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# YOUR OFFICIAL Community Newsletter

CIRCULATION | 3000 HOMES AND BUSINESSES

NOVEMBER | 2018

## *In Flanders Field*

IN FLANDERS FIELDS THE POPPIES GROW  
BETWEEN THE CROSSES, ROW ON ROW,  
THAT MARK OUR PLACE; AND IN THE SKY  
THE LARKS, STILL BRAVELY SINGING, FLY  
SCARCE HEARD AMID THE GUNS BELOW.

WE ARE THE DEAD. SHORT DAYS AGO  
WE LIVED, FELT DAWN, SAW SUNSET GLOW,

LOVED AND WERE LOVED, AND NOW WE LIE  
IN FLANDERS FIELDS.

TAKE UP OUR QUARREL WITH THE FOE:  
TO YOU FROM FAILING HANDS WE THROW  
THE TORCH; BE YOURS TO HOLD IT HIGH.  
IF YE BREAK FAITH WITH US WHO DIE  
WE SHALL NOT SLEEP, THOUGH POPPIES GROW  
IN FLANDERS FIELDS.

*- John McCrae*

**YOUR OFFICIAL COMMUNITY NEWSLETTER ON THE GO!**

[HTTPS://ISSUU.COM/MINDSDESIGN](https://issuu.com/mindsdesign)

**New SECA Board of Directors!...**Please see pg. 3.

**PURCHASE YOUR CA MEMBERSHIP ONLINE:** [WWW.SHAWNEE-EVERGREEN.CA](http://WWW.SHAWNEE-EVERGREEN.CA)

# EQUIPMENT EXPRESS

**Lower Prices  
Than Big Box Stores**

**Cub Cadet**

## 221LHP Snowblower

- 208cc OHV engine
- Electric start
- 21" clearing width
- Scrapes down to pavement
- Easy to maneuver
- 3 year warranty

**\$799.<sup>99</sup>**



## 2X28 Snowblower

- 277cc OHV engine
- Electric start
- 28" auger and impeller
- Full power steering
- Heated Handles
- Remote chute controls
- Large 16" snow tires

**\$1399.**



## CALGARY GRAND OPENING SALE !!!

**STIHL**

### MS170-16" Chainsaw

- 30cc engine
- 16" bar & chain
- Anti-vibration system

**SAVE \$90**

**\$199.<sup>99</sup>**



**\$259.<sup>99</sup> WITH  
WOODPRO KIT**

**STIHL**

### BG50 Blower

- 27cc engine
- 224km/hr air speed
- Only 7.9 lbs.

**SAVE \$30**

**\$189.**



MSRP: \$219.<sup>99</sup>

**STIHL**

### MS291 Chainsaw

- 3.8 HP 56cc semi-pro engine
- 16", 18" or 20" bar & chain
- Metal spring anti-vibration

MSRP: \$599.<sup>99</sup>

**SAVE \$100**

**\$499.**



Priced with 16" bar & chain

**STIHL**

### BR350 Backpack Blower

- 63cc Professional engine
- 436 cubic feet per minute
- Spring anti-vibration

MSRP: \$499.<sup>99</sup>

**SAVE \$20**

**\$479.<sup>99</sup>**



**GREAT FOR  
CLEARING SNOW**

All regular & sale prices include full setup & delivery

**NEW Calgary Location: 3404, 114<sup>TH</sup> Avenue SE, Calgary, AB**

**Phone: 403-523-7028**

# SECA President's Report

The turnout at our AGM on October 1st was disappointing. However, I am pleased to announce that we have two new directors who have joined the SECA Board. They are Mika Larha and Rose-Lyne McCall. We will continue to seek residents who would like to join our Board of Directors or who are interested in assisting in developing plans for the use of our Playground Fund money. If you are interested in joining the Playground Fund Committee which is looking for alternative uses, please contact Lynn Jobe at [ljobe@gmail.com](mailto:ljobe@gmail.com) or (403) 606-2406.



## YOUR BOARD OF DIRECTORS FOR 2018/19 IS:

- Brad Smith, President
- Lynn Jobe, Vice President
- Peter Snell, Secretary/Treasurer
- Liala Elrafihe, Director – Social
- Lynn Jobe, Director – Playground Fund
- Norm Rousseau, Director – Development
- Ajay Khanolkar, Director – Trico Centre
- Zeinab El Kady, Director Cardel South Recreation Association
- Mika Larha, Director
- Rose-Lyne McCall, Director
- Sharon Raduloff, Director
- John Raich, Director

Sincerely,

Brad Smith,  
SECA President

"TO PUT  
OTHERS IN  
FRONT  
OF OURSELVES  
IS TO PUT  
GOD IN  
FRONT OF  
EVERYTHING."

CRAIG D.  
LOUNSBROUGH



## KEEP ACTIVE THIS WINTER WITH THE CITY'S RECREATION PROGRAM GUIDE

The City of Calgary's Winter Recreation Program Guide offers hundreds of fun and affordable recreational opportunities to get you and your family more active, more often. Registered programs include swimming, skating, fitness, arts and sports. With dozens of facilities located throughout the city, there are many convenient locations for you and your family.

Registration begins Nov. 26.

Visit: [calgary.ca/register](http://calgary.ca/register)



**Coming Soon!**

Our Winter 2019 Program Guide will be available November 5th!

Registration for Winter Programs is open November 13 & 14 for members, and November 15 for non-members.

**Beat the Winter Blues with Us!**

Trico Centre for Family Wellness  
11150 Bonaventure Dr SE 403-278-7542 [www.tricocentre.ca](http://www.tricocentre.ca)







## 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](mailto: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 South Fish Creek Recreation Association
- 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](http://www.shawnee-evergreen.ca/Membership.page) or complete form below

### 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 # \_\_\_\_\_

Officers	
Brad Smith	President
Lynn Jobe	Vice President
Peter Snell	Secretary/Treasurer
Other Directors	
Liala Elrafihe	Director - Social
Lynn Jobe	Director - Playground Fund
Zeinab El Kady	Director- Cardel Recreation Centre South
Norm Rousseau	Director - Development
Ajay Khanolkar	Director - Trico Centre
Mika Larha	Director
Rose-Lynne McCall	Director
Sharon Raduloff	Director
John Raich	Director

**ADVERTISING OPPORTUNITIES are available on our publisher's website [www.mindsdesign.ca](http://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](mailto:info@shawneeevergreen.ca) and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or [info@mindsdesign.ca](mailto: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@SHAWNEEEVERGREEN.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](http://www.cardelrec.com) for a complete listing of our programming.

# Coyotes

## Our WILD neighbours

We share our city with many predators including coyotes. Coyotes are an important species in the ecosystem and usually can co-exist nicely with human development. Coyotes have a natural fear of humans and are not normally a danger to people unless they become habituated. It is important not to feed coyotes! If coyotes are regularly seen in your yard, they are probably finding a source of food there. To deter coyotes from taking up residence in and around your yard remove food sources such as fallen fruit or berries, birdseed, and dog feces. This goes for public parks as well! Scoop your poop! If you notice aggressive coyote behaviour in city parks during denning season please report this behaviour to 311.

If you encounter an aggressive coyote, do not turn or run away. Make yourself large by shouting and waving your arms overhead. Maintain eye contact with the animal and back away slowly.

~ J.G. Turner

~ Backyard Bobcat,  
Sue Acorn



### DID YOU KNOW?..

- Coyotes will eat just about anything including hares, small rodents, wild fruit, carrion and insects.
- In Calgary Coyotes main prey item is juvenile hares
- Coyotes walk on their toes which helps them hunt silently
- With the decline of wolf populations coyotes have filled that niche and are thriving
- Coyotes are fast runners, galloping at 40 km/hr and able to reach 64 km/hr

We can live harmoniously with these fascinating animals; there is room in Calgary for all of us! For more information about how to co-exist with coyotes please visit [calgary.ca/parks](http://calgary.ca/parks)

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-214-1312, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

## ANTIOXIDANTS

Antioxidants are good for you, right? But what, exactly is an antioxidant? Why are they so important in your diet?

**ABOUT ANTIOXIDANTS.** Antioxidants are a substance that may protect your body's cells from damage due to a process called oxidation. Some damage to your cells is natural as you age, but other damage happens due to external factors such as pollution, smoke or an unhealthy diet. Antioxidants essentially help prevent or delay this damage.

**BENEFITS.** Research from Dietitians of Canada has shown that consuming foods rich in antioxidants may be good for your heart health and may also help to lower your risk of infections.

**VITAMIN C.** There are a number of great sources of antioxidants, including Vitamin C. So, eating foods or drinking beverages that are high in Vitamin C is a great way to get antioxidants into your body. Try oranges, broccoli, lemons, brussel sprouts and strawberries.



~ newscanada.com





## TAP INTO YOUR CREATIVE SIDE WITH THE CITY OF CALGARY!

Calgary



Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist. The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities, allowing you to get more creative, more often. Performing and visual arts classes range from beginner drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different.

Registration is now open. To tap into your inner artist and see which program is right for you, visit [calgary.ca/register](http://calgary.ca/register).

## RECREATION ACTIVITIES

### SATURDAY AND SUNDAY SPLASH SWIM – \$1 FOR KIDS

Check your favourite pool schedule for Splash Swims. Admission is \$2/ adult and \$1/child or senior. Search [calgary.ca/recreationdeals](http://calgary.ca/recreationdeals).

### TERRIFIC TUESDAYS AT SOUTHLAND LEISURE CENTRE

Tuesdays, 4 - 10 p.m. Come join us for 50% off regular admission. Waterpark access begins at 7 p.m. All ages. Visit [calgary.ca/southland](http://calgary.ca/southland).

### TOYS IN THE WATERPARK, THURSDAYS AT SOUTHLAND LEISURE CENTRE

Toys in the Waterpark from 7 - 9 p.m. Try out our giant inflatable obstacle course or "walk on water" in one of our WOW balls. Anyone age 7 and up can try them out. General admission applies. Visit [calgary.ca/southland](http://calgary.ca/southland).

### SUNDAY FAMILY SWIM

Sundays, 8 a.m. – noon at Southland Leisure Centre. Come enjoy

our waterpark! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Visit [calgary.ca/southland](http://calgary.ca/southland).

### SOCCER DROP-IN

Mondays, Wednesdays & Fridays, 11:30 a.m. – 1:30 p.m. at the Calgary Soccer Centre Age: 18+. Develop foot skills, practice drills or play a game. Bring your own ball.

### DROP-IN CLIMBING WALL

Located at Southland Leisure Centre and Beltline Aquatic & Fitness Centre. For drop-in schedules, visit us online or contact 311.

### PLAYSCHOOL PROGRAMS FOR PRESCHOOLERS AT SOUTHLAND AND VILLAGE SQUARE LEISURE CENTRES

Flexible options for preschoolers: registered, drop-in or year round. Visit [calgary.ca/playschool](http://calgary.ca/playschool).



# Your Community CLASSIFIED ADS!

To place your classified ad, contact us at 403-203-9152  
or email: [newslettersales@mindsdesign.ca](mailto:newslettersales@mindsdesign.ca) today!

**BASEMENT WINDOWS R-US:** New or larger window openings - includes complete install. Digging, concrete cutting, windows supplied, installed. Window well, backfill, excess material/dirt hauled away. Also, decks & fences. Over 48 years exp. Call 403-201-0317. Cell: 403-660-0612

**BLUE WAVE PLUMBING LTD:** We offer residential and commercial plumbing and gas fitting, including full renovations and backflow testing. We are fully licensed, insured and a member of the BBB. We offer 24 hour emergency service. Call now to receive 10% off your bill before GST. Call 403-461-5641 or visit [www.bluewaveplumbing.com](http://www.bluewaveplumbing.com)

**BRH HOME HANDYMAN SERVICES:**  
Doing it right the first time. **FREE ESTIMATES!** With over 35 years experience in plumbing, electrical, drywall, carpentry, painting, tiling, flooring, decks and all areas of renovation/construction. For your **FREE ESTIMATE**, call 403-481-1774

**CLEANING SERVICES BY C&W Household Artists Inc:** Our service is tailored to suit your personal needs. **DISCOUNT PERK FOR NOVEMBER\*:** 1st Referral 10%, 2nd Referral 15%, 3rd Referral 20%. \*Discount is one cleaning per referral. Gift Certificates Avail. Bonded - Licensed - Insured. Call: 403-519-6111 or email: [info@cleaningartists.com](mailto:info@cleaningartists.com)

**IF WE CAN SHOW YOU HOW TO ELIMINATE, REDUCE OR SUBSIDIZE YOUR MORTGAGE OR RENT PAYMENTS,** would you be interested?  
Call 403-478-4355 to learn more!

**HARDWOOD FLOORS – COMMITTED TO YOUR SATISFACTION:** Unfinished, prefinished, engineered, laminate flooring, new installs or repairs, exceptional crafts-manship, free estimates! Les at 403-399-0243 or 403-236-7991

**LANDSCAPING BY MARCEL.** All snow removal services provided. Local company. For a free estimate on snow removal & fall cleanup, call 403-472-4645. [www.landscapingbymarcel.ca](http://www.landscapingbymarcel.ca)  
See our display ad on page 13.

**NEPTUNE PLUMBING & HEATING LTD.:** Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!



It's an app  
for your  
phone.

THIS  
NEWSLETTER  
IS ALSO FOUND  
ON THE BLOCK  
TALK APP

**DOWNLOAD NOW** to receive urgent safety alerts (from your neighbours) specific to the communities you choose to follow!

*Block Talk is a Calgary Company - [BlockTalk.ca](http://BlockTalk.ca)*

**PLUMBING PARAMEDICS:** For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. Expires November 30, 2018. BBB Accredited Business. Call today! 403-452-2911 [www.plumbingparamedics.ca](http://www.plumbingparamedics.ca)

**WHETHER YOU LIVE TOO LONG OR DIE TOO SOON...** there's an insured plan that will meet your needs. I would like to hear from you. Please call Sabrina at 403-620-1287 with [SteppingStonesFinancial.ca](http://SteppingStonesFinancial.ca)

## DIVE IN Movie at Village Square, and Southland Leisure Centres!



Experience the movies like never before at **VILLAGE SQUARE LEISURE** Centre. Come settle in for a night at the movies in the water park. Rent our tubes, bring your own floatation devices or lounge poolside. You'll enjoy a great film and an even better time with friends, family and neighbours. For specific movie titles check out our facebook page closer to the event date.

Age: All ages. Regular Admission  
Time: 6-8PM | Village Square Leisure Centre  
2623 56th ST NE | Friday, November 30  
Visit: [calgary.ca/villagesquare](http://calgary.ca/villagesquare).

Experience the movies like never before at **SOUTHLAND LEISURE CENTRE**. Come settle in for a night at the movies in the water park. Lounge poolside, or watch from the water itself. You'll enjoy a great film and an even better time with friends, family and neighbours. Tube rentals, concession and popcorn will be available. Nightly door prizes.

Age: All ages. Regular Admission  
Time: 6:30-8:30PM | Southland Leisure Centre,  
2000 Southland Dr. SW  
Saturday, November 17 | Visit: [calgary.ca/southland](http://calgary.ca/southland).



# YOUR CITY SECTION

facebook.com/thecityofcalgary  
twitter.com/cityofcalgary calgarycitynews.com

## Check out these important updates from The City of Calgary

Weigh-in on The City of Calgary's service plans and budgets for 2019-2022. Visit [calgary.ca/yourservices](http://calgary.ca/yourservices) for details.

Starting the week of November 6th, your green cart will be collected once every other week. Visit [calgary.ca/collection](http://calgary.ca/collection) to find your new green cart schedule.

Are you ready for winter weather? Prepare for winter storms this year. Learn the risks ahead of time. Visit [calgary.ca/getready](http://calgary.ca/getready) for details.

When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can leak. For more information on leaks and how to fix them visit [calgary.ca/waterleaks](http://calgary.ca/waterleaks).

The City's Winter Recreation Program Guide has hundreds of fun and affordable activities to help your family get more active. Registration begins November 26. Visit [calgary.ca/register](http://calgary.ca/register).

The City of Calgary is offering hundreds of artistic and creative programs for all ages, interests and abilities. Discover your inner artist, visit [calgary.ca/register](http://calgary.ca/register).

After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised programs across Calgary. Learn more at [calgary.ca/afterschool](http://calgary.ca/afterschool).

Enjoy an action-packed afternoon of free activities and entertainment for all ages at Ralph Klein Park (12350 84 St. S.E.) on Sunday, November 18. 1-3 p.m. Visit: Ralph Klein Park [calgary.ca/CSPS/Parks/Pages/Locations/SE-parks/Ralph-Klein-Park.aspx](http://calgary.ca/CSPS/Parks/Pages/Locations/SE-parks/Ralph-Klein-Park.aspx)

Celebrate National Child Day with a children's art exhibition at Wildflower and North Mount Pleasant Arts Centres on Tuesday, November 20 from 9 a.m. to 9:30 p.m. Visit: Wildflower Arts Centre [calgary.ca/CSPS/Recreation/Pages/Arts-centres/Wildflower.aspx](http://calgary.ca/CSPS/Recreation/Pages/Arts-centres/Wildflower.aspx) or North Mount Pleasant Arts Centre [calgary.ca/CSPS/Recreation/Pages/Arts-centres/North-Mount-Pleasant.aspx](http://calgary.ca/CSPS/Recreation/Pages/Arts-centres/North-Mount-Pleasant.aspx)

DIVE IN Movies are back this fall at Southland Leisure Centre. Join the fun on Sat. Nov. 17 from 6:30 – 8:30 p.m. All ages + adult, regular admission. Visit [calgary.ca/southland](http://calgary.ca/southland).

DIVE IN Movies are back this fall at Village Square Leisure Centre. Join the fun on Fri. Nov. 30 from 6:00 – 8:00 p.m. All ages + adult, regular admission. Visit [calgary.ca/villagesquare](http://calgary.ca/villagesquare)



Calgary



## WEIGH-IN ON THE CITY OF CALGARY'S SERVICE PLANS AND BUDGETS FOR 2019-2022

Every four years, The City of Calgary creates business plans and budgets to deliver on what's important to Calgarians. Public input is an important part of this process as what we hear from citizens helps to shape The City's focus for the next four years. The 2019-2022 service plans and budgets are based on direction from Council, and what we heard from Calgarians throughout the process.

During the last week of November, the public has another opportunity to weigh in on The City's next four-year budget. The public is invited to attend Council meetings and provide their input to Council on what The City is proposing for the 2019-2022 service plans and budgets.

If you are interested in presenting your feedback to Council in-person, or via a written submission, visit [calgary.ca/yourservices](http://calgary.ca/yourservices) and click "Give feedback" for more details.



## PREPARE your HOME for winter

**Make your life a little less stressful by making your home more weather resistant with this checklist:**

**SEAL THOSE LEAKS AND SAVE MONEY.** Keep an eye out for missing or loose shingles and gaps around your chimney and other openings. Check areas around windows, doors and the foundations for cracks. If you identify areas where water or air could cause leaks, you'll save yourself the trouble of future repairs. Installing weather-stripping where appropriate is also a good way of keeping ice from intruding. Talk to a professional to handle any repairs you're not comfortable doing yourself and be sure to ask for project estimates up front.

**KICK THE CO TO THE CURB.** Check that your carbon monoxide detectors are working properly and replace old batteries before winter hits. Use the fan on your stove hood if you cook with a gas-burning oven. Adjust your burners to ensure you get a blue flame; a yellow flame produces more harmful emissions if you're using gas.

**REPLACE YOUR FURNACE FILTERS MONTHLY.** If you tend to see an increase in your heating bills during the winter months, it's likely due to a dirty furnace filter. To avoid this, check and replace your filters each month in the winter. Pleated filters work best by trapping more dirt and particles. Not sure if yours needs replacing? Hold it up to the light and if you can't see through it, you likely need a new one. Not sure how to locate your furnace filter? Read the owner's manual for instructions.

**CLEAN YOUR GUTTERS.** Gutters help drain water from the roof of your house. If they're clogged, they're more likely to freeze and cause additional blockage. When gutters are blocked, the melting snow and ice can leak through your roof and could flood the foundation in your home, causing additional damage and unnecessary stress. Take some time while it's still mild out to clean the gutters, or have a professional roofing contractor take a look for you.

**TRIM TREES AROUND THE HOUSE.** Any long branches that hang close to your house, roof or gutters should be pruned before the weather gets too cold. Heavy snow and ice can cause branches to collapse easily and potentially fall on your home, causing damage and costly repairs.

~ [www.newscanada.com](http://www.newscanada.com)

## Community Services

### 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

**“The most sublime act is to set another before you.”**

**~ William Blake**

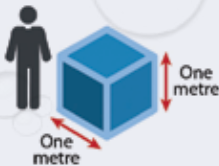
# Water leaks and basic repairs

When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can eventually leak.



## How much do water leaks really cost?

Water is measured in cubic metres (m<sup>3</sup>)



**The average Calgarian uses approximately 7 m<sup>3</sup> every month.**

1 m<sup>3</sup> = 1,000 litres

7 m<sup>3</sup> = 7,000 litres

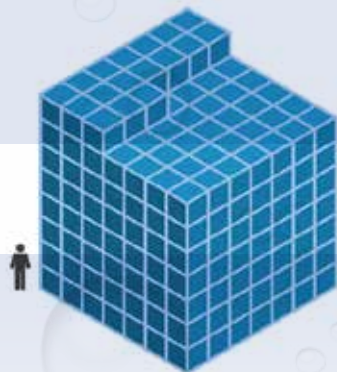
**For 2018 each cubic metre costs \$3.15\***



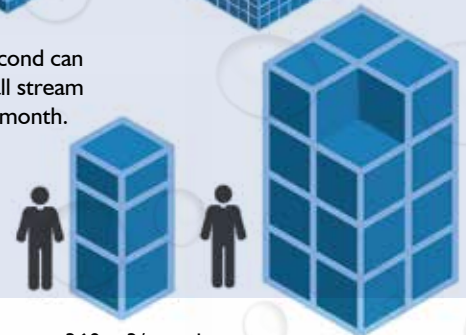
Leaks can range in size. A chain caught under a toilet flapper can waste 3 m<sup>3</sup>/month. A leak this size could increase your bill by \$9.45 each month. If the water level in the toilet tank is too high and overflowing into the overflow tube or the flapper is completely lifted it can waste up to 1,200 m<sup>3</sup>/month. A leak this size could increase your bill by \$3,780.48 each month.\*\*



In the case of a leaky faucet, the size and cost of leaks can range as well. One drop per second can waste 2.5 m<sup>3</sup>/month. A leak this size could increase your bill by \$7.87 each month. A small stream of water can waste 15 m<sup>3</sup>/month. A leak this size could increase your bill by \$47.26 each month.



A steady flow of water accidentally left running can waste 360 m<sup>3</sup>/month. A leak this size could increase your bill by \$1,134.14 each month.\*\*\*



**Use your water meter to check for leaks. In Calgary most water meters are installed inside the house where the water pipe enters your home. This is usually in the basement, near your main water shut-off valve.**

1. Turn off all taps and water appliances (dishwashers, washing machines) in your home.
2. Watch the flow register on the face of the meter. The register could look like a gear (round or triangular, black or red) or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water using devices, such as your taps, humidifier, hot water heater and water softener for leaks.

For more information and our high consumption checklist visit [Calgary.ca/waterleaks](http://Calgary.ca/waterleaks)

Volume of water can vary based on type of fixture and water pressure. Assumes a 30 day billing period.

\* Based on 2018 water rate (\$1.6652/m<sup>3</sup>) and wastewater rate (\$1.4852/m<sup>3</sup>) for Calgary. Not including service charges.

\*\* Based on modeling of possible flow rate of 1" diameter residential service line.

\*\*\* Based on a 2.2 gallons per minute tap aerator as per bylaw requirement.





## Jason Kenney, MLA Calgary-Lougheed

311A, 2525 Woodview Dr. S.W. Calgary, Alberta T2W 4N4  
Phone: (403) 238-1212 Email: [calgary.lougheed@assembly.ab.ca](mailto:calgary.lougheed@assembly.ab.ca)

### REPRESENTING THE COMMUNITIES OF BRIDLEWOOD, EVERGREEN, WOODBINE & WOODLANDS



In addition to serving as Leader of the Official Opposition, I am proud to represent the good people of Calgary-Lougheed in Alberta's Legislature. Here are some recent highlights:

#### **WE WILL REMEMBER THEM**

This Remembrance Day marks the 100th anniversary of the end of the First World War. About 650,000 men and women from Canada and Newfoundland served during The Great War. More than 66,000 gave their lives and over 172,000 were wounded before the fighting ended on Nov. 11th, 1918.

Remembrance Day is about more than remembering the battles of yesterday. It's also about fulfilling a commitment to those who fight for our nation's freedom and security. Whether serving in Europe, Asia, the Middle East, or right here at home, Canadian soldiers have a long and proud history of going above and beyond the call of duty.

With courage equaled only by the sacrifices they have made, Canada's soldiers and veterans continue to serve our country with distinction. On Sunday, Nov. 11th, I hope you will join me in honouring them.

#### **BILL C-69**

Two hundred and twenty nine days. That's how long it took Alberta's NDP government to speak out publicly against the Trudeau Liberals' Bill C-69.

The bill, introduced back on February 8th, completely overhauls the federal approval process for major projects like pipelines. The new system includes highly subjective criteria including the "social impact" and "gender implications." These changes virtually guarantee that even when projects are approved, they will be tied up in the courts indefinitely. As leading industry experts have indicated, Bill C-69 will be devastating for all of Western Canada, as it makes any new project practically infeasible for any privately owned company. The implications are clear, and with investor confidence at an all time low Bill C-69 poses a threat on par with the National Energy Program on the 1980s.

The day Bill C-69 was tabled in the House of Commons I took my concerns public. In March, I wrote to the Premier outlining the dangers, and in June I tabled a motion in the Legislature to urge a united front in fighting the bill. Every step of the way the NDP opposed my efforts. In fact, it took 229 days for Premier Notley to say a single thing publicly against Bill C-69. She didn't speak up until after the bill received House of Commons approval, and even then refused to call for the bill to be defeated outright.

Albertans deserve better.

#### **CONTACT:**

As an elected MLA, my first duty is to represent you. If you have questions, concerns, or just want to share your thoughts with me, please feel free to reach out to my Constituency Office (311A, 2525 Woodview Dr. SW), email [calgary.lougheed@assembly.ab.ca](mailto:calgary.lougheed@assembly.ab.ca) or call 403 238-1212.

Sincerely,

MLA Jason Kenney, Calgary Lougheed  
Official Opposition Leader

### **GREEN CART SCHEDULE CHANGES THIS WINTER**

The seasons are changing and so is green cart collection. Starting the week of November 6th, your green cart will be collected once every other week.

There are no changes to blue or black cart collection.

Carts need to be put out by 7 a.m. on collection day and properly spaced. Weekly green cart collection will resume in the spring. Visit [calgary.ca/collection](http://calgary.ca/collection) to find your new green cart schedule.



# Winterfest!

## Free activities

Enjoy an action-packed afternoon of free activities and entertainment for all ages. Get creative in our crafts room, join a guided park tour or test out your bird watching skills. Learn fun facts about the park's wildlife, try out some nature games or enjoy watching a movie. Visit our many exhibitors who will be sharing information about this year's National Child Day theme: a child's right to identity.

**Sunday, November 18, 1 - 3 PM**  
**Ralph Klein Park – 12350 84 St. SE**  
**Visit: Ralph Klein Park**



## Landscaping By Marcel

All Snow Removal Services Provided

**403-472-4645**

info@landscapingbymarcel.ca

[WWW.LANDSCAPINGBYMARCEL.CA](http://WWW.LANDSCAPINGBYMARCEL.CA)

### SERVICES PROVIDED:

- CLEARING OF SNOW AND ICE FROM WALKWAYS, DRIVEWAYS, PARKING LOTS, ETC.
- PLOW/BOBCAT SERVICES
- SAND/ICE MELT APPLICATIONS

- FALL & Spring Clean Ups
- Landscaping Design, Lawn Care Management & Commercial Landscaping
- Arborist Tree Specialties: Planting, Pruning, Species Selection, etc.



LOCAL  
LANDSCAPE  
COMPANY

- Mulch + Top Soil & Decorative Gravel and Stone
- Large Excavation & Site Work: Pool & Home Foundations
- Irrigation Systems, Sprinkler Systems & Lawn Drainage Systems
- Paver Patios, Walkways & Paths, Retaining Walls and Estate Gates, Decks & Fencing
- Outdoor Kitchens & Outdoor Fireplaces, Seasonal Planters
- Pool Side Landscaping & Water Features (ponds, waterfalls, etc.)

## Councillor Diane's *City Hall Update*

### Councillor Diane Colley-Urquhart

Email: dcolley@calgary.ca - Phone: 403.268.1624

Website: CouncillorDiane.ca

Twitter/Instagram: @BigRedYYC - FB: Facebook.com/dianecu

**Honored to represent Calgarians at the September 11th ceremony at City Hall remembering those police officers and firefighters lost in the line of duty.**



#### **OLYMPIC AND PARALYMPIC GAMES 2026 UPDATE**

With Council making a final decision to give citizens the opportunity to vote on a potential bid for the 2026 Olympic and Paralympic Winter Games (OPWG), here is the question that you will be asked on November 13, 2018. Please vote!

**Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?**

☐ I am for Calgary hosting

☐ I am against Calgary hosting

#### **OLYMPIC BID 2026 TIMELINE:**

- Nov 6 and 7: Advanced Vote of the Electors
- After Nov 13: Council considers the results of the plebiscite
- Nov 13: Regular Vote of the Electors
- Jan 2019: Bid submission due date to IOC

#### **CITIZEN VOTING INFORMATION**

Advanced voting will take place on November 6 and 7, from 11:00am to 7:00pm. You may also request a Mail-in Ballot if you are unable to vote during the Advanced or Vote Day due to the following reasons:

Physical incapacity; or Absent from the City; or Working Vote Day (as a plebiscite employee or volunteering/working on a campaign).

All mail-in ballots must be returned by November 13 at 4:00pm (MST).

**All voting option details are available online, including mail-in ballot request forms and locations of the Advanced or Vote Day voting stations. For full details on the Vote of the Electors please visit [Calgary.ca/Vote2018](http://Calgary.ca/Vote2018).**

I have heard from several of my Ward 13 constituents, voicing both support and reservations about the potential Olympic Bid. I would like to strongly encourage you and your fellow neighbours to all to participate in the Vote of the Electors on November 13. I am committed to voting according to the results, whether this be for or against the Olympic Bid. Thank you all for taking the time to learn about this important issue, as it affects every Calgarian, and the future of our City.

#### **THE CITY OF CALGARY'S SERVICE PLANS AND BUDGETS FOR 2019-2022**

Every four years, The City of Calgary creates business plans and budgets to deliver on what's important to Calgarians. Public input is an important part of this process as what we hear from citizens helps to shape The City's focus for the next four years. The 2019-2022 service plans and budgets are based on direction from Council, and what we heard from Calgarians throughout the process.

During the last week of November, the public has another opportunity to weigh in on The City's next four-year budget. I'd like to invite you to attend Council meetings and provide your input to Council on what The City is proposing for the 2019-2022 service plans and budgets.

If you are interested in presenting your feedback to Council in-person, or via a written submission, visit [Calgary.ca/YourServices](http://Calgary.ca/YourServices) and click "Give feedback" for more details, or contact my office.

#### **GREEN CART WINTER SCHEDULE CHANGES**

Starting the week of November 6, your green cart will be collected once every other week. There are no changes to blue or black cart collection. Weekly green cart collection will resume in the spring. Visit [Calgary.ca/Collection](http://Calgary.ca/Collection) find your new green cart schedule.



# What is **SCAN**?

## A message from the Federation of Calgary Communities

The Safer Communities and Neighbourhoods Act (SCAN) is a civil legislation that investigates residential and commercial properties that residents identify as issues in their community.

Once a resident reports an issue, incident, or property to SCAN, Investigators will begin a process to access and determine the issue with that property. SCAN targets properties, not people. If criminal activity is uncovered by the unit, Calgary Police and SCAN investigators will work together to resolve the issue.

SCAN investigators look into drug and sex trafficking and/or gang-related crime.

For more information  
visit [scan.alberta.ca](http://scan.alberta.ca)  
or call 1-866-960-7226.



## National Child Day Art Exhibition - **FREE**

In celebration of **National Child Day**, we invite you and your family to stop by Wildflower Arts Centre (3363 Spruce Dr. S.W.) and North Mount Pleasant Arts Centre (523 27 Ave. N.W.) on **Tuesday, November 20 from 9 a.m. to 9:30 p.m.** to view a wonderful selection of children's artwork and enjoy some refreshments.

**FREE. ALL AGES**

**Visit:** Wildflower Arts Centre or  
North Mount Pleasant Arts Centre



## Heading south for the winter? **KEEP YOUR HOME SAFE**

The winter months often see the flight of Canadian snow bird vacationers down south. While leaving your snow-covered home for a beach and tan may be appealing, your empty home may seem like an open invitation for prying eyes and unwanted guests. Fortunately, the tips below can help you keep your home safe while you're off chasing the sun.

**Don't disclose that your home is empty.** Be sure not to disclose the dates of your trip on social media or leave voicemail messages that reveal that you'll be away. Providers like Belairdirect can help you assess if you have the right coverage ahead of your trip, letting you shift your focus to sun protection.

**Create the impression your home is holiday headquarters.** While you don't have to stage a bustling holiday party, you can do simple things to protect yourself. Install a timer to turn lights on and off at different times and ask a neighbour or relative to shovel your driveway, move your vehicle, and collect your mail.

**Set up some "traps" to foil intruders.** Put away the thumb tacks — there are some simple "traps" you can put in place to keep your home secure. Install a safety bar on patios or place a stick in between a sliding door to prevent it from opening. Set the ultimate trap by activating your home alarm system.

**Be proactive.** Be sure to put away any outdoor items that could be used to break into your home, turn off water, drain all systems and appliances, and unplug electrical and electronic devices. Above all else, make sure you're properly insured.

~ [www.newscanada.com](http://www.newscanada.com)



TIPS TO SURVIVE

# FLU SEASON

**With winter right around the corner, many of us are already anticipating the dreaded cold and flu season. But this time of year doesn't have to mean a household full of runny noses, sore throats, achy muscles and fevers.**

**Some tips to combat and survive this year's flu season.**

**FIND WAYS TO MINIMIZE STRESS.** Chronic stress wears you down, both emotionally and physically, leaving your body more susceptible to infection and disease. Make an effort to find some activities that help you unwind. Listening to a meditation app, doing yoga, laughing with friends or even just taking a bath may help clear your mind and lower those harmful stress hormone levels.

**EXERCISE DAILY.** You don't need to be an athlete to reap the benefits of daily exercise. Exercise may help slow down the release of stress hormones, which in turn helps boost immune function over time. In fact, research has found that moderate exercise even helps to prevent the onset of the common cold. Aim to spend at least 30 minutes each day doing something active.

**INCREASE ZINC LEVELS.** Zinc is a mineral that helps your body stay healthy, not only strengthening your immune system but also promoting normal growth and development at all ages. For a delicious way to get your zinc, try Tetley Super Herbal Tea-Immune that has lemon, echinacea and zinc. This tasty tea is high in zinc, containing 20 per cent of an adult's recommended daily intake of zinc per cup.

**GET ENOUGH SLEEP.** When deprived of quality shut-eye, your body experiences an increase in stress hormones, which starts to wear down your ability to fight off disease and infection. Skip the caffeine after noon, shut off all electronics before bed, keep your room as dark as possible and create a relaxing pre-bed routine to help you get seven to nine hours of sleep each night.

**KEEP GOOD HYGIENE HABITS.** Unless you plan to barricade yourself this winter, it's impossible to steer completely clear of germs. Your best defence is to wash your hands thoroughly and often using soap and hot water, scrubbing for at least 20 seconds. And don't forget to be courteous — practice the "sleeve sneeze" to avoid transferring pathogenic germs onto your hands.

~ [www.newscanada.com](http://www.newscanada.com)