us at info@shawneeevergreen.ca



We need you to be a member!

Please send in your membership today!

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church
- Hosts the June Family Stampede Breakfast (free for members and their resident family) at South Gate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at South Gate Alliance Church
- Provides input and authorizes the monthly Community Newsletter delivered to all 3000 + households
- Provides a director for the Board of the Cardel Rec South
- Membership in SECA provides an opportunity to enjoy 10% discount for Cardel Rec South programs if registered before the registration deadline
- Provides a director for the Board of the Trico Centre for Family Wellness
- Supports the Friends of Fish Creek Provincial Park Society
- Works with Cardel Homes, Genstar, Graywood Developments and the City to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding the Fish Creek-Lacombe LRT station
- Is involved with the City on transportation issues (e.g. SW Ring Road development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6th Street SW intersection improvements)
- Join or renew at www.shawnee-evergreen.ca/Membership.page or complete form below

COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2017/18)

SEND EMAIL TO: info@shawneeevergreen.ca

Officers	
Brad Smith	President
VACANT	Vice President
Peter Snell	Secretary/Treasurer & Membership Secretary
Other Directors	
Sarah Breu	Director - Social
Richard Dingwall	Director
Zeinab El Kady	Director- Cardel Recreation Centre South
Liala Elrafihe	Director - Social
Ian Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
George Payson	Director - Beacon Hill
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development
Katherine Stasiuk	Director

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made out to Shawnee-Evergreen Community Association, and mail or deliver to: **Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary AB T2Y 1W5**

Household Information (Held in confidence):

Surname 1: _____ Given name: _____

Surname 2: _____ Given name: _____

Street Address: _____

Postal Code: _____ Telephone: _____
(residence)

E-mail Address: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer: ☐ Board of Directors member
☐ Stampede Breakfast Helper
☐ Don't know, ask me!

Payment (\$20.00): Cash: _____ Cheque # _____

ADVERTISING OPPORTUNITIES are available on our publisher's website www.mindsdesign.ca. Please visit to get more information.

THE SHAWNEE EVERGREEN COMMUNITY NEWS is the official newsletter of the Shawnee-Evergreen Community Association and is distributed free to all residents of these areas eleven times a year. Circulation is approximately 3000.

SUBMISSIONS - Please direct editorial enquiries to info@shawneeevergreen.ca and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Shawnee-EvergreenCommunity Association or the publisher.

Shawnee-Evergreen CA Membership Benefits



- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You, and residing members of your family can participate FREE at the Annual Shawnee-Evergreen Stampede Breakfast in June.
- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased - at any functions, the Annual General Meeting in September, OR fill out the form on page 4 and send it as directed on the form to S.E.C.A. Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

NOTE: If you have any item of interest for **SHAWNEE SLOPES** and/or **EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at **INFO@SHAWNEEVERGREEN.CA**.

Submissions for the Newsletter are due on the 4th day of the month for the next month's issue.

MEMBERSHIP INFORMATION SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

If you live in area specified below (inside the lines and your street address name contains EverGREEN or Shawnee) or you are a resident of the Beacon Hill condominiums at 14645 6th Street S.W., you are eligible to be a regular member of the Shawnee/Evergreen Association. (S.E.C.A.)



SUPPORT YOUR COMMUNITY ASSOCIATION. BUY A MEMBERSHIP TODAY!



Cardel Rec South offers a variety of recreational and educational program for all ages. We are a strong supporter of the Home Schooling community as well and offer several options for children aged 6 and up.

Visit our website at:
www.cardelrec.com for a complete listing of our programming.

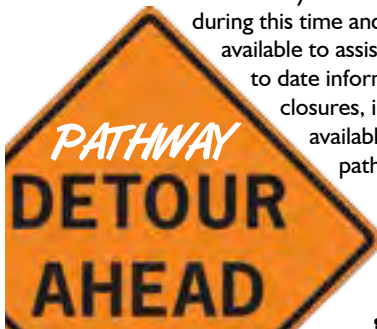
GLENMORE DAM UPGRADES

The Glenmore Dam has been key part of Calgary's water infrastructure system since the early 1930's. The wear and tear the dam has experienced over 85 years of service, and the ever increasing demands of a growing city, mean the time has come for an extensive upgrade. These improvements will not only extend the life of the dam, but will help manage our drinking water supply and give us the ability to better control low and high river flows.

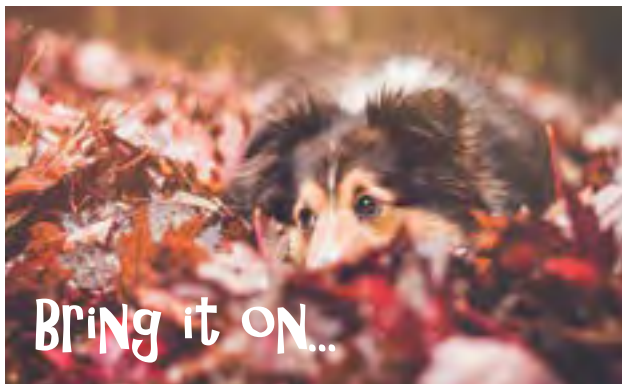
The first phase of the Glenmore Dam Infrastructure Improvements Program was the Utilities Relocation Project. This project involved moving the water and gas utility lines currently running across the top of the dam to a new tunnel excavated underneath the Elbow River. This is needed to allow access to the dam while upgrades are being made, which include a new bridge deck with better access for maintenance and pathway users, concrete work on the face of the dam, and a new steel gate and hoist system.

While the normal maximum operating levels of the reservoir remains the same, the new gate system will provide greater flexibility to manage reservoir storage during low flows in the winter and high flows in the spring.

The pathway across the dam was closed to the public on September 30, 2017, and then until the work is complete in 2020. Pathway detours will be implemented during this time and signage will be available to assist pathway users. (Up to date information on pathway closures, including maps, is available at calgary.ca/pathwayclosures.)



For more information and ongoing updates, please visit Calgary.ca/glenmoreupgrades.



AUTUMN'S HOME DÉCOR IDEAS

Welcome gorgeous fall colours and cozy creature comforts inspired by the most beautiful season of the year into your home.

Lavish textures. Relish spending time indoors again with warm patterns and fabrics that are made for snuggling up by the fireplace. Layer on pillows and throws in luxe crushed velvet, soft and chunky knits or faux fur Sherpa. Pick spicy seasonal hues like pumpkin orange and deep plum, or fall patterns like plaid and houndstooth.

FAVOURITE MEMORIES. With the holidays coming up, now's the perfect time to pepper your home with photos of family and friends in classic black and white for a fun dose of sentimentality. Or gather them up in a chic gallery wall in vintage frames for an antique touch.

RUSTIC TABLESCAPES. Design a Pinterest-inspired array of decorative accents for your dining, coffee or side table that pulls the autumnal look together. Unleash your creative flair with white pumpkins, reclaimed firewood and pillar candles. Take advantage of the gorgeous fall harvest and fill bowls with fresh produce and finish off with strewn coffee beans, acorns or leaves.

SEASONAL GREENERY. Make the most of fall foliage before winter snows cover it up. Outside, use English ivy and wooden buckets of pansies for a natural landscape that boosts curb appeal. Inside, display fresh flowers in dark, rich colours brighten up the space — sunflowers, magnolia leaves and maple branches create a charming fall arrangement.

STYLISH, SMART WINDOW TREATMENTS.

You'll want to let in as much daylight as possible with shorter days, so choose shades that maximize light control while giving you privacy from neighbours. Bask in that fall glow with sophisticated Hunter Douglas Duette honeycomb shades that are energy efficient and help reduce outside noise for a cozy autumn retreat.

~ www.newscanada.com



OLD AGE SECURITY: NOW OR LATER?

If you meet the eligibility requirements, you can start collecting Old Age Security (OAS) benefits as soon as you turn 65. But did you know that you don't have to take them then? You can delay getting your benefits by up to five years and increase your payments by up to 36%.

WHY DELAY? THERE ARE TWO MAIN BENEFITS TO DELAYING OAS:

- Earn higher monthly payments. For each month beyond age 65 that you delay receiving OAS, your payments will go up by 0.6%. For example, if you turned 65 this summer and are eligible for the full OAS pension, you'll receive approximately \$580 a month.* But if you delay these payments to age 70, they will increase by 36%, to about \$790 a month. And that's not including any cost of living increases.
- Reduce or avoid OAS clawback. If your net income exceeds a certain level (\$74,789 for 2017), your OAS benefits are gradually clawed back. So if you're planning to work past age 65 or expect to have other sources of income, deferring OAS may help minimize the clawback.

EVERY SITUATION IS UNIQUE

There are pros and cons to either option. A Servus financial advisor can help you weigh all the factors and decide what's right for you. Call us at 1.877.378.8728 and talk to a financial advisor today.

*Government of Canada Old Age Security payment amount June–September 2017.



www.Assiniboine.com

Christmas Light Installation

**Ask about our residential and commercial snow removal.
Book an estimate for last minute landscape projects this Fall OR Spring 2018.**

ASSINIBOINE
LIGHTS & LANDSCAPING

CALL NOW BB8-WCB-Licensed-Insured-Bonded
403.301.3300



PEACE BY PIECE MARKETPLACE

Date: November 4th, 2017
(10:00am - 4:00pm)
St. Peter's Anglican Church
903 75th Avenue SW
Admission is FREE

NEW BRIGHTON CHRISTMAS MARKET

Date: November 18th, 2017
(10:00am - 3:00pm)
New Brighton Club
#2 New Brighton Drive SE
Admission is FREE

SHAWNESSY CHRISTMAS FAIR

Dates: Nov. 25 - Nov. 26 2017
(10am - 4pm both days)
Shawnessy Barn
224 Shawmeadows Road SW
Admission: FREE with a donation
to the Calgary Food Bank



FALL CRAFT SALE
At Columbus Manor
in Bridgeland
40 - 11a Street NE

DATE:
December 2nd, 2017
10 a.m. to 4 p.m.

Table rentals: \$10.00.
Call Pat 403-969-3459 or Inga
403-903-7719.

AUTHENTICALLY INDIGENOUS CRAFTS

Date: December 9th, 2017
(10am - 7pm)
Kerby Centre - 1133 7 Ave. SW
Admission: \$2 adults, kids free
CASH ONLY

TTMAC HOLIDAY MARKET

Date: November 18th, 2017
Bonavista Downs Community
Centre, 1418 Lake Ontario Rd. SE
(10am - 4pm)
Admission is FREE

CRESTMONT CHRISTMAS MARKET

Dates: Nov. 17 - Nov. 19 2017
Times: Nov. 17th: 6pm - 9pm
Nov. 18-19th: 10am - 4pm
Crestmont Hall
12400 Crestmont Blvd. SW
Admission is FREE



**CALGARY WALDORF
SCHOOL**
33rd Annual Waldorf Faire &
Artisan Market
(515 Cougar Ridge Dr. SW)

DATE: Sat, November 25,
2017 from 10 a.m. to 5 p.m.

Admission for adults is \$2.
Free for children under 15 years.
www.calgarywaldorf.org

SILVER SPRINGS CRAFTERS MARKET

Date: November 18, 2017
(10am - 3pm)
5720 Silver Ridge Drive NW
Admission is FREE but food bank
donations happily accepted.

UNIQUE HIMALAYAN BAZAAR

Date: November 25th, 2017
(10am - 5pm)
Glamorgan Community Hall
4207 41 Avenue SW
Admission is FREE

MONSIGNOR JS SMITH CRAFT SHOW & MARKET

Date: November 25, 2017
(9am - 3pm)
Monsignor JS Smith School
2919 Douglasdale Blvd. SE
Admission: FREE with a donation
to the Calgary Food Bank



TO EXPLORE
MORE
CHRISTMAS
CRAFT FAIRS
IN CALGARY
VISIT:
calgaryarea.com



We give **FLU SHOTS!**

Talk to our pharmacist or book online
at **WeGiveFluShots.ca**

Available Oct. 23

sobeys
Pharmacy

Pharmacy 
at **SAFEWAY** 

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.

SNOW ANGELS

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!

BENEFITS OF SNOW ANGELS

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.

2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air

and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.

3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.

4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.

Important Community Phone 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	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Fish Creek Library	403.221.2090
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Trico Centre	403.278.7542
Weather Information	403.299.7878

Tips for using your **blue**, **green** and black carts

Now that Calgarians are able to recycle and compost all year-long, it's important to put items in the right carts. Here are a few tips to follow:

GREEN CART

- Every little bit counts! Plate scrapings, fruit pits, bones, egg shells and sauces can all be composted.
- Is your green cart full? Put extra leaves and branches into paper yard waste bags. Roll closed and place at least 1 ft. to the side of your green cart on collection day.

BLUE CART

- Remember to bag your plastic bags! All plastic grocery bags, bread bags, sandwich bags and plastic wrap need to be put in one bag and tied closed before recycling.
- Is your blue cart full? Make sure to break down all boxes to make room or take extras to a community recycling depot.

BLACK CART

- If an item can't be recycled or composted, then it has reached its end-of-life and belongs in the garbage. This includes chip bags, granola wrappers, foam packaging, and dryer lint.
- Is your black cart full? You can put out extra garbage bags by placing at least 1 ft. to the side of your black cart on collection day.

If you're not sure of how to dispose of an item, use our online search tool What Goes Where to find the answers! Visit calgary.ca/whatgoeswhere to look up hundreds of different items.

More tips at www.calgary.ca/yardwaste



**"THE DEATH OF A BELOVED IS AN AMPUTATION."
- C. S. LEWIS**

Community Civic Chat

Graham Sucha, MLA Calgary-Shaw

Constituency Office: #328, 22 Midlake Blvd. SE Calgary, AB, T2X 2X7
(403) 256-8969 ~ calgary.shaw@assembly.ab.ca



Constituency Update

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

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

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

WALKING YOUR DOG DAILY?

Unleash your inner volunteer!

Become an Off-Leash Ambassador and be a paw-sitive role model in your community! We are recruiting volunteers to participate in the City of Calgary's Off-Leash Ambassador Program to help us promote responsible pet ownership, positive pet interactions and safety in off-leash parks.

Take ownership in making your community a better place to live for citizens and pets, one off-leash park at a time. Conveniently choose when and where to volunteer to best fit your schedule.



To learn more or
sign up, visit
[calgary.ca/
offleashvolunteer](http://calgary.ca/offleashvolunteer)
or contact 311.

COMPOST FOOD & YARD WASTE

Live in an apartment, condo or townhouse? It's time to keep your food and yard waste out of the garbage. As of November 1, 2017, all multi-family complexes in Calgary are required to separate food and yard waste from the garbage for composting or diversion. Your building owner or manager is responsible for setting up a food and yard waste program in your complex – ask them how it works.

Businesses and organizations are also now required to separate food and yard waste from the garbage. Look for the food waste bin at your workplace, food court or favourite coffee shop. If your multi-family complex or workplace does not offer a food and yard waste program, you can contact 311 for support.

Food and yard waste makes up nearly 40 per cent of garbage from apartments, condos and townhouses, and over 30 per cent from businesses and organizations. Composting will create a useful new product and keep this material out of the landfill.

Find out more at
calgary.ca/multifamily.



NOVEMBER FISH CREEK SPEAKER SERIES: SNAKES OF ALBERTA

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the pathway, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake



THURSDAY, NOVEMBER 23, 2017 7-8 PM

and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes.

Visit: friendsoffishcreek.org

[org/programs/speaker-series](http://friendsoffishcreek.org/programs/speaker-series). Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks.

AUTUMN COLOUR

The Friends of Fish Creek Limited Edition 25th Anniversary Signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter Jim Pescott, created this beautiful original Painting. There are only 25 limited edition prints available and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit friendsoffishcreek.org/store.

YOU HAVE THE POWER TO GIVE LIFE

BLOOD DRIVE - DONORS NEEDED

Cardel Rec South

100, 333 Shawville Blvd SE
Flames, Oilers Rooms

Friday, November 3rd
3:00 PM - 8:00 PM

Book your appointment at bleed.ca

Canadian Blood Services
it's in you to give

Sudoku: For solution, go to mind's design studio

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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



Tune into *Your Grace Land Radio*
Saturdays @ 6pm on Am 700 The Light

Living with Inspirational Core Values™

REV UP YOUR LIFE!

Join Reverend Elvis,
Sundays @ 10:30 @ the
Delta Calgary South



Rev. Bruce R. Elvis Sheasby

November is the month of Remembrance Day when as a Nation we remember those who served our Country in war and peace, fighting for our values of freedom and dignity in a world where these very core values are still threatened daily.

The words "Lest we forget" from Rudyard Kipling's Poem, "Recessional", reminds us that sometimes memory is a sacred trust. Yet we all know how memory can be selective, imperfect or even distorted by many factors. My mother who struggles with Dementia has great difficulty with her short-term memory, however, I find comfort when she recalls with great clarity stories from her childhood that still touch the heart.

Living with Memory

**"Sometimes reminding each other of what is most important is a sacred trust."
Rev. Bruce Sheasby**

While exact details of what took place can be essential in some circumstances such as a court of law, other times more important is the big picture as the saying goes "don't miss the forest for the trees."

The importance of memory is of course tied to the importance of truth and some truths are of such importance that they are sacred. The poet Keats put it this way "Beauty is truth, truth beauty, that is all"

"Truth" is one of what I call the 6 *Pillars of Your Grace Land*, and it is revealed in the *Inspirational Core Values* of authenticity, synergy and purpose.

Knowing you are unique and special – one of a kind - is about claiming your authenticity. Synergy reminds us that truth is multi-faceted and often we need to be open to the pieces of the truth that others carry. Purpose means opening ourselves to being who we're meant be. Ultimately living with truth sets us free.

Exercise Your Truth!

1. Make a list of the things that are most important in your life to being who you are meant to be. Then post these on your fridge or some place you will see it on a regular basis.

2. Visit my website at <http://www.yourgraceland.com/services/spiritual-prosperity-meditations/> and listen to the meditation "God is liberating"

3. Join us this Sunday at 10:30 at the Delta Calgary South for Your Grace Land where we focus on a positive faith and living with *Inspirational Core Values*, including authenticity, synergy and purpose.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land – Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com



SUNDAY SERVICES

Relaxed, informal, focus on God, Grace, Spiritual Prosperity and Inspirational Core Values

10:30 a.m. Delta Calgary South East Atrium Side
135 Southland Dr. S.E.
www.yourgraceland.com/services

Christmas Concert



Rev Elvis
Gospel & Rock'n'Roll

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Sunday, December 17th, 1:30pm Delta Calgary South
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MISSING Pet - Please help!



PLEASE CALL US: 403.909.6544 or 403.689.3100

My sweetheart cat, Monica, is missing - from Evergreen. We desperately miss her. She is half Siamese and half tabby point. She is chipped and has an ear tattoo. We are offering a reward if you find her. Please check under your deck, patio furniture, in your garage and inside enclosures. Maybe she sneaked in and got locked?



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Left: On Remembrance Day (and every day!) please join me in honouring our women and men in uniform—our past, past, and future veterans—for putting their lives on the line...so we may live in peace and freedom!



Bottom Left: I am thankful for the warm welcomes and inspiring meetings recently with Woodlands School, the Southwest Calgary Resource Ctr, and hundreds of old and new friends and volunteers at our Annual MLA Picnic in the Park.

AB STUDENTS & THE OPIOID CRISIS:

People across the province tell me that it is crucial for age appropriate information be taught about the opioid overdose crisis in the AB curriculum. A recent story from BC examined what resources are available within schools to teach students about their crisis; but there was no information on AB—which underlined the need for a comprehensive strategy to teach students the dangers of opioids—at age appropriate levels. As United Conservative Advocate for Education, Post-Secondary Education, Indigenous Relations, and Wellness, I fully support immediately investigating the implementation of curriculum on the drug crisis. My colleagues and I believe our school system must be a safe space for students to learn about the dangers of the opioid crisis that AB continues to grapple with. If providing information within the school setting on the dangers of fentanyl can save even one life, it's worth it. Our caucus proposes that the Gov't collaborate with health, education, and law enforcement professionals, along with other provinces, to develop

modules on the opioid epidemic...while ensuring harm-reduction, prevention, and awareness initiatives are taught. The more information students are equipped with, the more likely they are to understand the lethal nature of fentanyl and other opioids. It's a life and death issue.

CONNECTIONS WITH ALBERTA FAMILIES:

Constituents continue to tell me that as AB families went back to school this fall, the disconnect between Gov't policies and the harmful effect on students and parents is becoming more and more apparent. Worried parents have been left grappling with the consequences of Bill 1—with families bracing for far-away bus stops, terrible commutes, and uncertainty around programs of choice. Many students are dealing with the consequences of Gov't policy—with some travelling on half a dozen different busses a day—just to get to and from school. When Bill 1 was introduced in the Legislature this spring, I warned Gov't about the impact it would have on families every day. Coupled with the extra carbon tax costs, many families are in very difficult situations. Our caucus

continues to hear loud and clear from AB families who say they are worse off under these policies; and that if the Gov't was listening, they would stop introducing policies that are hurting students and their families.

To receive this newsletter a month early and be on our "E-list" for timely updates, and for further information on critical issues affecting Calgary-Lougheed residents: please call, fax, e-mail, drop by our office, follow me live on twitter @DaveRodneyMLA, or visit <https://twitter.com/DaveRodneyMLA> or www.daverodney.ca



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General Consensus for 2017 Market Outlook is Cautiously Optimistic.

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