

SEPTEMBER 2014

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# your **BEDDINGTON**

## BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

**AGM**

OCTOBER 28

**BABYSITTER LIST  
INSIDE**

**BEDDINGTON HEIGHTS  
COMMUNITY ASSOCIATION**

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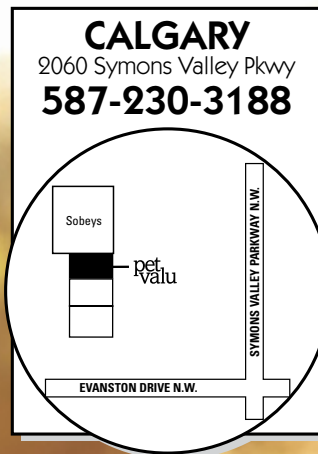
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petvalu.com





## Beddington Community Association

375 Bermuda Dr. NW Calgary, AB – T3K 2J5  
Phone: 403.295.8837 • Fax: 888.371.4991  
banner@beddingtoncommunity.ca  
www.beddingtoncommunity.ca

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## NEWSLETTER AD SALES



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# YOUR COMMUNITY CONNECTIONS

## SCHOOLS

*(FR) denotes French Immersion*

### PRESCHOOLS

Beddington Community Preschool Association  
Located in the Beddington Pentecostal Church

403-275-6813

**North Haven Preschool Playhouse**

403-274-6682

**Beddington Heights Before and After School Program (BASP)**

403-295-8837

### Calgary Board of Education

Beddington Heights

K-6

403-777-6610

Sir John A. Macdonald

7-9

403-777-7670

John G. Diefenbaker

10-12

403-274-2240

King George (FR)

K-6

403-777-6210

Georges P. Vanier (FR)

7-9

403-777-7460

William Aberhart (FR) 10-12 403-289-2551

All other CBE schools & programs can be found at [www.cbe.ab.ca](http://www.cbe.ab.ca)

### Catholic School District

St. Bede

K-6

403-500-2082

St. Helena

7-9

403-500-2049

Notre Dame

10-12

403-500-2109

S. Pius

K-6 (FR)

403-500-2015

Madeleine d'Houte

7-9 (FR)

403-500-2008

St. Dominic Fine Arts

K-6

403-500-2058

## WORSHIP

Pathway Church

(587) 581-1858

Beddington Pentecostal (BP) Church

(403) 275-7133

Calgary Chinese Alliance Church

(403) 274-6923

Ascension Catholic Parish

(403) 275-2240

## COMMUNITY PROGRAMS

MSB Soccer

[registrar@msbunited.ca](mailto:registrar@msbunited.ca)

[www.msbunited.ca](http://www.msbunited.ca)

Centennial Little League

[president@cldbbaseball.ca](mailto:president@cldbbaseball.ca)

Nose Creek Softball

403-547-8836

199 Beddington Scout Group

[www.beddington199.ca](http://www.beddington199.ca)

Parent Link Centre - 520 - 78 Ave. N.W.

403-275-6668

ACKU Karate Beddington Club (Jim or Julie Bray)

403-232-0228

Beddington Heights Community Arts Centre

[www.calgarycommunitytheatre.ca](http://www.calgarycommunitytheatre.ca)

Dashing Dishes (Nydia)

[www.dashingdishes.com](http://www.dashingdishes.com)

Joe Li Tutoring (Joe Li)

403-617-8818

Fit Chicks

[amanda@fitchicks.ca](mailto:amanda@fitchicks.ca)

Rocket Vocal Studio

Emma

403-479-7605



# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Drive NW • Phone: 403-295-8837 • Fax: 888-371-4991  
Website: [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) | Email: [banner@beddingtoncommunity.ca](mailto:banner@beddingtoncommunity.ca)

## EXECUTIVE DIRECTORS

President	Alexis Rivett
Vice President	Faith D'Aloisio
Secretary	Faith Lau
Treasurer	Jacques Botha
Directors at Large	Jessica Martin
Directors at Large	Ammar Shahid
Directors at Large	Roy Alexander

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BeddingtonHeights  
Community  
Association](http://www.facebook.com/BeddingtonHeightsCommunityAssociation)



## COMMITTEES

Casino Coordinator VACANT

## BEFORE AND AFTER SCHOOL PROGRAM

BASP Manager Heather McKie 403 295 8837 [bhca.basp@shaw.ca](mailto:bhca.basp@shaw.ca)



# Beddington Heights Community Association Membership Application

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Family Member's Names / Ages:

Name

Age

_____	_____
_____	_____
_____	_____
_____	_____

375 Bermuda Drive NW, Calgary AB T3K 2J5  
Membership: \$20

# Before and After School Program

September Update

This summer flew by with lots of exciting fieldtrips and excellent weather! We loved the new rooms and had increased registration from the previous year. We enjoyed a full program with lots of new faces. Hopefully we will see everyone again next summer!

Some stand out fieldtrips included the Royal Tyrrell Museum; the Calgary Corn Maze; the Southland Leisure Centre; and of course, our older program's camping trip. It was an eventful one this year- lots to remember!

We are looking forward to September- getting back into the school routine and welcoming new Kindergarten children into the program. Our older 2 programs (grades 1-6) are currently full. If you would like to join our waitlist, please contact us at 403.295.8837x104 or by e-mail at bhca.basp@shaw.ca.

This month has exciting new clubs such as a Program Council, which the children will facilitate and run, and we are already looking forward to our Halloween celebrations that take over the program for at least a week in October!

More to come in October!

banner@beddingtoncommunity.ca  
**Editorial Content DEADLINE 5<sup>th</sup>**  
 of each month for the next month's issue

## Upcoming Events



- September 13:** FREE Community BBQ
- October 25:** Halloween Jellybean Dance
- October 28:** BHCA Annual General Meeting

Watch for more information on these events in upcoming issues of your Beddington Banner or on our website [beddingtoncommunity.ca](http://beddingtoncommunity.ca)

If you have events you would like to see brought to the community, e-mail your ideas to [bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)

## BRAIN GAMES SUDOKU

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

**FIND SOLUTION ON PAGE 19**



## SEPTEMBER 13 FREE COMMUNITY BBQ

Mingle with your neighbours and meet the BHCA Executive and volunteers at a free community BBQ.

Time: 11 am — 2 pm.

Location: Community Arts Centre  
(375 Bermuda Drive NW)

Bring your lawn chair or picnic blanket!

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schools

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**Calgary Campus**

Strathcona Community Center 277 Strathcona Dr SW, Calgary, AB T3H 2A4  
Cardel Place 11950 Country Village Link NE Calgary, AB T3K 0A2  
Glenmore Christian Academy 16520 - 24th Street SW Calgary, AB T2Y

*Students with an average of B+ or higher are considered for acceptance.  
Grades 1 - 7. No Cash value. Offer valid Sept. 7 - Oct. 18, 2014*

*www.SpiritofMath.com for class times and locations*

# Your GoodLife Club is COMING SOON

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FITNESS®**  
Proudly Canadian

**JOIN TODAY & SAVE MORE**



# COUNTRY HILLS LIBRARY

11950 Country Village Link NE • Tel: 403-260-2620  
**Monday – Thursday 10 a.m. – 9 p.m.**  
**Friday & Saturday 10 a.m. – 5 p.m.**  
**Sundays (mid-Sept to mid-May) Noon – 5 p.m.**

### Bear Gets Ready for Bed

Join us for stories, songs and rhymes with an autumn flavour. Ages 2 to 5 with a parent/caregiver Monday, September 22 from 7:00 - 7:30 p.m.

### Happy 10th Birthday, Country Hills

Join us as we lead into National Library Month and celebrate 10-years at the Country Hills Library with music, stories, entertainment and treats for the whole family! Saturday, September 27 from 10:00 a.m. – 4:00 p.m.

### Family Magic Show

Join TD Sparks as he entertains you with magic, balloons, and comedy. Ages 4 and up. Saturday, September 27 from 11:00 - 11:45 a.m.

### Adult Book Club

Call for details on specific books. Mondays, September 29, October 27, and November 24 from 7:00 - 8:30 p.m.

### Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.

Wednesdays, September 3 to December 17 from 2:00 - 3:30 p.m.

### ESL Conversation Club (Intermediate)

Practice your English listening and speaking skills in this six-week program. Tuesdays, September 16 to October 21 from 6:30 - 8:30 p.m.

### Welcome to Canada: Career and Employment Services Orientation

Are you new to Canada and want to know more about career and employment services? Learn about services and resources that will help develop your employability and job search skills. In partnership with the Calgary Bridge Foundation, In School Settlement Program. Register by calling 403.999.3880 or 403.777.6074. Saturday, September 13 from 1:00- 3:00 p.m.

## THANK YOU TO ALL OUR FENCE PROJECT SPONSORS



### Country Hills Home Depot

\$500 donation, Lumber discount, and lumber delivery



### Dream Deck & Fence

Concrete and labour donation for all fence post installation



### Cloverdale Paint

Donation of 75 gal of stain in addition to dramatic project pricing on remaining stain purchased



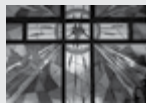
### The City of Calgary

Granted \$4000 in Inspiring Strong Neighbourhoods funding

A heartfelt THANK YOU is expressed to the following Church partners who joined us over the last month with volunteer labour in fixing and painting!



Beddington Pentecostal Church



Ascension Catholic Parish



The Pathway Church

These businesses took time from their days and joined us in the repair and paint of the fence. THANK YOU to them and their employees!

**Mr. Windshield (Calgary) Ltd**

**SPAR Electric Ltd**





## Beddington Real Estate Update

### Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2014	\$383,222	\$375,852
June 2014	\$390,635	\$386,257
May 2014	\$350,585	\$350,934
April 2014	\$405,476	\$400,790
March 2014	\$386,532	\$379,966
February 2014	\$386,498	\$388,840
January 2014	\$380,463	\$376,508
December 2013	\$367,357	\$361,576
November 2013	\$352,132	\$344,877
October 2013	\$333,900	\$329,537
September 2013	\$348,267	\$343,894
August 2013	\$346,615	\$342,192

### Last 12 Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2014	18	18
June 2014	17	14
May 2014	26	14
April 2014	14	9
March 2014	12	15
February 2014	15	10
January 2014	11	11
December 2013	5	7
November 2013	9	9
October 2013	13	8
September 2013	11	17
August 2013	24	13
<b>Total</b>	<b>175</b>	<b>145</b>

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [beddington.great-news.ca](http://beddington.great-news.ca)



# News from the Friends of Nose Hill

by Anne Burke

There is now a draft plan for "A BiodiverCity: Calgary's 10-year strategic plan". Our ecosystems are: Fescue Grasslands and the Aspen Parklands. Nose Hill contains significant rough fescue grassland left on the Canadian prairies. Apart from the native grasses, one of the dominant species in the park is the Trembling Aspen. These two eco-regions, which sustain biodiversity, are habitat to coyotes, white-tailed deer, and other wildlife. This is a period of stress for coyotes. In the fall is when coyotes who reach maturity leave the pack to fend for themselves.

The Coyote connectivity project specifically targets identifying and understanding changes in networks (priority habitats and corridors). This will allow changes under different planning scenarios (e.g. ring road). The goal of this project is to understand how coyote movement changes seasonally and whether it is due more to behavioural ecology or to climate.

The project was initially supposed to project models solely from GPS-GSM collar data from 10 coyotes city-wide. However, only two coyotes were caught in 2013 and a collar dropped off from one coyote within 4 months. This specific project started in May 2011 and is expected to be completed before the end of 2014.

The overall research project is expected to last until 2020 with research projects on:

1. coyote spatial ecology (Spatial Ecology of Urban Coyotes)
2. coyote reproductive behavior ("Citizen Coyote")
3. health among wildlife, domestic animals, and people

The Urban Coyote Project is online at: <http://www.calgary.ca/CSPS/Parks/Pages/Urban-Coyote-Study.aspx>. It is also available at <http://vet.ucalgary.ca/coyote/>. There is a twitter account (@UrbanCoyotesYYC; #coyotesYYC) and a facebook page (Calgary Urban Coyotes).

The overall research program is facing challenges with the development of animal care protocols from the U. of C. that will not be perceived as impacting animal health.



# THORNHILL LIBRARY

6617 Centre Street N • 403-260-2600 • www.calgarypubliclibrary.com

Mon-Thur 10:00 am – 9:00 pm • Fri & Sat 10:00 am – 5:00 pm  
Sun (mid-Sept to mid-May) 12:00 noon - 5:00 pm  
Closed Sundays between mid-May and mid-September

## FOR ALL AGES

### CPO in Your Library

Canadian Natural Resources Limited presents Calgary Philharmonic Orchestra Musicians in concert - classical favourites for all ages!

Monday, Sept. 29

2 - 3 p.m.

## JUST FOR BABIES

### Parent-Child Mother Goose (CPL)

Ages up to 12 months with a parent/caregiver  
Enjoy a relaxing and fun hour of songs, rhymes and story with your children.

Tuesdays, Sept. 16 to Nov. 4

10:15 - 11:15 a.m.

## JUST FOR FAMILIES

### Family Storytime

Ages 2 to 5 with a parent/caregiver  
Join us for stories, songs and finger plays the whole family can enjoy.

Thursdays, Sept. 25 to Oct. 30

10:15 - 10:45 a.m.

## JUST FOR SCHOOL KIDS

### Computer Literacy - Kids & Teens

#### Coder Dojo

Ages 9 to 17

Become a coding ninja by developing web pages, apps and games in a fun and mentoring club environment. Bring your own laptop.

Saturdays, Sept. 20 to Dec. 6

10:15 a.m. - 12 p.m.

## Literacy, Numeracy & Reading -Youth

### Canadian Oil Sands Limited's Math Minds

Ages 5 to 12

Foster confidence in math with fun numeracy activities, based on JUMP Math and other Library resources, and the support of adult volunteers. For struggling math students in Grade 1 to 6.

Tuesdays, Sept. 16 to Dec.16

6 - 7 p.m.

## JUST FOR TEENS

### Toastmasters International - Youth Leadership Program

Ages 13 to 17

Develop speaking and presentation skills, self-confidence and strong leadership abilities.

Saturdays, Sept. 27 to Nov. 15

1:30 - 3 p.m.

## JUST FOR PARENTS

### Welcome to Canada: Calgary's School System (Mandarin)

Are you a newcomer and a parent? Learn about the Calgary Board of Education and Calgary Separate School Division schools and programs to better support your kids at home. In partnership with the Calgary Bridge Foundation, In School Settlement Program. Register by calling 403.999.3880 (Mandarin) or 403.777.6074 (English).

Saturday, Sept. 20

1 - 3 p.m.

## WESTBOURNE PRESCHOOL

A play-based program for 3 & 4 year olds  
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WE ARE ACCEPTING NEW REGISTRATIONS



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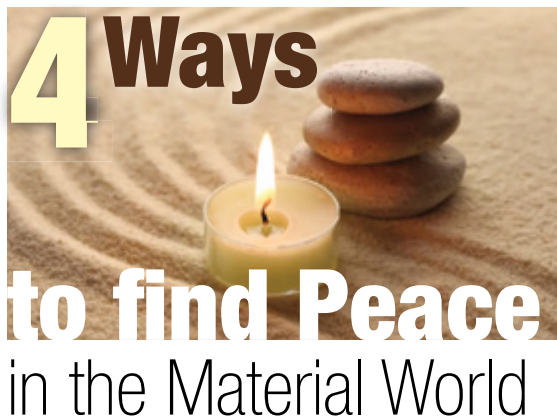
"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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.

# 4 Ways to find Peace in the Material World



by Elizabeth Fayt

No matter how hard you look for inner peace in this material world, you will never find it, because inner peace cannot be found, it must be practiced. Here are four ways to practice peace in your everyday life, starting today!

**DROP THE NEED TO BE “LIKED”.** Life is not a popularity contest. There is great peace in letting go of the attachment to adulation, acceptance and admiration. What others think of you is none of your business, so don't make it your business.

**PERFORM ONE TASK AT A TIME.** To be in a state of “calmness” while you are actively carrying out your duties plays a key role in cultivating peace. When you try to do many things at once, you do none of them well. Much time, effort and money is wasted in putting out fires as a result.

**PRACTICE SILENCE.** Let's face it, this world is a noisy place. It is important to take a daily escape from it, even if just for five minutes a day. Try driving to work without the radio on for a change, or to eat one meal in silence, or even just take five minutes after you've parked your car to just be silent before starting your work day. Once you've mastered that, it will feel so good, you will want more!

**MEDITATE!** If you've never tried it, ask a friend, find a book or Google it and join a group. Meditation is connecting yourself to the Source of all peace! Each one of us is connected to something. For some, it's an iPad or cell phone, and they wonder why their lives are full of restlessness. If you want peace, try meditation, the world's greatest wireless connection!

## Beddington Heights mybabysitterlist



Name	Age	Contact	Course
Angeline	12	403-275-0344	yes
Jordan	11	403-274-6910	yes
Kiona	14	403-714-7240	yes
Madison	12	403-850-6001	yes
Sabrina	15	403-512-3171	yes
Samantha	12	587-349-1138	yes
Winner	16	587-893-2935	yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

RBC Dominion Securities Inc.

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 Mon, Tues & Thurs 9:00 am - 6:00 pm  
 Wed 9:00 am - 8:00 pm  
 Friday 9:00 am - 5:30 pm  
 Saturday 9:00 am - 4:00 pm  
 Closed Sundays & Stat Holidays

**403-275-3322 | Beddington Co-op Centre**

**BOARD UPDATE**

Fence project is nearing completion. Community engagement work ongoing with first Conversation Cafe to be held early Fall. We had a number of great community events throughout the summer. Thanks to everyone that helped to make them a success! (Keep the "want to help" ending)

\*\*\*\*\*

Looking for volunteers Oct 30 and 31. Earn a \$50 voucher which can be used towards youth art and sports programs (including BASP programs). Casino schedule is available on [beddingtoncommunity.ca](http://beddingtoncommunity.ca).

in & around your **community**

**Take the Leaky Toilet Test!**

When it comes to household leaks, toilet leaks are common, and you might be surprised to know that one in four toilets, including new ones, silently leak- wasting up to 28 bathtubs of water each month and costing up to \$100 per year per toilet.

Here are 4 simple steps to take the leaky toilet test:

- Drop – Put several drops of food colouring into the toilet tank and wait 20 minutes.
- Peek – Look in the bowl. If the water changes colour, you've got a leak.
- Repair – Visit [calgary.ca/leakytoilet](http://calgary.ca/leakytoilet) for some simple repair tips (or hire a plumber).
- Save – Congratulations! By repairing just one toilet, you could save \$100!

Checking leaks every six months and fixing them as required is a great way to conserve water and save money.

A change to a vegetarian diet has brought some happy discoveries for my friend, Cindy. After some research, she's found it relatively easy to incorporate protein and calcium alternatives from other plant sources into her diet, and the big bonus is that she's feeling better about her overall health!

Here's one of her favourite vegetarian recipes that I'm sure you'll enjoy.

## **JAMAICAN BURGERS** (VEGETARIAN BURGERS)

Serves 6

2 tbsp coconut oil

2 ¼ cups chopped onion

3 cloves garlic

1 habanero pepper, chopped, or substitute with green bell pepper

1 ½ tbsp grated ginger

1 tsp salt

¾ tsp ground allspice

Pinch of nutmeg

1 ¼ cups cooked black beans, rinsed and drained (canned is fine)

1 cup baked beans in tomato sauce - drained

2 ¼ cups cooked long grain white rice

2 ½ cups dry bread crumbs

6 hamburger buns

Directions:

Heat the coconut oil in a large skillet over medium heat. Add onions and garlic and stir for a few minutes. Mix in the pepper and continue cooking until tender.

Remove from heat and transfer to a large bowl. Add the beans, rice, bread crumbs. Season with ginger, salt, allspice, and nutmeg. Mix together thoroughly. Form the patties in your hands; this makes the patties more firm and they will be less likely to crumble.

Heat the skillet and add some coconut oil. You are going to fry the patties until they are golden on both sides – about 10 minutes.

Serve on buns with your favourite toppings.

*B.G. Rose*

# **COMMUNITY READERS**

## **RECOMMEND...**



### **Fiction**

- *Identical* – Scott Turow
- *Under the Hawthorn Tree* – Ai Mi
- *Vicious Circle* – Wilbur Smith
- *China Dolls* – Lisa See
- *Loss of Innocence* – Richard North Patterson
- *The Language of Flowers* – Vanessa Diffenbaugh

### **Non-fiction**

- *Family Meals* – Michael Smith
- *Flash Boys* – Michael Lewis
- *It Worked For Me* – Colin Powell
- *The Zhivago Affair* – Peter Finn, Petra Couvee
- *The Mantle of Command: FDR at War, 1941-1942* – Nigel Hamilton
- *Leave No Doubt* – Mike Babcock, Rick Larsen

### **Children's**

- *Llama Llama Red Pajama* – Anna Dewdney
- *Flora and Ulysses: The Illuminated Adventures* – Kate Dicamillo
- *Warriors: The First Battle* – Erin Hunter

# YOUR COMMUNITY

## business of the month

### Central Orthodontics

Beddington Community

**D**r. Leo Lou has been in the dental field for more than 15 years. He completed his dental school degree and extensive dental residency training in the United States prior to his specialty orthodontic training at the University of Alberta. After working as a certified specialist in orthodontics providing dental braces care in the United States, he returned to Calgary to establish Central Orthodontics.

Dr. Lou has been providing orthodontic care to Calgarians at Central Orthodontics in Beddington and surrounding communities since 2010. Central Orthodontics is located inside Beddington Towne Centre alongside many other health care professionals, making it a one-stop wellness centre in northwest Calgary when visiting Central Orthodontics.

Dr. Lou fully supports the American Association of Orthodontists' recommendation of seeing children for their first orthodontic check-up at the age of 7. By being proactive, many serious orthodontic problems can be intercepted reducing major treatment later. This early or Phase One treatment is performed most effectively at an early age of 7-9 years old. However, Dr. Lou will always provide his honest opinion of the best treatment timing for your children.

Dr. Lou also believes a person is never too old to improve his or her smile. Many adults would consider orthodontic treatment if it is not so noticeable. At Central Orthodontics, you have a choice of metal or clear braces, but if the idea of braces and wire is not what you are looking for, clear removable Invisalign aligners could be considered if you are the right candidate.

At Central Orthodontics, the orthodontic consultation is free and payment plans are available to meet your financial needs as Dr. Lou has always believed quality orthodontic treatment should be made available to children and adults. He is committed to providing the highest standard of patient care at an affordable price.

If your child is just starting school or graduating from college, or if you are considering orthodontic treatment for yourself, we invite you, your family and your friends to come in and see what orthodontics/dental braces is all about. We offer convenient evening and Saturday appointments and make treatment affordable. We look forward to working with you and your children. No referral is required.

Check out our website at [www.CentralOrthodontics.ca](http://www.CentralOrthodontics.ca)

If you are shy, call or email Central Orthodontics for your free consultation.



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adults*



#### Hours:

Tuesday: 11AM - 7PM  
Wednesday - Friday: 10AM - 6PM  
Saturday (2 per month): 10AM - 4PM

[Info@CentralOrthodontics.ca](mailto:Info@CentralOrthodontics.ca)  
[www.CentralOrthodontics.ca](http://www.CentralOrthodontics.ca)



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## Dr. Neil Brown, MLA Calgary-Mackay-Nose Hill

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[www.facebook.com/DrNeilBrown](http://www.facebook.com/DrNeilBrown)  
Visit my website at [www.neilbrown.ca](http://www.neilbrown.ca)



### Information for Renters and Landlords

The *Residential Tenancies Act* (RTA) sets rules for private sector rental agreements. The RTA recognizes the special nature of social housing tenancies by providing exemptions for some types of housing, as well as special provisions for others. Under the RTA, the termination notice must be in writing, signed by the landlord or their agent, set out the reason for termination, identify the premises and state the termination date. For weekly tenancies, one week's notice is required; monthly tenancies require three tenancy months' notice; and yearly tenancies require 90 days' notice. Landlords cannot increase the rent payable by a tenant under a fixed term or periodic tenancy agreement until a minimum of one year has passed since the last rent increase or since the start of the tenancy, whichever is later. There is no limit on the amount by which the landlord may raise the rent. If the landlord wants to increase the rent, the landlord's notice to the tenant must be in writing and include all of the following: the date, the effective date of the increase, and the landlord's signature. In subsidized public housing, rent is calculated as a percentage of the tenant's income. If an increase in rent is caused by the tenant's income increasing, the increase is not subject to RTA rules. Other types of social housing include seniors lodges, supportive living accommodations, and social care facilities. These types of accommodations, licensed under specific Acts, are exempt from the RTA.

For your reference, a RTA handbook can be downloaded at [servicealberta.gov.ab.ca](http://servicealberta.gov.ab.ca).

Constituency Office  
#16, 5440 - 4th Street NW  
Calgary, AB T2K 1A8

Open Monday - Friday  
9:00 AM - 4:30 PM  
(closed for lunch 12:00-1:00 PM)

Phone (403) 215-7710  
Fax (403) 216-5410  
[calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca)

**OCTOBER 5 –GREEN EGGS & HAM - SYMPHONY SUNDAY FOR KIDS**

performed by the Calgary Philharmonic Orchestra – 3:00 pm at Jack Singer Concert Hall. 403.571.0849 / www.cpo-live.com



**OCTOBER 23-25 THE THREE MUSKETEERS**

is performed by Alberta Ballet. 403.245.4549 / www.albertaballet.com



**SATURDAYS IN OCTOBER – PUMPKIN & SCARECROW FESTIVAL**

at Kayben Farms, just north of Okotoks. Corn maze, live music, kids activities and more. 403.938.2857 / www.kayben.com



**YOUR COMMUNITY/CITY EVENTS AT A GLANCE...**

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- **October 8 – Calgary Flames & Vancouver Canucks** face off at 8:00 pm at the Saddledome. (SN, TVA SPORTS 2) www.calgaryflames.com
- **October 14-19 – WordFest** takes place at various venues in Calgary and Banff. For details and information – 403.237.9068 / www.wordfest.com
- **October 14 – November 9 – Liberation Days** is an inspiring WWII drama performed by Theatre Calgary. 403.294.7447 / www.theatre Calgary.com
- **October 16 – Maceo Parker** performs as part of Epcor Centre’s TD Jazz Series at 7:30 pm at Jack Singer Concert Hall. 403.294.9494 / www.epcorcentre.org
- **October 17 & 18 – Rocky Mountain Wine & Food Festival** offers a variety of wine, scotch, beer and spirits, as well as gourmet food samples from local restaurants and hotels at the BMO Centre, Stampede Park. 403.228.0777 / www.rockymountainwine.com
- **October 18 – Mary Chapin Carpenter in Concert** with Calgary Philharmonic Orchestra – 8:00 pm – Jack Singer Concert Hall. 403.571.0849 / www.cpo-live.com
- **October 19 – Louis Armstrong & Miles Davis’ Kind of Blue** is performed by Calgary Jazz Orchestra at 7:00 pm at River Park Church. 403.239.8545 / www.calgaryjazzorchestra.com
- **October 19 – Calgary Hitmen & Regina Pats** face off at 4:00 pm at the Saddledome. www.hitmenhockey.com
- **October 20 & 21 – The Man in Black – A Tribute to Johnny Cash** with Shawn Barker, runs at Stage West. 403.243.6642 / www.wtagewestcalgary.com
- **October 23 – Diego El Cigala** performs at 7:30 pm at Jack Singer Concert Hall. Epcor Centre’s BD&P World Music Series. 403.294.9494 / www.epcorcentre.org
- **October 23-26 – Oktoberfest** is celebrated at Spruce Meadows with up-close competition and the indoor comforts of the Equi-Plex. www.sprucemeadows.com
- **October 24 – Calgary Stampeders vs Saskatchewan Rough Riders** at 7:30 pm at McMahon Stadium. www.stampeders.com/2014-schedule
- **October 26 Calgary Hitmen vs Prince George Cougars** at 4:00 pm at the Saddledome. www.hitmenhockey.com
- **October 30 – Classical Superstar Joshua Bell** performs with the Calgary Philharmonic Orchestra at 8:00 pm at Jack Singer Concert Hall. 403.571.0849 / www.cpo-live.com
- **October 31 – Calgary Flames vs Nashville Predators** at 7:00 pm at the Saddledome. www.calgaryflames.com e. & o. e.



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# The American Crow: Family Comes First

By: Katie Fisher

Photo: Andrea Hunt

As one of the most identifiable birds, the American Crow is found throughout many regions of North America. If we are asked to describe him, many might say he is a garbage picker, but he is more than that; he is a family man.

From birth, an American Crow may remain with his family, which may be comprised of two to five siblings, up to six years old. Unlike other bird species, the crow is not chased away from his family nest. Usually, a crow will only leave the group once they are ready to breed and start a family of their own. While at home, tasks may include; feeding brooding females, caring for nestlings or fledglings, defending nest territory, watching over family members as they hunt and scavenging for food.

Home territories for crows can usually be found within city parks, along rivers and streams, or within

mixed coniferous woods. The American Crow is adaptable and isn't too picky about where he chooses to live, neither is he picky when it comes to food. The American Crow will nibble on scraps of human food, various seeds and grains, insects, eggs, nestlings of other bird species, and fish. He is also a capable hunter who will look for mice, frogs and other small animals. From time to time, they do enjoy their fair share of human garbage and can often be found circling local landfills and garbage bins, creating a mess as they go.

When trying to spot the American Crow, keep in mind, he is quite similar to other corvid species, especially the Raven. The American Crow is black all over; including feet and bill. He is a stocky build with a stout bill and fan-shaped tail. The only noticeable difference between him and the Raven, is the crow's smaller size and rounded tail feathers, in contrast to the Raven's wedge-shaped tail.

Keep in mind, the American Crow is sensitive to the West Nile virus and has experienced a 45% drop in population since 1999. The good news for us? Crows cannot transmit the West Nile virus to us directly.

If you come across an injured American Crow, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

## IN & AROUND YOUR COMMUNITY CONT'D

### Christ Church Labyrinth and Garden

The Anglican parish of Christ Church Calgary, 3602 8<sup>th</sup> Street SW, in Elbow Park is pleased to announce the official opening and dedication of the newly installed labyrinth and gardens on Sunday, September 28<sup>th</sup>, 2014. The labyrinth and gardens – places for respite

and renewal – are a gift to the community in celebration of the 100<sup>th</sup> anniversary of Christ Church. Walking a labyrinth is an ancient spiritual practice found throughout the world, across many cultures and faith traditions. The Christ Church labyrinth is open to all as a non-denominational, cross-cultural tool of well-being.

Everyone, including children, is welcome to attend the 10:30 am service and special dedication of the labyrinth following the service.



## MLA, CALGARY - MACKAY - NOSE HILL DR. NEIL BROWN

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Email: calgary.mackay.nosehill@assembly.ab.ca  
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### THE ALBERTA FILE

Dear Friends:

Last year Alberta welcomed over 100,000 new people to our province – a city the size of Red Deer. These new residents didn't bring their hospitals or schools with them. That's why our government is committed to making smart investments in public infrastructure to meet the needs of Albertans now and into the future.

The Alberta government's Capital Plan invested \$5 billion in 2013-14 for roads, schools, health facilities, and municipal capital projects that are high priorities for Alberta families and will meet the needs of a growing province.

Capital investment highlights in 2013-14 include:

- \$373 million for health facilities, including Alberta Children's Hospital Neonatal Intensive Care Unit;
- \$1.6 billion in municipal support, including GreenTRIP transit system grants;
- \$498 million for 35 new schools and modernizations, including new schools for the Evanston community;
- \$1.4 billion for Alberta's highway network.

Albertans have told us investing in schools, roads and hospitals is a priority, and they are comfortable with financing these long term assets as long as it makes financial sense. Our borrowing follows strict rules – there is a borrowing cap and a clear plan to pay it all back. By law debt servicing costs can never exceed 3% of Operational Revenues. We only borrow to build – we will never borrow to pay for programs and services.

Our government continues Building Alberta by investing more than \$19 billion over the next three years to ensure Albertans have the quality of life they deserve.

### Council priorities for 2015-2018

Approved in May 2014, Council Priorities 2015 – 2018 are set by City Council and focus on Calgarians and the services they want and need to achieve their goals. They include defined outcomes for each of the five priority areas and 44 strategic actions to provide direction for administration.

To develop the priorities, City Council considered trends, citizen engagement results, legislation, long term plans, economic indicators and the needs of day to day operations. Council Priorities help guide City departments as they create their business plans and budgets, called Action Plan 2015 – 2018, within the spending limits set by Council. Working together, City departments will collaborate to realize the outcomes set in Council Priorities.

The draft Action Plan will be released in early November for public review and comment followed by Council deliberations November 24-December 5. To learn more, please visit [calgary.ca/actionplan](http://calgary.ca/actionplan).

## BRAIN GAMES SUDOKU

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### SEPTEMBER MOON CALENDAR

First Quarter Sept. 2  
 Full Moon Sept. 8  
 Last Quarter Sept. 15  
 New Moon Sept. 23

# 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 Beddington Heights. 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."

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I have been very active throughout the riding this summer. From our very successful Coffee and Chat in June, through a wide variety of local Stampede events and the ever popular Sun and Salsa Festival, to chatting with you at your own doors, I have enjoyed meeting and speaking with so many of you about issues that are important to you. I would like to thank the many community volunteers who have worked so hard to make all these events so successful. I have also been proactively engaged with local community groups and associations, students, seniors and many stakeholder groups in the riding with visits, meetings and roundtables. As your representative in Ottawa I have been a voice for cutting waste and lowering spending. The Government remains on track to keep its promise to Canadians to balance the budget by 2015. This has resulted in tax savings of nearly \$3,400 for an average Canadian family of four, making a real difference in the lives of thousands of Calgary families.

As Minister of State for Western Economic Diversification (WD), I am privileged to participate in many efforts that strengthen and enhance our economy. For more than 25 years, WD has been promoting the development and diversification of the economy of Western Canada and advancing the interests of Western Canada in national economic policy, program and project development and implementation. Recent WD announcements include:

- Support for the Olds College Apparel Innovation Centre in Calgary which will enable the College, in collaboration with Alberta Garment Manufacturing Ltd., to establish Western Canada's first open-access apparel research and development facility.
- Support for TRIUMF, Canada's national laboratory for particle and nuclear physics, in procuring a new TR-24 cyclotron and developing the Institute for Accelerator-based Medical Isotopes (IAM). Our Government is committed to ensuring a reliable supply of medical isotopes for Canadians and the procurement of the new cyclotron and establishment of IAM will allow for the development of new isotope products, processes, and services.
- Support toward the purchase of specialized advanced manufacturing and product development equipment at the Alberta Centre for Advanced Micro Nano Technology Products. Approximately 80 Alberta small and medium companies will benefit from this initiative, which is expected to result in the development of new product prototypes, the creation of new jobs in the field, as well as connections between SMEs and multi-national companies.
- Support for Northern Lakes College to purchase specialized equipment needed to establish a new power engineering

# BUSINESS CLASSIFIEDS

**CERTIFIED GEL NAIL ARTIST:** Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

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www.thepathwaychurch.ca

**SUNDAY SERVICE TIMES:**  
Sept to June @ 11 am with Bible Study @10 am  
July & August @ 10:30 am

steam lab at its Peace River Campus. The project will help address the growing need for qualified power engineers in Alberta, and in addition, the initiative will provide surrounding First Nations and Métis communities with greater access to skills training programs needed for careers in the oil and gas, as well as forestry sectors.

- Support for a pilot program that is providing Information Technology (IT) skills training and career opportunities for individuals with Autism Spectrum Disorder (ASD) via the Sineave Family Foundation and Autism Calgary's new not-for-profit organization Meticulon Consulting Incorporated. This initiative is not only helping to improve the quality of life and level of independence for people with ASD, but is also supporting local businesses in accessing quality IT services.

As I head back to a very busy new session of Parliament I remain committed to being a strong voice for you in Ottawa. As always, your input on important issues is necessary to ensure my work as an effective parliamentarian, so please feel free to contact my office with your concerns or you can send in your suggestions and comments directly to me through my website www.michellerempel.ca.

# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**NEW CURLERS WANTED:** for daytime Ladies Curling at NORTH HILL CURLING CLUB, 1201 – 2 Street N.W. All levels welcome for competitive or non-competitive leagues on Monday, Tuesday or Wednesday. Leagues run from October to March. Contact: [loriannj1@gmail.com](mailto:loriannj1@gmail.com).

**NORTH HILL CURLING CLUB OPEN HOUSE:** 10 am to 1 pm September 13 or 10 am to 2 pm September 17. Drop in and try out curling at no charge. Certified instructors available and equipment provided. Register at [loriannj1@gmail.com](mailto:loriannj1@gmail.com).

**THE BEREAVED PARENT NETWORK** is hosting a free "Managing the Holidays" session on Monday, October 6, 2014 from 7 – 9 pm at Alberta Children's Hospital. Parents and families who have experienced the loss of a child through illness, a sudden event or pregnancy are welcome. To register or for more info: Kinder Dean at 403-955-5463 [kinder.dean@albertahealthservices.ca](mailto:kinder.dean@albertahealthservices.ca).

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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
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource (SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	211 and 311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Need-a-Doctor	<a href="http://www.needadoctorcalgaryandarea.ca">www.needadoctorcalgaryandarea.ca</a>

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*-Jason, 38*

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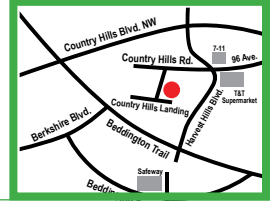
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