

MAY 2017

DELIVERED MONTHLY TO 2,400 HOUSEHOLDS

# WINSTON HEIGHTS MOUNTVIEW

COMMUNITY MATTERS

THE OFFICIAL WINSTON HEIGHTS/MOUNTVIEW COMMUNITY NEWSLETTER



**AGM**

**WHM COMMUNITY HALL  
MAY 30<sup>th</sup>, 2017 AT 7 P.M.**

**VOLUNTEER RECOGNITION  
EVENT BEGINS AT 6 P.M.**

# Healthy Savings Coupon!

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Present original coupon (no copies accepted) to cashier to receive discount. Minimum \$25 purchase required. One coupon per customer. Cannot be combined with any other offer. No cash value. Expires June 30, 2017.

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## WINSTON HEIGHTS/MOUNTVIEW COMMUNITY ASSOCIATION

520 27 Avenue NE • Calgary, AB - T2E 2A6  
Phone: 403-276-5474

[www.winstonheights.ca](http://www.winstonheights.ca) • [questions@winstonheights.ca](mailto:questions@winstonheights.ca)

Delivered monthly to 2,400 households and businesses

### Editorial Submissions

[newsletter@winstonheights.ca](mailto:newsletter@winstonheights.ca)

All editorial content must be submitted by the 10<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

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Serving Calgary communities for 28 years

91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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Check out our website:

[www.great-news.ca](http://www.great-news.ca)

**GREAT NEWS PUBLISHING**  **28 YEARS**

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Winston Heights-Mountview Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
<b>HOSPITALS / URGENT CARE</b>	
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 Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
<b>OTHER</b>	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

## WHMCA EVENTS

[winstonheights.ca/activities-events/activities/](http://winstonheights.ca/activities-events/activities/)



### Mom's Night Out

Thursday, May 11 2017

\* Please note the earlier date this month!

7:30 p.m.

NIXX Neighbourhood Pub - 2418 Edmonton Trail NE

No RSVP needed. Come join us for an informal evening of great conversation and an opportunity to connect with other moms. Whether you work in or out of the home, are expecting or have little (or bigger) ones at home, please join us. You are sure to meet new friends and have a few laughs along the way. For more information, please contact Christine at [president@winstonheights.ca](mailto:president@winstonheights.ca)

### WHMCA Pre-Stampede Party and Neighbour Day 2017

Saturday, June 17, 2017

11 a.m. – 2 p.m.

WHMCA Hall - 520 27 Ave NE

Fun for all ages - Petting zoo, bouncy castles, food, entertainment and more!

Admission: WHMCA Members: Free!

Non-Members: \$5 BBQ lunch. Kids eat free!

Be sure to let us know if you'd like to perform for this event. We are always looking for local musicians to showcase their talents, so if you'd like to volunteer to spend some time on stage, we'd love to have you! Also, if you'd like to volunteer for the event, please email: [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca)! Contact Mary-Beth for further details at [marybethwalshn2@gmail.com](mailto:marybethwalshn2@gmail.com).

### Free All-Ages Skateboarding Program

August 11th – 23<sup>rd</sup>, 2017 (times vary by day)

For more info call 3-1-1 or visit [Calgary.ca/skateparks](http://Calgary.ca/skateparks)

### Community Clean-Up Day

September 9th, 2017, 9 a.m. – 1:30 p.m.

\*\*If you are interested in volunteering at this event please contact [volunteers@winstonheights.ca](mailto:volunteers@winstonheights.ca)

## PRESIDENT'S MESSAGE

May is an important month in Winston Heights-Mountview (WHM), as we celebrate our dedicated and hardworking volunteers at our Annual Volunteer Recognition event and Annual General Meeting (AGM) on May 30, 2017. The Volunteer Recognition Party will start at 6pm with the AGM following immediately after at 7 p.m. This year we will pay special tribute to our past Community Association Presidents, many who still call WHM home. Everyone is invited to this family friendly event - come join us for food, drink and to say thank you to all of our amazing volunteers who contribute so much to our community.

The AGM will immediately follow the Volunteer Recognition Party where we will be electing a new Board of Directors - please consider joining our Board for 2017-18 and giving back to the community you call home! The Board is a great way to meet new people in the community and to share some of your unique skills, knowledge and interests with us. At this AGM we will be putting forward some bylaw changes for consideration by the membership. The goal of the changes is to make it easier for those connected to the WHM community to become involved in all of our activities. Check out this newsletter for a summary of the changes and our website for all of the changes being proposed and then come and cast your vote!

Just a reminder that you will need to be a WHM Community Association member in order to vote at the AGM. Avoid the membership sign-up line at the AGM and join now! The free membership campaign for WHM residents has been extended for an additional year, so there has never been a better time to sign up and get involved. Check out our website or the membership form in this newsletter to join.

TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."

# Winston Heights-Mountview Community Association

520 27 Avenue NE Calgary, AB T2E 2A6  
 Phone: 403-276-5474  
 Email: [questions@winstonheights.ca](mailto:questions@winstonheights.ca)  
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ONLINE

[www.winstonheights.ca](http://www.winstonheights.ca)  
[www.facebook.com/winstonheights](https://www.facebook.com/winstonheights)  
[www.twitter.com/winstonheights](https://www.twitter.com/winstonheights)  
[www.instagram.com/winstonheights/](https://www.instagram.com/winstonheights/)  
[www.flickr.com/photos/winstonheights/](https://www.flickr.com/photos/winstonheights/)

## BOARD OF DIRECTORS

Position	Name	Phone	Email
President	Christine Johns	403-510-9080	<a href="mailto:president@winstonheights.ca">president@winstonheights.ca</a>
Vice President	Caleigh Rabbittie	403-589-6828	<a href="mailto:caleigh.rabbittie@gmail.com">caleigh.rabbittie@gmail.com</a>
Treasurer	Don Phillips	403-615-2774	<a href="mailto:treasurer@winstonheights.ca">treasurer@winstonheights.ca</a>
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Past President	DJ Kelly	403-714-8901	<a href="mailto:whmv@djkelly.ca">whmv@djkelly.ca</a>
Director	Terence Evans	403-542-2855	<a href="mailto:operations@winstonheights.ca">operations@winstonheights.ca</a>
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Director	Kari Major	403-554-6439	<a href="mailto:events@winstonheights.ca">events@winstonheights.ca</a>
Director	Linda Sharp	403-276-4510	<a href="mailto:heritage@winstonheights.ca">heritage@winstonheights.ca</a>
Director	Karl Sonnichsen	403-681-9142	<a href="mailto:communications@winstonheights.ca">communications@winstonheights.ca</a>

## COMMITTEES

Committee	Chair	Email
Activities & Events	Kari Major	<a href="mailto:events@winstonheights.ca">events@winstonheights.ca</a>
Centennial Garden	Linda Sharp	<a href="mailto:centennialgarden@winstonheights.ca">centennialgarden@winstonheights.ca</a>
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Traffic	Ian Wacker	<a href="mailto:traffic@winstonheights.ca">traffic@winstonheights.ca</a>

The Winston Heights-Mountview Community Association strives to be open and transparent with its members in its governance and work. You can join us at our monthly Board Meeting at the Winston Heights-Mountview Community Centre Board Room: First Tuesday of each month at 7pm. Please contact [president@winstonheights.ca](mailto:president@winstonheights.ca) for more details.

## IMPORTANT CONTACTS

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[gdenison@calgarypolice.ca](mailto:gdenison@calgarypolice.ca)

**Ward Councillor**  
 Gian-Carlo Carra  
[ward09@calgary.ca](mailto:ward09@calgary.ca)

# Before Attending the AGM...

At the Annual General Meeting on May 30 at 7 p.m. a Special Resolution to update the organization's bylaws will be put forward to the membership of Winston Heights-Mountview Community Association.

The last update to our bylaws was made in May 2010 and over the past seven years Directors have, from time to time, recommended changes which this Special Resolution aims to address. These recommended edits are proposed in order to:

1. Update Membership sections to reflect the current practice of Memberships being by household rather than by individual.
2. Expand Associate Membership to include businesses and not just individuals who live outside the community.
3. Allow a limited number of Associate Members to serve as Directors.
4. Expand Conflict of Interest to include more than "tender or contract to be submitted to the Association."
5. Improve consistency of language throughout the document.

All members are encouraged to review the proposed changes in detail at [www.winstonheights.ca/proposedchanges2017](http://www.winstonheights.ca/proposedchanges2017), and provide any comments or direct any questions to DJ Kelly at [whmv@djkelly.ca](mailto:whmv@djkelly.ca) prior to the meeting.

## VOLUNTEER OPPORTUNITIES

### WHMCA Board Secretary Wanted

The WHMCA AGM is quickly approaching on May 30th, and our wonderful secretary, Karim Zariffa is stepping down from his role. We would like to sincerely thank Karim for all of his hard work and dedication during his time as Secretary and we greatly valued having his voice on the Executive Committee. We are delighted though that Karim hopefully isn't going too far as he is letting his name stand for a Board of Directors position! The WHMCA is now seeking a new Secretary to join the Board and become a member of the Executive Committee. Board meetings are the first Tuesday of every month at 7 p.m. If you would like more information about the role, please contact Christine at [president@winstonheights.ca](mailto:president@winstonheights.ca)

### Board Members Wanted

The 2017-18 WHMCA is looking for new members! If you have an interest in becoming more involved in your neighbourhood and making a difference in your community come join us! We would love for you to share your skills, knowledge and experience with us. The Board meets the first Tuesday of every month at 7 p.m. From events and activities, rinks, hall operations, finance, seniors, family or adult programming, traffic, gardening, history or community engagement we have something to match your interests. If you might be interested in joining the Board or if you would like more information to see if it is the right fit for you, please contact Christine at [president@winstonheights.ca](mailto:president@winstonheights.ca)

# HOCKEY ROAD

My very first goal in my very first game,  
 a fleeting moment of on-ice fame.  
 It sparked a passion that took firm hold  
 for a life-long journey down hockey road.  
 (excerpt from *After the Flood: Hockey Poems*)



Bantam: 1968-69

Keith Worthington is a Calgary poet whose book, *After the Flood: Hockey Poems* was published in 2013. He grew up in Winston Heights and played and coached hockey with the community teams. The Heritage Committee is trying to locate one of the old hockey jerseys, so if you have one of those maroon jerseys somewhere in your basement or attic, please contact Linda Sharp at 403-276-4510.

## NEWS FROM THE COMMUNITY GARDEN

We'd like to welcome everyone to visit the garden this spring. We're planting our beds this month so it won't be long before the first green shoots begin to appear. Also, the apple and cherry trees around the perimeter will soon be blooming and the bulbs in the garden might already be flowering. The picnic table is always a pretty spot to have lunch.

This year, our garden is participating in a bee box study. There are a couple of extra bee houses in the garden already. Jenna, a student at St. Mary's University, is hoping to document the ways in which the solitary bees are affected by elements of their environment such as the surrounding plant varieties, and human and animal traffic patterns. We're thrilled to be a part of the study. We rely on bees for pollination and the solitary bees are favourites because they have a feeble sting and only exercise it if they are rudely treated. So please be kind to the bees.

The Community Garden is pleased to present the **SuperGarden Workshops** with presenter Janet Melrose from Calgary's Cottage Gardener. These workshops are open to everyone. Tickets are \$10 and must be reserved in advance by email.

June 21<sup>st</sup> Topic: watering/water conservation, succession planting, weed and pest control  
 July 25<sup>th</sup> Topic: good/bad bugs, smelly stuff, trellises  
 August 23<sup>rd</sup> Topic: seed saving/sharing, when to harvest what  
 October 11<sup>th</sup> Topic: putting your bed to bed

If you happen to snap some pictures when you visit the garden, we'd love to see them. We are always looking for new photos to share on our website and Facebook page.

All of the beds in the garden are currently rented, but if you would like to join our waitlist for next year, please send us an email. And remember, you can still participate this year by becoming a Friend of the Garden. As a Friend, you can join Wednesday work parties, sign up for special projects and attend our social events.

Please respect the individual garden beds. They have been rented by your fellow community members and the produce grown there belongs to them. There is a tasting bed in the garden and everyone is welcome to sample from that bed. Look for the sign inviting you to try it out.

[communitygarden@winstonheights.ca](mailto:communitygarden@winstonheights.ca)

## YYC Milestones in 2016

In April we hosted our Annual AGM. 2016 was a year of growth and excitement for YYC. In October, we opened Canada's most technologically advanced airport terminal and there were other notable achievements through the year including:



A record **15.7 million passengers** connected to the world through YYC. An increase of 1.7% from last year.



**Several non-stop destinations** added or announced including: Beijing, London Gatwick, Zurich, Phoenix Mesa and Mexico City.



**25 years of service** and **one million volunteer hours** reached by the world famous White Hat Volunteer program.



**8.28 billion** in GDP and **48 000 jobs** created for the region.



**75% of all Alberta air cargo shipments** transported through YYC.

YYC and our airport community also made a big difference to the city and people in need. To learn more and to see our full 2016 annual report visit [yyc.com](http://yyc.com)



**YYC** CALGARY INTERNATIONAL AIRPORT

## Membership Form 2017/2018

We are excited to have you join this great  
Community Association!

Membership # (if known): \_\_\_\_\_

First Name (required): \_\_\_\_\_

Last Name (required): \_\_\_\_\_

Resident (FREE): \_\_\_\_\_

Non-Resident/Business (\$10) (required): \_\_\_\_\_

Total # of Family Members at Home:(required): \_\_\_\_\_

Ages:

Baby (0-1 yrs): \_\_\_\_\_ Toddler (2-3 yrs): \_\_\_\_\_

Preschool (4-5 yrs): \_\_\_\_\_ Young Child (6-12 yrs): \_\_\_\_\_

Youth (13-17 yrs): \_\_\_\_\_ Young Adult (18-25 yrs): \_\_\_\_\_

Adult (26-39 yrs): \_\_\_\_\_ Middle Adult (40-64 yrs): \_\_\_\_\_

Older Adult (66-79 yrs): \_\_\_\_\_ Oldest Adult (80+ yrs): \_\_\_\_\_

Unit #: \_\_\_\_\_ House #: \_\_\_\_\_

Street (required): \_\_\_\_\_

Postal Code (required): \_\_\_\_\_

Phone #: \_\_\_\_\_

Email (required): \_\_\_\_\_

Spouse/Partner First Name: \_\_\_\_\_

Spouse/Partner Last Name: \_\_\_\_\_

Spouse/Partner Email: \_\_\_\_\_

Memberships are required for spring sport activity registration (eg: Deerfoot Soccer requires that you have an up-to-date community membership). If you want to rent the hall, members get a discounted rate.

If you want to attend a function such as the Pre-Stampede Bar-B-Que or rent a table at the Craft Market you also receive a discount.

Please make cheque payable to: Winston Heights –Mountview Community Association

Please mail cheque and this form to: 520 - 27 Avenue NE, Calgary, AB T2E 2A6

Or Visit us at [www.winstonheights.ca](http://www.winstonheights.ca) to complete it online.

Are you interested in volunteering to help with events, activities, join the board or to join a committee?

(please check all that may apply)

- Activities and Events Committee
- Board Member
- Casino Fundraiser
- Centennial Garden Committee
- Community Clean-Up
- Facility and Operations Committee
- Family Day BBQ
- Finance Committee
- Garden Committee
- Heritage Committee
- Membership Campaign
- Newsletter
- Planning Committee
- Playgroup
- Pre-Stampede Party
- Quiz Night
- Rink (flooding)
- Rink (organization and planning)
- Rink (setup/teardown)
- Santa's Breakfast and Craft Market
- Social Media Photography
- Traffic Committee
- Volunteer Coordination



## Share Your Community Pics



Do you like photography? Do you like Social Media? Combine the two and help show off our wonderful

community on Instagram! Follow and tag us @winstonheights. Follow our hashtag #whmca.

Submit photos to publish: [communications@winstonheights.ca](mailto:communications@winstonheights.ca) or maybe you can join our team of volunteers and post directly, email us for more details. Your photo could end up on the cover of our newsletter!



## Stitch and Chat

Are you handy with a hook? Nifty with needles? Are you blessed with the gift of gab?! Beginning in January, there will be a group meeting at the WHM community centre to *Stitch & Chat* every Friday from 1 p.m. to 3 p.m. Watch the WHM website for more details!



first 2000 days  
Early Childhood Development Network  
North West Coalitions

## Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Social emotional milestones at age 5 are:

- most concerned about family but are reaching out and making friends
- they are starting to learn about rules and behaviours outside of the home; they like rules as rules provide order
- becoming more independent and in control of their behaviour
- they better understand logic which leads to less tantrums and arguments
- sharing is better and they are starting to develop empathy
- they play mostly with the same gender, but are noticing more differences between genders
- may become clingy, bossy or show mixed emotions when tired
- can state family values and know that families have different values
- understanding the world around them better

Working with your child to reach these milestones is critical to a great start to school. Don't worry if your child reaches these milestones after his/her peers. Children develop differently; a guideline is that you should see these milestones be reached before they are 6 years old.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).

Calgary



WINSTON HEIGHTS  
MOUNTVIEW COMM. ASSOC.

## Winston Heights Community Association

(520 27 Ave NE)

Aug 11-23

A FREE Calgary skateboarding program for all ages.

All participants must have a signed waiver, if under 18, the participant will need it signed by a parent / guardian before being able to participate in this program. Waivers are available on-site and on [www.calgary.ca/skateparks](http://www.calgary.ca/skateparks). Helmets are mandatory when using the park. You are welcome to bring your skateboard, rollerblades, or scooters to the park. Rental skateboards and helmets are free to use on a first come, first serve basis.



Program Time: Monday—Friday from 11 a.m.—7p.m.  
Saturday—Sunday from 10 a.m.—6 p.m.  
For more information call 3-1-1 or visit  
[www.calgary.ca/skateparks](http://www.calgary.ca/skateparks)



CALGARY PUBLIC LIBRARY

**Walk150: Make Calgary feel like home, one step at a time!**

Walk through Calgary neighbourhoods with Lori Beattie, author of *Calgary's Best Walks*, and discover new and familiar places with multilingual guides available. Various Library Locations & Dates to Accommodate Your Schedule  
Walk150 takes place in May & June

**Book Discussion Groups**

May Theme: Great Canadians!  
Travel the world of ideas while talking about your favourite Canadian author or book that made you love Canada just a little bit more. Bring your book to a lively, facilitated discussion. No registration required. Various Library Locations & Dates

**Bill's Book Café with Julie Van Rosendaal**

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.  
Alexander Calhoun Library  
May 12 | 7 pm

**Sage Hill Library**

Temporary location to open in June! Visit our website for details.

To register or learn about other events, visit [calgarylibrary.ca](http://calgarylibrary.ca) or call 403.260.2620.



**IN & AROUND CALGARY**

**EMS**

**National Paramedic Services Week is May 28 – June 3, 2017.**

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



3-year-old program:  
Tue & Thu \$130/mo  
4-year-old program:  
Mon, Wed & Fri \$170/mo

**Open House May 11th**  
**3716 - 2nd Street NW**  
**4:30 - 8:00 pm**

**For more information check out our website**  
[www.highlandparkcommunity.ca](http://www.highlandparkcommunity.ca)  
**or call or email Carolyn**  
403-276-6969    [hpca@shaw.ca](mailto:hpca@shaw.ca)

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**Make a difference in the life of a family...**



**Are you looking for a way to give back to your community?**  
**Our Home-Start program is looking for volunteers!**

**What does a Home-Start volunteer do?**

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

**Interested in getting involved?**  
For more info, or to learn about upcoming training sessions, contact Home-Start or visit [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca)

East Calgary: 403-660-6809  
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Boys & Girls Clubs of Calgary Home-Start Calgary

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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.

## IN & AROUND CALGARY

### Your May Safety Tip from Your Calgary Fire Department

#### Prevent potting soil fires

Today's potting soils contain large volumes of peat moss. When peat moss gets too dry, it becomes highly flammable. On top of that, you'll often find shredded wood, bark, Styrofoam and vermiculite in potting mix. Like peat moss, all of these ingredients ignite easily under dry conditions.

Over the past number of years we have received numerous 911 calls from citizens who, while walking their dog late at night, see the outside of a home on fire. These fires are typically attributed a cigarette before they go to bed. After finishing the cigarette, it is put out in the porch plant pot...because "that is where I've always put it out and there has never been a problem" then as they sleep the still burning cigarette lights the dry peat moss on fire, and voila! After a period of time, the outside of the house is on fire while the residents sleep inside!

A few simple precautions will help to keep your home safe:

- Make sure the soil around your potted plants stays moist. Keep in mind that the soil in pots dries out more quickly than soil in garden beds, so plan on more frequent watering.
- While regular garden soil may extinguish a cigarette, the same isn't true for potting soil. Make sure smokers have a safe place to dispose of their butts, indoors and outdoors, so they aren't tempted to use your pot of geraniums instead.

Keep potting soil away from combustible materials. Keep potting soil and potted plants away from things that ignite and burn easily, such as firewood, stacks of old newspapers, aerosols, paint solvents, gasoline and cleaning products.

**DID YOU KNOW?** The MALTESE CROSS had its beginning during the Crusades, and its shape adopted to the shields of the knights of Malta who were also known to wear red capes. When assisting armies who had been doused with Naptha and lit on fire, the knights would pull off their red capes and put the flames out. It has since been adopted as a symbol of fire departments.

## 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

**GREAT JOB for a Student!** Easy/trained dog to walk around the neighbourhood after school. \$10 for each walk (3 afternoons per week) Must be reliable in various weather conditions. Email: [margaretjaswal@gmail.com](mailto:margaretjaswal@gmail.com). Thank you.

**27<sup>TH</sup> ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS:** August 26-27, 2017. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. Bring along your pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

**JESSICA DID.**  
**'I QUIT SMOKING FOR MY WEDDING'**



- Jessica Therrien, former smoker and Run to Quit Champion

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### Visit our National Parks

This year Canada marks its 150th birthday and there are many ways to celebrate.

Canada is known for its natural beauty and one of the best ways to experience Canada is to visit our National Parks -- for free.

By visiting [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) or by calling 1-888-773-8888, you can order your free Canada 150 pass and this will allow you to have unlimited daily visits to all national parks and historical sites across Canada. You can also request a free Visitors Guide for each region of the country.

Alberta is home to Canada's first national park. Banff National Park of Canada was created in 1885 and is a UNESCO World Heritage Site. Alberta is also home to four other national parks too; Elk Island, Jasper, Waterton Lakes and Wood Buffalo -- as well as many national historical sites.

The special Canada 150 pass is only good for free daily visits but you may want to consider extending your experience by staying overnight for a very reasonable cost.

If you do not have access to camping equipment, you may want to consider some of the more innovative solutions offered by Parks Canada. There are oTENTik, teepees and Equipped Campsites available at most Alberta parks, but space is limited. Accommodation options are much more limited in other provinces.

oTENTik sites are a cross between a tent and a rustic cabin, similar to what early settlers and gold rush pioneers lived in. They accommodate up to six and are both dry and spacious and include the beds. The kids will love the bunk beds!

The teepee equipped sites are only available at Waterton Lakes Park and Rocky Mountain House National Historical Site.

The Equipped Campsites are perfect for those who do not own any camping equipment or do not have the

space to transport camping equipment (cyclists and motorcyclists). These sites come equipped with the basics for up to six people.

Visit [www.parksCanada.gc.ca](http://www.parksCanada.gc.ca) or call 1-888-773-8888 to book your overnight visit before space runs out.

Finally, visiting our national parks is a fun experience, but can be deadly if you are not prepared or do not use common sense. Please remember that many parts of our national parks are remote, not well monitored and rely on park users to know their own limits. If you are unsure of the risks in a specific park, please take the time to speak with the knowledgeable staff.

Sharing your experiences on social media will help raise awareness of the fantastic opportunities our national parks and historical sites offer Canadians every day



MLA Calgary-Klein  
**Craig Coolahan**  
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 Phone: (403) 216-5430  
 Fax: (403)216-5432  
[calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca)

### Investing in Albertans

Occasionally, constituents tell me they're concerned about the state of Alberta's finances. The fact is that Alberta is set to lead the country in economic growth this year, and has the lowest debt-to-GDP ratio of all Canadian provinces. Given this outlook, there are several important arguments for maintaining the state of our front-line services.

The moral argument is the one I find most compelling: Albertans shouldn't be made to pay or suffer for fluctuations in the price of oil and the lack of foresight of previous governments. Since oil was discovered in Alberta, governments have used non-renewable resource revenues to fund schools, hospitals, roads and infrastructure. When oil prices were high, previous governments pretended to be wise fiscal managers, and when oil prices were low, they slashed and burned front-line services Albertans rely on. This isn't fair to Albertans. People shouldn't be made to line up for hospital care, or put their child in a classroom with 50 others, just because the price of oil fluctuates.

There's also a strong economic argument to be made for maintaining funding levels for health and education while investing in infrastructure. As Alberta's economy recovers, we want to be an attractive place to move to, start a business, and invest. This means building the infrastructure we need while prices are relatively low, and maintaining the state of our front-line services. Companies rarely start new branches or move employees to places that throw their health and education systems into crisis. Maintaining stable funding to services helps Alberta remain competitive on the world stage.

The role of any government should be to make life better for Albertans, and that's the role I see myself and my New Democrat colleagues accomplishing. Yes, serious conversations need to happen regarding the responsible management of revenues in Alberta. But when a world-wide oil price shock hurts working Albertans and their families, the first priority of government is to support Albertans as they weather the economic storm.

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

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### Indigenous Policy Framework

Over the last several years there has been a significant focus on the Truth and Reconciliation Commission (TRC) and how the recommendations coming out this challenging and important work impact us all. Many people mistakenly believe this to be an Aboriginal issue when, in fact, it is a Canadian issue, a Calgarian issue and a community-building issue.

Understanding that we all have a responsibility to heal our relationship with our indigenous brothers and sisters, your City Council has taken meaningful and lasting steps forward in a shared process of truth and reconciliation. These steps include: the publication of the White Goose Flying Report (2016) that looks at the local adaptation for the TRC's 18 calls to action, the renaming of the Langevin Bridge to Reconciliation Bridge in January 2017, the permanent raising of the Treaty 7 flag in March 2017 and, most recently, the Indigenous Policy Framework presented at the Standing Policy Committee on Community and Protective Services in April 2017.

The Indigenous Policy Framework is intended to establish the necessary policies and practices for the City of Calgary to move forward by understanding our shared history and how, as a municipality, we can be an active partner in the process of reconciliation. This incredible document is, in all honesty, one of the best reports I have ever seen come out of the City of Calgary and the first of its kind in Canada. It is something that I encourage all Calgarians to take the time to thoughtfully read.

The Indigenous Policy Framework is, in essence, Calgary's creation story. Using the incredible expertise of our traditional knowledge keepers from the Treaty 7 First Nations, it describes how, since the beginning of time, this land has been a shared land. It has welcomed people from different backgrounds to live and prosper here and build communities that celebrate our diversity and thrive because of it.

This is the story of Treaty 7 people and we are all Treaty 7 people.

In honouring the creation story of our city we begin to recognize its contemporary significance and how it dovetails with the idea of great neighbourhoods. Great neighbourhoods are built on diverse people coming together, sharing the land and building community. This is still everything we are still working toward today.

In June we will be hosting the official renaming ceremony for the Langevin Bridge. I encourage all of you to come out and celebrate this historic moment.



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established client base. This business is located in a beautiful studio space surrounded by other creative businesses. It provides an exceptional bright sunny workspace with oversized reclaimed wood work tables, glass overhead door for easy loading and very large cooler. It is perfect for large event work and workshop classes. It is the ideal business for someone with a passion for flowers who wants a business that is already profitable with room to grow.

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its own private balcony and custom built corner library. You'll also find a stunning 5 piece bath with in-floor heating as well as a 3 piece bath. The fully finished basement offers another bedroom/bathroom as well as a den and large living area all with in-floor heating. The backyard is completely landscaped with a fire pit and entertaining area. This home is located right next door to the beautiful Winston Heights Mountview Park and community garden and is within walking distance of the Elks Golf Course.



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