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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$14,679*

SALE **\$10,769**  
*Limited Supplies*

## TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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## Community Designated Schools

*(FR) Denotes French Immersion Program*

Hamptons Elementary  
 Captain John Palliser Elementary  
 Tom Baines Junior High  
 Sir Winston Churchill Senior High  
 St. Dominic Fine Arts  
 St. Jean Brebeuf Junior High  
 St. Francis Senior High  
 St. Luke Elementary (FR)  
 Madeleine d'Houet Junior High (FR)  
 École Terre des Jeunes (FR)  
 Ste-Marguerite-Bourgeoys (s)(FR)  
 École de la Rose sauvage (FR)

## Steamboat Willie



*Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!*

## SAFE AND SOUND

# Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

### Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home
- Reviewing medications with your family doctor or a pharmacist to understand side effects



### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

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(Edgemont, Evanston, Glacier Ridge, Hamptons, Hidden Valley, Hanson Ranch, Kincora, Nolan Hill, Sherwood, and Sage Hill)



The 110th Calgary Guides in Aurora Sky district have started off the Guiding year with a bang! After a few introductory meetings, they spent an evening swimming and doing some swim evaluations needed for canoeing. The first weekend in October, they had a full day camp at Camp Westover, a wilderness campsite and Girl Guides of Canada property. Most of the day at Westover was spent on the lake getting an introduction to canoeing.

This unit is a large unit with lots of active Guides who like crafts. The Guiders try to keep the regular meetings as active as possible with games and hands-on activities. The Guides will help plan the remainder of the Guiding year, and so far, have asked for cooking or baking lessons, sleepovers, and a spring tenting camp.

There are several third year Guides in the unit who will be working on their Lady Baden-Powell awards this year - the highest award you can earn in Guides. Among many other requirements, the Guides will be planning and undertaking their own service projects. Keep an eye out for them supporting others!

The Guides have been out in the community selling the chocolatey mint Girl Guide cookies and are very appreciative of the community support. The fundraising helps them buy regular meeting supplies, earned badges, fun crests, and lowers the costs for camps and outings. Thank you to everyone who has purchased cookies and helped with the fundraising efforts!

## Tips and Gifts for a Less Stressful Holiday Season

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



**1. Plan Ahead:** You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make Time to Relax:** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

**3. Put Expectations in Check:** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look For Help:** Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set Limits:** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

**6. Eat, Drink... But Be Healthy:** Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let Things Go:** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't Forget the Fun!** Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

### Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I'm referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it's the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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# Cats, Canines, & Critters of Calgary



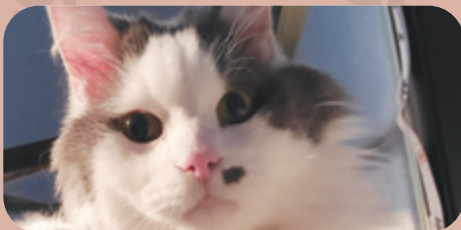
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## Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!



## News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.

### BRAIN GAMES

## SUDOKU

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7		1		2			
8			1	4			
	6						

SCAN THE QR CODE FOR THE SOLUTION





Councillor, Ward 2  
**Jennifer Wyness**

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MLA Calgary-Edgemont  
**Julia Hayter**

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Dear Friends and Neighbours,

As we move into November, the chill in the air reminds us that winter is just around the corner. With the holidays on the horizon, there's plenty happening in Ward 2! This month, we're highlighting important tips and tricks on how to get ready for the winter and keep your pipes clean and clear. Stay tuned and stay connected as we navigate the last few weeks of autumn together!

Visit the Homeowner Fall Checklist to help prepare your home for winter. You'll find tips like:

- Check your toilets, taps, humidifier, hot water heater, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. The online Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

To find everything you need, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).

### Protect Your Pipes!

Autumn is a season for gathering with family, enjoying delicious meals, and making lasting memories. With Christmas around the corner, the thought of savory dishes like turkey, gravy, and bacon might already be top of mind.

But don't forget: Any fats, oils and grease can block your pipes and may result in messy (and costly) sewage backups.

Remember to:

- Cool it: in a disposable can or container.
- Scrape it: into a certified, compostable bag or paper bag.
- Compost it: place the rolled up or tied up bag in your green cart.

Smaller amounts of oils can be wiped with a paper towel and placed in your green cart. Learn more at [calgary.ca/protectyourpipes](http://calgary.ca/protectyourpipes).

We are getting ready to head into the fall sitting of the Alberta Legislature.

I am honoured to be your representative and will make sure I share your concerns with the government. I have heard from many of you that it's hard to pay the bills and buy groceries because of this continuing affordability crisis. I will continue to ask the government what they are going to do about our overcrowded classrooms and lack of support staff. The Alberta government is leaving students behind, and I will advocate for better funding for public education.

I will continue to be out in the community speaking with you and your neighbours on the doorstep or at community events. Please come say hi if you see me! You can follow me on social media at @NDPJulia to hear about all my adventures.

Thank you to everyone who has come to the office, I've enjoyed so many wonderful conversations with you all. Did you know that as your MLA, I can provide services such as notarizing documents and letters of support? As well, my office can arrange a commemorative scroll of congratulations on a life event such as a wedding, anniversary, or a milestone birthday.

My office has been inundated with hundreds of emails in support of the Green Line LRT project. Anyone who has used our transit system knows how crucial it is to get around our city. I can assure you that I will continue to advocate for the project.

I was excited to attend the many fall festivals we had in our community and connect with friends and neighbours. Events hosted by the community of Calgary-Edgemont truly are some of the best this city has to offer.

Please do not hesitate to contact my office if you have questions or need assistance related to provincial matters.

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*So Are the Days of Our Lives*

*Days of Our Lives* first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



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