

# ABBEYDALE CRIER

View the CRIER on web at [www.abbeydaleca.com](http://www.abbeydaleca.com)

## Presidents Message

We are in need of a Sports Director to assist in planning the Indoor/Outdoor Soccer program. Duties include assisting at registrations, ordering uniforms, arranging photo shoots and wind up ceremony. In November we will be preparing for some renovations, if you can spare a few hours evening or weekends we could use a helping hand. I would like to thank Cynthia for volunteering to be our new Newsletter Director. There will not be a December newsletter, production will resume with the January 2011 issue.

If you can volunteer or have questions please give me a call at 403-569-0463.

**Peter D., President**

View the CRIER on the web at [www.abbeydaleca.com](http://www.abbeydaleca.com) or join us on facebook: [facebook.com/abbeydalecommunityassociation](http://facebook.com/abbeydalecommunityassociation)

## Abbeydale's Annual Christmas Craft Fair

821 Abbeydale Dr NE

Saturday, Nov 6, 2010

9:00 AM—3:00 PM

Come out to the Abbeydale Craft Fair and get a jump start on your Christmas shopping. We have some wonderful crafters, artists & vendors selling Christmas décor, home baking, canning, Epicure, Lia Sophia, stained glass, Watkins, beef jerky, knitting, Pampered Chef, sewing, Avon, handmade jewelry from beads to silver and 10K gold.

Pawsitive Match Rescue will be at the Fair.



## Members only Event

### Annual Breakfast with Santa

Saturday Dec 4, 2010 9:00 AM—11:00 AM

Community Association Members ...your invitation to attend this Breakfast with Santa includes 2 adults and your children or grandchildren who are 12 years of age or under.

There will be a buffet breakfast and eligible children will receive a gift and will have their picture taken with Santa. All children attending must be accompanied by at least one parent or guardian.



Members and eligible children who reside in Abbeydale attend for free, Members who reside outside of Abbeydale pay a fee of \$5.00 per eligible child. You must have a current Abbeydale Membership which must be purchased by Oct 15, 2010 to attend this event. See memberships in this edition of the CRIER.

**Please RSVP by November 19th, 2010 as seating is limited.** Please email at [social@abbeydaleca.com](mailto:social@abbeydaleca.com) or phone 403-276-5397 Mon-Fri. Gifts for children who are registered and do not attend will be donated to a children's charity.

## Christmas Jelly Bean Dance

Friday, Dec 17 from 6:30—9:30 PM

Volunteers are needed please call Carolyn at 403-248-8845.

The Jelly Bean dances are for children in grades 1 through 6 and admission is \$5.00 per child. Concession stand will be open for pizza, nachos, beverages and candy. Music provided by DJ Froggie. Doors open at 6:30 PM sharp.

**Parents Note:** We endeavor to ensure the safety of all children who attend the dance. Once admission is paid we do not allow children to leave the Community Hall unless accompanied by their parent or legal guardian. This means you must come in the building to pick up your children. Please pick children up by 9:30 PM sharp. Children not picked up by 9:45 PM will be placed in the care of Calgary Police Services.

## Have your Christmas event with us

Abbeydale has a great facility to hold your holiday get together.

Our facilities can accommodate up to 180 guests. Whether you do it yourself or have it catered we have a large commercial kitchen, bartenders, ample parking, bar service and more. Call 403-248-ABBY (2229) or email [hallmanager@abbeydaleca.com](mailto:hallmanager@abbeydaleca.com).





## Good Food Box

Abbeydale Community Association is a depot for the **Good Food Box Program**. The program is available to anyone who is interested in purchasing fresh and seasonal fruits and vegetables at great prices.

Large Family Box 40+ lbs \$25.00  
Family Box 30+ lbs \$20.00  
Single/Seniors Box 20+ lbs \$15.00

**How does it work?** Complete the order form, pay for your box by the deadline, then come to the Abbeydale Community Hall on the scheduled pick up day between 3 PM—6 PM. All orders must be paid in advance in **CASH** at the Abbeydale Community Association (821 Abbeydale Drive).

Next order deadline: **Nov 22, 2010** and pick up **Friday, Dec 3 (3PM-6PM)**. Orders not picked up by 6:00 PM are given to charity. **To order call Lori 403-569-0463 or email dewar61@hotmail.com**  
**The Good Food Program does not accept cheques**

Good Food Box info: [www.communitykitchenprogram.com](http://www.communitykitchenprogram.com)

### Before and After School Age Care



Before and after school care for children in grades 1 through 6. Our qualified staff escort children to/from both Abbeydale and Blessed Kateri Tekawitha schools.

An annual Abbeydale Membership (\$25.00) is required upon enrollment.

For rates and information on the full or drop-in program please call Tracey at (403) 235-2358 or email [abbeydalesac@gmail.com](mailto:abbeydalesac@gmail.com)

**The Before & After School Care is a licensed program owned and operated by the Abbeydale Community Association.**

### 187th Scouting

Thank you Abbeydale residents for making our bottle drive a success. The Scout program runs yearly from Sept to April and meet weekly on Thursday evenings. Children participate in monthly outings, camping trips, badge work, crafts, fundraising and much more. Registrations are ongoing. Membership required (\$25.00)

For more info call:

**Laurie 403-248-0190 or  
Jacquie 403-242-2958**



### Youth Group



Youth Group Program will be closed in November while their room undergoes some preparation for up and coming renovations. This program is run by volunteers of the Community Association. If you are in grades 7–12 and would like to meet new friends and participate in some fun events please call **Melissa**

403-477-4063 weekends Mon–Fri after 6 PM  
email: [youthgroup@abbeydaleca.com](mailto:youthgroup@abbeydaleca.com)

## Good Food Box—Order Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_

Quantity	Food Box	Amount
_____	Single/Seniors Box 20+ lbs	\$15.00 _____
_____	Family Box 30+ lbs	\$20.00 _____
_____	Large Family Box 40+ lbs	\$25.00 _____
_____	Total Boxes	Amount Enclosed ( <b>cash only</b> ) _____

The Community Kitchen/Good Food Box program requires we provide the following information when we place the bulk order.

Number of \_\_\_\_\_ Adults \_\_\_\_\_ children \_\_\_\_\_ seniors in your home.

**Please drop this form at the 821 Abbeydale Drive.**

### BINGO PAYS!

Each Bingo you volunteer for earns you \$50.00 in credits. Credits can be used to pay for registering youths under 18 in various programs such as soccer, baseball, scouts, girl guides, dance, band, swimming lessons, martial arts, hockey, football and more. Credits can be accumulated up to one year. If you cannot volunteer, have a friend or family member over the age of 18 work the BINGO for you. If you would like to volunteer but do not have children/grandchildren to enroll in programs, we can arrange to donate your credits to a deserving family/child in our community. Day and evening shifts (3 –4 hours) available. To inquire/volunteer call **Don at 248-8569 (evenings)**.

### Abbey Members Lounge Pub Nights



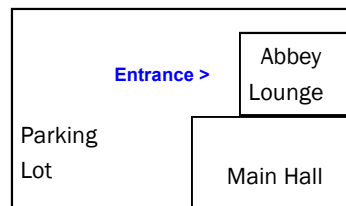
OPEN DART NIGHT: Mondays Open 7:00 PM -11:00 PM  
COMMUNITY DART LEAGUE: Thursdays starting at 7 PM  
FRIDAY NIGHT is Pub Night, come in and relax

The Abbey Lounge is a fully licensed pub with drinks starting at \$3.50 each. Located on the upper level of the hall, outfitted with a fireplace, large screen TV, a pool table and plenty of dart boards. Minors accompanied by an adult are permitted in the lounge until 9:30 PM.

The Abbey is a great place to celebrate a birthday with friends or to hold an informal meeting. Access the Abbey through the rear hall doors, southeast side of the Community Hall.



821 Abbeydale Drive NE



For more information on Pub events call Chuck at 403-235-1237

# Cornerstone Baptist Church

meeting in the ABBEYDALE COMMUNITY CENTRE

821 Abbeydale Drive NE, Calgary

Services: Sunday 10:00 AM Sunday School (all ages)  
11:00 AM Worship  
6:00 PM Singing and Preaching Service

Tuesday 7:00 PM Bible Study and Prayer Meeting

Pastor Rod Alsup – Phone 293-2937



“The wages of sin is death: but the gift of God is eternal life through Jesus Christ our Lord”



## Free November 2010 Report On Abbeydale House Prices

If you're curious about what your Abbeydale home may be worth, here's an easy way to find out what homes like yours are selling for in today's market.

**Plus:** Get a Free Report with up-to-the-minute statistics based on all the homes for sale and sold in Abbeydale over the last six months in all price ranges. To get your Free November 2010 Report on Abbeydale House Prices Just call **403-818-0628**, or go to **www.AbbeydaleHousePrices.com**

Reports provided by Jocelynn Smith-Jones, Associate,

### Greater Calgary Real Estate Services Inc.

#110, 105-150 Crowfoot Cres. N.W. Calgary, AB. T3G-3T2

Not intended to solicit properties already listed for sale.

## Skilled Child Care Provider

Loving, nurturing, and learning environment.

Smoke and pet free atmosphere.

Police check and Child Welfare check available.



**Please call 403-204-3915**

## The Black Carts are coming!

The City of Calgary is rolling out the black carts for garbage collection.

Abbeydale residents can start using your cart as soon as it arrives.

The black carts will improve garbage collection service by making it:

**Safer** for residents and collectors by reducing the need for heavy lifting and potential exposure to sharp objects

**Cleaner** by reducing litter in lanes and streets

**More efficient** by using single-operator trucks



For more information call 3-1-1 or visit [www.calgary.ca/blackcart](http://www.calgary.ca/blackcart)

Jocelynn Smith-Jones  
Greater Calgary Real Estate Services Inc.  
#110, 105—150 Crowfoot Cres. N.W.  
Calgary AB. T3G 3T2  
403-818-0628

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**OPEN 7 DAYS A WEEK**

**MON-WED**

**3 PM—1 AM**

**THU, FRI & SAT**

**3 PM—2AM**

**SUN & HOLIDAYS**

**3 PM—MIDNIGHT**

**CALL 403-273-8463**

**1 MED PIZZA  
2 TOPPINGS**

**1 LG PIZZA  
2 TOPPINGS**

**1 XL PIZZA  
2 TOPPINGS**



**PIZZA TIME**  
DONAIR • CHICKEN SHAWARMA • KRAVETZ  
**273-T.I.M.E.**  
Fax: 403-235-0402  
5324 - 17th Avenue SE, Calgary, AB T2A 0W1  
**Said Abdulbaki**  
Manager

• PIZZAS • WINGS • DONAIRS • SHAWARMA CHICKEN • PASTAS • SALADS • BURGERS • STEAKS • SEAFOOD • FALAFEL

**CLASSIFIED—BABYSITTING ADS** If you are an Abbeydale youth with babysitting certification, advertise free in the CRIER. Call Cynthia at 403-235-1237 or email news@abbeydaleca.com



**Babysitter for Evenings & Weekends**

I am experienced with babies, toddlers and older children and have my Red Cross Babysitting Certificate. Available evenings and weekends. Call Megan at 403-273-1621

**Do you need a reliable Babysitter?**



I am a caring, responsible student who is certified and can provide childcare on evenings and weekends. Call Meagan at 403-272-8172 to discuss details.

**Red Cross babysitting course certified!**

Grade 7 student will provide safe and fun babysitting evenings and weekends. Red Cross babysitting course certified. Contact Julia at 403-217-2997 for more information.



**Babysitter for ages 4 and up**

I have my babysitters certification and some baby-sitting experience, and I am willing to baby sit children ages four and up. Call Cadence at 403-568-0340.



**For Sale  
\$279,900**

**Easily Suited**



**Renovated  
3 bd, 2 bth**

**Warm Fireplace**



Not intended to solicit already listed properties



**Call 403-614-6873**



**Do you own a Business?**

Abbeydale Community is seeking business owners who are willing to provide a discount on product or service for residents that hold a valid Abbeydale Membership Card. In exchange we will provide free advertising in our newsletter, web and community bulletin boards.

Email: news@abbeydaleca.com or call Cynthia 403-235-1237 (Mon-Fri).

**If you have an Abbeydale Membership expiring June 30, 2011 check out all the discounts available**

**Strikers Soccer Supplies Inc.**  
925, 2220 68 Street N.E.  
Ph: 403-285-5352



Strikers offers Abbeydale Members a 10% discount on all regular priced products.

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

**2010/2011**

**Yearly Memberships \$25.00**

**Call 403-248-ABBY (2229), 403-569-0463 or email president@abbeydaleca.com**

**What do you get when you purchase a Membership?**

- Access to children's programs (Scouting, Soccer & Martial Arts, etc.)
- Access to Abbeydale Community School Age Care Program
- Reduced or no fee on Adult recreational classes (canning, quilting, crafts, )
- Privileged access to the Abbey Members Lounge
- Reduced rates for special Pub Theme Nights
- Access to group insurance rates for home & auto through Toole Peet (persons with poor driving records may not qualify)
- Discounted advertising in the CRIER newsletter
- Reduced fees when renting tables at the Craft Fairs
- Attend the Children's Buffet Breakfast with Santa for a nominal fee (membership must be purchased by Oct 15, 2010)
- Discounts offered by businesses

**Abbeydale Residents with memberships also benefit by:**

- Having a voice and a right to vote on Community issues
- Voting at the Annual General Meeting (membership be held for a minimum of 72 hours to vote)
- Receiving a discount on hall rent (discount to be announced in Sept 2010)
- Attending the Children's Buffet Breakfast with Santa at no charge (membership must be purchased by Oct 15, 2010)

**Seniors Life Time Membership**

- Seniors 60+ can obtain a lifetime membership for \$25.00

**G Force Custom Skate Shop Phone 403-457-4662**



Located in the Don Hartman Northeast Sportsplex

Specializing in skate sharpening, blade contouring & sports retail. With a valid Abbeydale membership you receive a 10% discount on all sharpenings & retail stock.



**Gypsy Queen Tattoo**

164 – 6800 Memorial Drive NE  
gypsyqueentattoo@hotmail.com

Phone 403.452.tats (8287)

**Abbeydale Community Association members receive a 20% discount. Contact Gypsy Queen for full details**

**RUFFHOUSE PLAYCARE DAYCARE FOR DOGS INC.**



**Non Kenneling Daycare**

**2173-41 Ave NE 403-250-2424**



We offer a 20 % discount on Grooming with a valid Abbeydale Membership.

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

**The CRIER**

All advertising fees charged and collected are payable to the Abbeydale Community Association.

Advertising must be submitted in word, jpg or publisher format. We deliver to 2100 homes and publish on [www.abbeydaleca.com](http://www.abbeydaleca.com) & [www.calgaryarea.com](http://www.calgaryarea.com)

The editor and the Abbeydale Community Association reserves the right to edit all submissions of advertising or information for content and length. Abbeydale Community Association does not support or endorse products and or services in paid or free advertisements that appear in the CRIER. Request to place or cancel ads must be done by the 20th of the month. Prices below do not include GST. To advertise in the Abbeydale CRIER Call Cynthia at 403-235-1237 or email [news@abbeydaleca.com](mailto:news@abbeydaleca.com)

**LITTLE BLACK BOOKS & TAXES LTD.**



Offering professional bookkeeping and tax services for small to medium sized businesses, sole proprietors and sub contractors. A full range of products and services including corporate and personal income tax returns, unaudited financial statements, GST return preparations, payroll calculations, and T slip preparations (T4's, T5's, and T5018's). Full cycle accounting or summary spreadsheet accounting (for non incorporated sole proprietors).

With combined experience in excess of 30 years Tim & Mary can help you take advantage of the tax credits available to you and keep you on track with your government filings.

Professional service and reasonable rates are our standard. Monthly payment plans (including tax returns), Seniors discount and now offering a 25% discount to all Abbeydale Community Association members.

For further information please contact Little Black Books & Taxes Ltd at (403)280-3367 ask for Tim or Mary or via email at [lbbs@shaw.ca](mailto:lbbs@shaw.ca)



## ~Veggie Mom~ Recipes and Veggie Living

A friend of a friend asked for a nice substantial recipe this month, so here goes. This is a family favorite at potlucks. There is never any left, even if two people bring the same thing. Casseroles are great for a cold day, and we seem to be getting a few of those now that winter has arrived.

I'll see you at the Craft fair on November 6<sup>th</sup>. I'll have the baking/canning table and would love to meet you.

### Broccoli Rice Casserole with Cheese

- 2 cups grated cheddar
- 2 boxes of Uncle Bens Mushroom wild rice
- 1 bunch lightly steamed broccoli florets
- Salt and pepper to taste
- 2 cans cream of mushroom soup
- ½ cup sour cream
- Parmesan cheese to top

Cook rice as package indicates.

Meanwhile grate cheese and mix it with the soup, sour cream & salt and pepper in a separate bowl. Divide into two amounts.

In your casserole dish, layer one amount of the cheese/soup mixture in the base of your dish, and then on top of that put half of the rice, and then all of the broccoli, making sure to compress it down a little bit (or it might not fit in your casserole dish)

Place remaining cheese mixture over the broccoli, and then the rest of the rice on top of that.

Top with Parmesan.

Bake at 350 for about 45 minutes, or until bubbly and hot throughout.



**Manmeet Bhullar**  
MLA, Calgary Montrose  
1017 - 2220 68 Street NE,  
Calgary, AB Phone: (403)  
248-4487 Fax: (403)  
273-2898



### Calgary Montrose Gets Added Access to Health Care

Calgary - The East Calgary Health Centre officially opened September 27, 2010. More than 30 clinics and programs are at the centre of this new \$10.6-million facility that brings together numerous health services under one roof to promote community-based care.

This community based health care centre for 134, 000 residents of East Calgary will improve access to a variety of services at one centralized location. The new 75,000 square foot site is a one-stop shop where a dedicated health team provides multiple services, including primary care; public health; chronic disease management; oral health; living well; addiction and mental health services; speech language services; and, asthma and chronic obstructive pulmonary disease services.

"I am thrilled that citizens of Calgary Montrose now have improved access to Alberta's health care," says Manmeet Bhullar, MLA for Calgary Montrose, "it is incredible to know that the unique needs of people in East Calgary will be addressed close to home.

The programs and services offered at the East Calgary Health Centre also encourage and support lifestyles that help keep Albertans healthy, and are targeted to the health needs of their particular community. For example, the population of east Calgary has a higher percentage of low-birth weight babies. Therefore, the East Calgary Health Centre provides specialized public health, prenatal and postpartum community services to help address this issue, all in one location.



*Premier Stelmach speaking at the opening of the East Calgary Health Centre*

### **Don't miss out on the LAST Canning Class of the Year**

You can learn to make the product and take home a jar to share with family and friends.

**Nov 20**– Join us in this special holidays class which consists of cranberry sauce and a jelly or a mustard depending on availability of product. After this class you will have enough experience to rush home and make up some batches for stocking stuffers or gifts.

Members class cost is \$7.00 and non members are \$12.00.

No refunds for this class after Nov 12 or for no shows.

For more info, to register for a class or suggest another class call Margot at 403-282-2399 or email [margot\\_baker@hotmail.com](mailto:margot_baker@hotmail.com)

