

HELLO



AUGUST

*See inside for a variety
of upcoming events
during August.*

UPcoming
EVENTS



BOW CLIFF Centre 50+

3375 Spruce Drive SW Calgary, AB
T3C 3A3

T: (403) 246-0390

F: (587)352-6894

E: info@bowcliffseniors.org

The Communicator is published monthly.

Helping older adults live with dignity, respect and encouraging involvement in the community.

2018 BOARD OF DIRECTORS

President	Jean Langdon
Vice President	Dan Pyper
Secretary	Linda Doornbos
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BCS STAFF:

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Kayla Totten	Program and Membership Coordinator
Brad Keen	Facility Worker
Donnell Iosifelis	Operations Manager

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Isabel Flemons	Eileen Sutcliffe
Stephanie Krueger	Eugene Wasylchuk
Gail Martin	

THANK YOU TO OUR FUNDERS AND SPONSORS



Government of Canada
Gouvernement du Canada

Canada



**CALGARY
FOUNDATION**
Neighbour Grants



Special Thanks



A huge thanks to the Spruce Cliff
Community Association for their
help with pulling weeds



Hellenic Seniors Society of Calgary Picnic

Saturday September 29th, 2018

10:00 AM—2:00 PM

At Bow Cliff Seniors Centre

**Our invitation extended to Bow
Cliff Senior Members to
celebrate and enjoy Greek
Culture and Greek Food.**

**All food and deserts are complimen-
tary for members.**

**Wine, Beer and Soft Drinks will
be available**

Door Prizes

FREE



LUNCH Menu

August 1

BLT Sandwiches
Cottage Cheese/Fruit
Squares

August 8

Meat Rollups
Potato Salad & Bun
Ice Cream Sandwiches

August 15

BBQ Smokies
Beans
Birthday Cake

August 22

Salmon Croissants
Jellied Veg. Salad
Pie

August 29

Pulled Pork Sandwiches
Cold Slaw
Cookies

 **Join Us!**



4 3 - SENIORS (403-736-4677)

- Providing information about services available for older adults
- Filling out forms and applications for government benefits, transportation and housing needs

**A free service, providing support
for older Calgarians**

HAPPY **BIRTHDAY!**

AUGUST BIRTHDAYS

Ursula Van Zweeden

Nancy Davies

Eunice Fiss

Yvonne Hardy

Evelyn Holstine

John Krawchuk

Wayne Littlewood

Mary Long

Rob McDonald

Kathleen Mcfarlane

David McNab

Micheal O'Brien

Jane Rizzoli

Brad LaForge

Helen Shatosky

Eileen Sutcliffe

Robert Townsend

Babett Maria Valachi

Mehrnaz Yousefi

Inez Walker

Stan Phillips

Note from ED:

I trust everyone is enjoying their summer holidays. A special thanks to all the donors to date who have supported our "Drive for 45" fundraiser to support the installation of sound mitigating ceiling tiles. We are hopeful to reach our goal later this year and have the tiles in early in the new year.

Our fall programming will be announced shortly so please let us know what programs you are interested in so that we can make sure we accommodate as many members as possible.

Have a wonderful August.

Hi There!



Can we count on you to support our **“Drive for 45”** Facility Enhancement Campaign.

We need your help to continue our 42 years of ongoing programs and services for seniors. What a joy it is to see participants joining in our Wednesday luncheons, sing-a longs, bingo, cards, dancing, art programs exercise, crafts, socializing.

We would like you to consider donating to Bow Cliff on an annual basis but for now we are concentrating on one item— noise mitigating ceiling tiles—so we can all hear better and not have to shout.

The estimated cost is \$45,000— so we are asking for your help.

Your donation is greatly appreciated.

Let us build a caring community for one another.

Bow Cliff

Board of Directors



Our facility will be closed September 10-15th, 2018 as we will be hosting the Lawn Bowling Championships.

All programming will be cancelled.

Fall classes will begin the week after.



2018 CANADIAN SENIOR TRIPLES CHAMPIONSHIPS

SEPTEMBER 10-15
CALGARY LAWN BOWLING CLUB



EVENT SCHEDULE

- Sep. 10 Practice / Inspection
- Sep. 11 Opening Ceremonies
Rounds 1-2
- Sep. 12 Rounds 3-5
- Sep. 13 Rounds 6-7
Banquet
- Sep. 14 Rounds 8-9
Tie-breakers
- Sep. 15 Medal Rounds
Awards

Doors open 8:30 am daily



Free Admission

Cash Raffle

Weekly Meal Package Available

Qualified Player registration at
bowlsCanada.com

Cheer your favorite province!

Meet our financial supporters

Player transportation provided

Banquet entertainment by
The Calgary Fiddlers

Host Club

Calgary Lawn Bowling Club
101, 3375 Spruce Dr. S.W.
Calgary, AB T3C 3A3
(403) 245-4341
calgarylawnbowlingclub.com

 [calgarylawnbowlingclub](https://www.facebook.com/calgarylawnbowlingclub)

Host Hotel

Best Western Village Park Inn
1804 Crowchild Tr. N.W.
Calgary, AB T2M 3Y7
(403) 289-0241
bestwestern.com



art CLASSES

Tap into your Creativity

THURSDAYS OIL & PASTEL

WITH LORETTA: from 9:30AM– 11:30AM

And 12PM-2PM

September 20th— November 22nd

10 WEEKS — \$162 member/\$192 non-member

THURSDAYS PAPER TOLE

WITH JENNY COOLS: 9:30AM-11:30AM

September 20th— November 22nd

10 Weeks — \$113 member/\$143 non-member

MONDAYS

WITH STEVE DOZOIS: From 12:30-3PM

10 weeks — \$186 member/\$216 non-member

Starting September 17th –November 26th

(no class October 8th Thanksgiving)



Call the office to sign up or
for more information!

(403)246-0390



Ron Liepert – Calgary Signal Hill

Constituency Outreach and Communications

#2216 8561 8 A Ave SW

Calgary, Alberta

403 292-6666

Community Newsletter August 2018

Just prior to the adjournment of Parliament in June the government passed Bill C – 45 more commonly known as the Cannabis Act. However, the bill does not come into effect until October 17, 2018 when smoking marijuana will be legal in Canada. This gives local provincial and municipal governments only eight weeks to develop the laws and by-laws that will oversee every aspect of this bill such as areas of legal consumption, personal cultivation, and road side driver tests for impairment.

The government rushed through this legislation to meet the Prime Minister's campaign promise, despite concerns from scientists, doctors and law enforcement officials. While smoking marijuana will be legal as of this October, many questions remain regarding Canadians safety. Employers have expressed concerns about the impact of marijuana use on workplace safety and their employees. Detection of impairment while driving, has still not been proven. This legislation will not keep marijuana out of the hands of underage children or reduce the profits of illegal criminals dealing drugs.

At the local level municipalities will now have to enforce the 4 plant limit that any household is allowed to grow. This will be costly and difficult to enforce. There are also many vulnerable groups that will be deeply affected by this legislation but were not consulted or considered.

At all stages of this bill before Parliament I voted against the legislation because many of these questions remain unanswered. This was not well thought out legislation.

While potential business owners are submitting permit applications for retail outlets, the regulatory bodies are pressed to develop local laws around this bill before the October 17th effective date.

If you have concerns, questions or suggestions, I encourage you to contact those Federal Ministers responsible for this legislation. Contact my office if you need that information at ron.liepert@parl.gc.ca or 403 299-6666.

FUN CASINO *Night*

Saturday October 6th, 2018

Doors open at 5:00 PM

Gaming from 6:00-9:00 PM

Prizes and Giveaways 9:00-9:30 PM

Admission: \$25.00/ Ticket

Appetizers Included.

*Reserve Your Tickets at the
Office Today!*

The image features several stacks of casino chips in red, yellow, and green, arranged around the text. Some chips are standing upright, while others are lying flat. The chips have a checkered pattern on their edges and the 'CASINO' logo on top. The background is white with scattered playing cards, including the Ace of Spades, Ace of Clubs, Ace of Diamonds, and Ace of Hearts.
BOW CLIFF
Seniors



Brian Malkinson

MLA for Calgary-Currie

Contact Brian at: 403-246-4794

Or CalgaryCurrie@albertandp.ca

There is a lot of exciting news to share this month and not much room. So here goes. To start the big news of the session - because of the leadership of Premier Notley and Alberta's climate leadership plan - the Federal Government purchased the Transmountain Pipeline effectively providing a shield around the project, and protecting it from further political attacks and ensuring its construction. From the very beginning Premier Notley made it clear that good jobs for working people and meaningful climate action can - and must - go hand in hand.

But that is not all.

A few weeks ago the spring legislative session concluded and we continued our promise to deliberate and pass legislation that makes Albertans' lives better. These included Bill 5 - based on my Henson Trust consultations - that strengthens the financial security of those with disabilities, Bill 9 that protects choice for women's health care (a bill that I was saddened that some political parties refused to debate and vote on), and Bill 7 which created a Local Food Council and applies the Canadian Organic Standard to organic foods produced and marketed in Alberta to enhance consumer confidence and safety at grocery stores and farmers' markets.

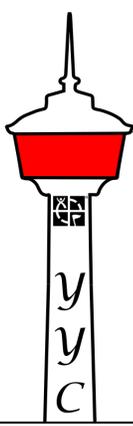
I have also been busy here in Calgary Currie where I attended the Hellenic Community Muay Thai fundraiser, hosted the BBQ at Killarney-Glengarry Garage Sale, and joined several communities such as Shaganappi, Sunalta, Good Companions and St. Matthews Church plus Rutland Park Community for their Neighbour and Aboriginal Awareness Day on June 16. It was great to see so many friendly faces and well done community organizers!

And July and August will provide even more opportunities to hear from you. I look forward to chatting with you at Stampede events at Bow Cliff, ARBI, and Closer to Home Community Services as well as my own Breakfast and Wiener Dog Rodeo on July 8 at the Rosscarrock Community Association. Breakfast starts at 9AM and the hounds will race at 10:30. There will also be live music and face painting for the kids. I look forward to seeing you there!

Stay cool.

Brian.

UP COMING



EVENTS



MONDAY, AUGUST 7TH
— FOOD VENDORS | HANDICRAFTS —
MULTICULTURAL PERFORMANCES

12 - 6 PM | FREE ADMISSION
OLYMPIC PLAZA



FOLKARTSYYC



WWW.CALGARYFOLKARTSCOUNCIL.CA

**TASTE
OF CALGARY**

Join us

For Calgary's best outdoor food and beverage festival!
Celebrating 22 years in our community.

FREE ADMISSION

August 9 - 12, 2018

**Global
Fest**

August 16, 18,
21, 23, 25

BUY TICKETS

Evan Woolley

Ward 8

Contact Evan : 403.268.2431



Summer is finally here! While it felt like this past winter would never end, now that the trees are in full bloom I'm reminded of why I love Calgary at this time of year. This summer, in addition to looking forward to sun-filled days, my wife and I are excited to welcome our first child! This will mean a few less 12-hour days spent in the office for me in the next little bit, but, I trust my team to keep the many exciting projects we have going in Ward 8.

Speaking of projects in Ward 8, my office has just put the finishing touches on our Ward 8 Work Plan 2.0! This is our four-year strategy document that outlines the programs, policies and projects we've prioritized for Calgary and the 22 neighbourhoods within our boundaries. From traffic calming, to economic diversification, to Main Streets - my team and I look forward to connecting with all of the Community Association Boards and sharing our goals and objectives with you this coming fall.

With that exciting news, I'm sad to share that one of my team members, Brienne Biblow, will be leaving the Ward 8 office this summer to pursue new opportunities in Victoria, BC. Many of you know Brienne through her diligent work on the Ward 8 development file, Main Streets, 17th Avenue Re-Construction or as the Ward 8 representative for your community association. Brienne has been a valuable part of our team for two and a half years and from what I've heard from the communities she's worked with she has become a valuable part of your communities as well. Please join me in wishing her all the best on the island!

Replacing Brienne in our office will be our new staff member, Zev Klymochko. Zev has been with the Ward 8 office since February and over the last five months, he has been dedicated to managing and resolving constituent concerns. If you haven't had the chance to meet Zev yet, I know you will this coming fall! I have always said that the role of Constituent Liaison is the foundation of any Councillor's office and it provides any team member a fulsome understanding of the City and the neighbourhoods within our ward. Zev has excelled in this position and will now be applying his passion for community building to diverse files like Main Streets, Heritage Projects, Development and more.

To conclude, I wish you all a great summer and look forward to re-connecting with you in the fall!

Best,

Evan Woolley

Seniors

Warnings of Top 10 Seniors Scams



Scam	What is it?	How to Avoid it
1. Romance Scams	<p>While romancing the victim and earning their trust, the scammer may gain access to personal and financial information.</p> <p>When the scam is over, the victim is left broke and broken-hearted.</p>	<p>Keep your personal and financial documents locked at home in a safe place - do not carry them with you and do not share them with anyone, especially strangers online. Avoid making rash, emotional decisions.</p>
2. Investment Scams	<p>A scammer convinces you to "invest" in a project, company, loan, or other initiative. You may even receive regular reports that the project is producing great returns. But when you try to withdraw your money, it turns out the investment never existed.</p> <p>Another common investment con is a pyramid scheme or Ponzi scheme. You buy into a company where the profit doesn't depend on the sale of the product, but on bringing in new investors. It's mathematically impossible for these set-ups to continue indefinitely. Eventually the pyramid collapses.</p>	<p>Never sign any documents you don't understand. Seek legal advice from your own, trusted lawyer or financial advisor. Be wary of high-pressure sales tactics. Legitimate investors won't pressure you into making quick financial decisions. Pay attention to "buzz words" like "guarantee," "promise," "high rate of return with low or no risk," etc...</p>
3. Tech Support Scams	<p>Scammers often posing as "Microsoft" or other computer software techs try to convince people their computer has a virus, and they must grant the supposed tech support agent remote access to their device to fix it. It's all an elaborate scheme to gain access to people's electronics to steal their identity, personal information and even install viruses and malware.</p>	<p>It's ok to hang up the phone. Never give a stranger remote access to your device. Remember, tech support specialists or companies do not call out of the blue. Do not click on any suspicious looking links, attachments or pop-up advertisements. Take your computer to a local, trusted business to have it checked out.</p>
4. Grandparent Scams	<p>Scammers pretending to be grandchildren contact seniors claiming to be in trouble and in need of immediate financial assistance.</p>	<p>Check with family to ensure your grandchildren are safe. Never wire money to someone until you've confirmed their identity.</p>

5. Charity Scam	Often in the wake of a catastrophe like a hurricane, flood or terrorist act, scammers will set up "relief funds" to help survivors and solicit donations from victims. The gift goes right into the scammer's pocket, and not to those who need it.	Ensure your donations go only to recognized charities registered with Canada Revenue Agency, or verified online donation campaigns.
6. Door-to-Door/ Telemarketer	Aggressive sales people use high-pressure sales tactics to intimidate seniors into buying things they don't need.	If you're at the door or on the phone with a high-pressure sales person and you're uncomfortable - hang up or close the door. If you feel threatened, call the police.
7. Fly-by-night Contractor	The scammer approaches the homeowner saying they noticed their roof (or some other feature) needs repair and that, since they're in the area, they can give the homeowner a great deal if they give a deposit today. After taking the deposit, the scammer disappears along with the homeowner's money.	When hiring a contractor to work on your home, get three written estimates, check references and research your rights regarding contracts and cooling-off periods.
8. Funeral Scam	Unscrupulous funeral home owners will take advantage of people in their time of grief and vastly overcharge for caskets, services or unnecessary items while the victim is vulnerable	Plan and pay for your funeral in advance - but do your research and bring a friend with you.
9. Employment Scam	Victims find a too-good-to-be-true opportunity to make thousands of dollars working from home. The scammer then instructs the new employee to send money up-front for supplies, admin fees, etc. and then disappears leaving the victim with no job and a thinner wallet.	If you receive an unsolicited phone call, ask for a number to call them back and confirm they are who they say they are before returning the call. Ask a trusted friend, loved one or contact BBB to help you research the company and the job offer.
10. Bereavement Scam	Scammers scour the obituaries and contact victims who recently lost a loved-one claiming the deceased had unpaid bills or debts that must be paid right away.	Arrange to have a trusted family member or friend handle all financial matters in the days following the loss of a loved one.

For more information visit: www.bbb.org

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
5	6	7	8	9	10	11
	OFFICE CLOSED	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
12	13	14	15	16	17	18
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
19	20	21	22	23	24	25
	1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	
26	27	28	29	30	31	
	9 BOARD MEETING 1230 Hand & Foot	9 Needleworkers 1230 Party Bridge	12 LUNCH 1 Bingo	930 Art Drop In	12 Duplicate Bridge	