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THE OFFICIAL BRENTWOOD COMMUNITY NEWSLETTER





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CONTENTS

Brentwood News	8
Gardening Group	12
My Babysitters List	13
Environews	14
These are the People in your Neighbourhood	15
Brentwood Community Playgroup	16

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Volunteer Coordinator	Alicia Clifford	bcavolunteer@telus.net	Garden Bed Rentals	Cheryl Moller	cm.checky@gmail.com



Our neighbourhood contributors for this month include: Anne Burke, Druh Farrell, Dorothy Haeberle, Lee Hunt, Polly Lee Knowlton Cockett, Melissa Neville, Devina Sharma, Cynthia Sim, Marie Weninger-Henderson and Kelli Wreford.
Proofreader – Lee Hunt



Kelli Wreford, Editor

EDITOR'S SCRIBBLINGS



I hope you are all having a wonderful summer! I also hope this edition of the Bugle finds you sooner or later in spite of the looming postal disruption as I write this on July 4th.

This year the Brentwood Community Association has said farewell to many long-time volunteers and August is no exception. We are bidding Cheri and Rob Macaulay adieu after many years of living and working in Brentwood as well – see the article for details. Although many willing and able volunteers have stepped up to fill positions that have become vacant through the changes in the Association, there are several positions that require volunteers before the fall of 2016. If you can help, please contact the BCA. Details are in this issue.

As some move on to other things, we are welcoming some new neighbours at The Village. Lee Hunt fills us in on what exciting things are happening at the former Rocky Mountain College and Foothills Alliance Church building.

The creation of a new mural will soon be underway! It is not too late to be a part of it. People of all ages are invited to participate—details inside.

While most city cultural entertainment venues are quiet during the summer, there are affordable options. I am heading to *Opera in the Village* on August 13, 14, 20 and 21, hosted by Calgary Opera in the East Village. There are two “mini-productions” which will be held each day. Tickets for *Hansel & Gretel (\$15)* and *Archie-baldo by Cowtown Opera (\$25)* can be purchased at calgaryopera.com

Free entertainment will be held every hour, on the hour, from 2 to 7 pm. If you want to ensure you're able to get a seat for your favourite performance, it is advised to register early as it's *first come, first served* seating. To register (and get your Free Family Entertainment wristband):

1. Visit calgaryopera.com/discover/weekendone to register for the FREE entertainment **Aug. 13 & 14**, and/or

calgaryopera.com/discover/weekendtwo to register for the FREE entertainment **Aug. 20 & 21**.

2. Register for your wristband by clicking any of the registration links specified on the page and follow the instructions.

3. Visit the on-site Box Office during *Opera in the Village* (or anytime at the Mamdani Opera Centre Box Office) to pick up your wrist band.

There are other free family activities in Calgary. There are many interesting self-guided historical walking tours for which brochures are available to download from the City of Calgary website. If gardens interest you, visit the Reader Rock Gardens, Central Memorial Park, Beaulieu Gardens at Lougheed House, Stanley Park or Riley Park.

Calgary's bike and pedestrian pathway system is among the most extensive in North America. Scenic destinations that can only be reached by pathways include the top of Nose Hill and much of the shoreline of the Bow River, Elbow River and Glenmore Reservoir. Download a map from the City website and off you go!



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Your donations have helped us knit well over 500 sets of hats, mitts and scarves, as well as a variety of other items for young children in need. The group has donated to various causes including multiple schools throughout Calgary and Ronald McDonald House.

If you have any yarn, wool or knitting/crochet needles you would like to donate, please contact Erika, the Community Development Officer, at 403-452-5575. Thank you, Brentwood!

Brentwood

Community Association Membership Application

Surname: _____
 First Name: _____
 Spouse: _____
 Address: _____
 Postal Code: _____ Phone: _____
 Email: _____

- Family \$35 55 Plus (Couple) \$25
 Individual \$12.50

Please return membership application with your cheque made payable to the Brentwood Community Association.

**Mail or Drop Off to
 Brentwood Community Association
 5107, 33 Street NW, Calgary
 Alberta T2L 1V3
 brntwdca@telus.net
 403-284-3477** ✂

Carroll Place

Join us on August 30 for Bingo


Join youth volunteers and community members to spend an evening of fun and Bingo with the residents of Carroll Place.

Tuesday, August 30, 2016
 6 pm – 8 pm
 Carroll Place Lounge

Additional Info:

- \$0.25/card/game. *Bring your Quarters!*
- Winner takes home the pot
- We will play 10-11 games. Everyone has a chance to win!!

**Come out and join us for a great time!
 Everyone is welcome!!!**

**BRENTWOOD COMMUNITY ASSOCIATION
 ANNUAL GENERAL MEETING**
 SEPTEMBER 8TH, 2016
 7:00 PM
 REGISTRATION 6:30 PM
 BRENTWOOD SPORTSPLEX
 BANQUET HALL
 1520B NORTHMOUNT DRIVE NW
 CALGARY, AB

****REFRESHMENTS FOLLOWING MEETING****

Scrabble Group: Call 403-284-3477 for more information.

55 Plus Bridge Group:

Following a summer break, we resume playing on Wednesday, September 7. If you enjoy bridge, please join us in the fall! Contact Roman at 403-289-6244.

Brentwood Community Association Board Meeting:

The next regular meeting will be Tuesday, August 30, 2016 at 7:15 pm in the upstairs Boardroom of the Sportplex. All community members are welcome, but are asked to submit agenda items in advance if they have items for discussion at the meeting by contacting Linda Van Holst at 403-284-3477 or brntwdca@telus.net.

BCA Hall Rentals:

The Banquet Hall and Boardroom at the Brentwood Sportsplex are available for rental by the public. Please refer to the BCA website for details www.brentwood-community.com and go to the Facilities page. Current BCA members get a 15% discount on hall rentals.

Bugle Deadline for the October 2016 Bugle community articles and notices is August 26, 2016 and the deadline for the November Bugle is September 26, 2016.

Cloverdale Paint Discount

Cloverdale Paint is now offering wholesale pricing to Brentwood Community Association members.

Present a Club Member card and you will receive more than 25% off paint and more than 15% off paint accessories!

If you have a BCA membership and wish to take advantage of this offer, please see Linda at the BCA office to receive a Cloverdale Paint Club Member card.

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Brentwood News

Adieu to Cheri Macaulay

By Kelli Wreford

I talked to Cheri the day after she and her husband, Rob, took the first walk-through of their brand new 27th floor East Village condo, which was also practically the eve of their cross-country road trip. They purchased their home on Bulyea Road in 1987, embracing the 70's décor and the "fort" in the rafters of the garage with the belief that a "good house chooses you, you don't choose the house." In the same way, it seems Brentwood chose Cheri for its own as well.

After a few years away from home, Cheri became very actively involved in the community. Around 1997 and for three years, she organized a Calgary Food Bank fundraiser, "Host for Hunger" barbecue, which served up hot dogs while neighbours brought cash or food donations.

Cheri realized that "a community needs gathering places to bring people together", so when she, Lee Hunt and Polly Lee Knowlton Cockett formed the Brentwood Mural Committee in 2004, the projects were not only meant to deter graf-

fiti on community buildings, but also to bring residents together to create lasting connections. The murals were completed in 2004 at Northmount and Brisebois, 2005 at Northmount and Charleswood and 2006 at the Nose Hill Library. The completion of each project was celebrated with a street party to which the entire neighbourhood was invited. These celebrations lead to several annual fall street parties all held in the parking lot between the Nose Hill Library and Sir Winston Churchill Recreation Centre. The murals began as a solution to a problem. Not only was the problem solved, but the project turned into a catalyst for community development, resulting in connections to different groups and leading to other projects such as the Whispering Woods signs, the Community Garden and the Garden Party. "It's like sourdough starter, you feed it, and it keeps growing and giving", says Cheri.

Cheri hosted the Jane's Walk in Brentwood in 2009. At the time, she stated her mission for Calgary: "People are coming together in Brentwood and communities across the city, hungry to connect with each other and eager to engage in the building of stronger communities and ultimately a more caring, sustainable and vibrant city for our future."

A few years later, Cheri brought the concept of the Little Free Library to Calgary. She says the two best things she and Rob ever did at their Bulyea home were put up the Little Free Library and build a deck in the front yard. Both present a friendly invitation to stop, meet people and chat. This leads to a sense of community and develops resiliency in a neighbourhood. In the same vein, Cheri and Kirsten Horel brought MONdays (Meet Our Neighbours Day) to Brentwood, where people head out for a walk on MONday evenings at 7:00 to meet and chat. Cheri wanted to "give people any excuse to stop and talk to each other because they are starving for contact." Along the way Cheri also served as the Editor of the Brentwood Bugle for many years and started a Facebook page and a Twitter account to keep Brentwood residents connected.

In 2008, Cheri became involved in the Brentwood Transit Oriented Development Plan. It was a mammoth undertaking, and Cheri realized the potential to revitalize the community and bring in new people. "Change is hard and emotional, but it is inevitable. You can work with it, but you can't stop it. Use your energy wisely to create the best possible change." With this in mind, Cheri devoted sev-

eral years and many hours working toward the best possible outcome for our community.

The latest project for Cheri was the Blakiston Park Redevelopment. She is "beyond excited" about this project, for which planning began seven years ago. The park improvement shows "a tangible benefit of increased density in Brentwood, and is the perfect spot to knit together the new and old" areas of the community.

As Cheri says, "Brentwood has it all—people should want to be here. There are numerous benefits for everyone." Thanks to Cheri and dedicated community-minded people like her, we can keep Brentwood beautiful, vibrant and resilient for the future. Cheri, we appreciate all your work, your vision for our future, and for showing us many ways to keep connected to each other as friends and neighbours. Best wishes in your new dig-any neighbourhood that chooses you is lucky to have you. We know you will be back to Blakiston Park, so see you there!

NORTHMOUNT DRIVE IMPROVEMENT PROJECT

By Lee Hunt

At least 150 people poured into the Brentwood Sportplex Banquet Hall on Thursday, June 23 to participate in a City sponsored public workshop. This meeting was regarding the bike lanes scheduled to begin on Northmount Drive in 2017. The street is already slated to be re-paved in 2017, so the bike lanes will be established at that time.

Attendees were seated at tables of 8 to 10 along with 1 or 2 City reps. Here we were asked to discuss such topics as effects on parking, congestion at intersections, plus bus stop locations – both City buses and school buses.

The small groups then reported their findings to the full group.

The City of Calgary staff will use participant comments to identify the concerns and problems which the bike lanes might create for area residents. There will be a follow up meeting for our community in the fall.

For more information, go to Calgary.ca then enter Northmount Dr NW Improvement Project. Click on "what's new".




Did you know that there is a Facebook group and a Twitter account dedicated to bringing our community together? Use the Twitter profile @BrentwoodYYC to get connected.

Brentwood Facebook <https://www.facebook.com/BrentwoodYYC/>

Would you like to add to the Brentwood Bugle's Bulletin Board? Contact the Editor Kelli at bcabugle@telus.net.


Canadian Martyrs Catholic Church 50th Anniversary Kickoff Event: Saturday, September 10, 2016 beginning at 11:00 am and culminating in 5:00 pm Mass. Find out what our Parish's year-long 50th celebrations will include while enjoying hot dogs, juice and other treats as well as carnival games and fun for all ages. The church is located at 835 Northmount Drive NW.





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BCA Volunteer Positions Available

Secretary

The BCA is seeking a volunteer for the position of Secretary to the Board of Directors effective October, 2016. If you are interested in this position or would like more information, please email Linda at the BCA Office: brntwdca@telus.net. The Secretary's duty is taking minutes at the monthly Board meetings and at the AGM. The meetings are held the last Tuesday of the month at 7:15 and are approximately 2 hours long. There is no meeting in July or December.

Westwood Hockey Representative

The position consists of attending Westwood hockey meetings and reporting at the Brentwood Community Association Board meetings. You would be a liaison between the two boards, keeping both boards informed. Please contact Linda at brntwdca@telus.net if you are interested in helping out your community. Westwood Hockey meets every other month and the Brentwood Board meets the last Tuesday of every month except for July and December.

Volunteer/Casino Coordinator

The BCA is seeking a volunteer for the position of Volunteer/Casino Coordinator effective September 2016.

The duties of this position include:

- Ensuring all concession and maintenance shifts for the year are entered into the Sportzsoft system and are filled with either volunteers or hired students.
- Working closely with arena staff to ensure all shifts are filled with either volunteers or hired students.
- Maintaining the Hire-A-Student Listing which in-

cludes performing an annual review.

- Ensuring all casino and board positions are entered into the Sportzsoft system.
- Ensuring all casino positions are filled for the duration of the two-day event that takes place every 18 months.
- Communicating with the AGLC, Cash Cage Advisor and Volunteers.
- Submitting license application to the AGLC and obtaining all necessary documentation to be forwarded relating to volunteers in key roles.
- Checking the bcavolunteer@telus.net email address regularly to field inquiries and address any issues.
- Attending monthly board meetings and the AGM. Meetings are held the last Tuesday of the month at 7:15 pm and are approximately 2 hours long. There is no meeting in July or December.

If you are interested in this position or would like more information please email Linda at the BCA office: brntwdca@telus.net.

IN & AROUND CALGARY

Vision for Chinatown

The City of Calgary is undertaking a scoping project and public engagement around the vision for Chinatown to better understand issues, opportunities and outcomes that are important to the community.

Engagement activities are planned for this summer. Visit engage.calgary.ca/planningchinatown to get involved and learn more.

Brentwood Mural Update

By Melissa Neville

We have worked hard at acquiring the funding needed to create a new mural after the one at Charleswood and Northmount was vandalized beyond repair last December.

As we reported in last month's Bugle, the property owner decided he no longer wanted a mural on his building. That got us looking for a new location.

Seeing the volunteer list for painting, providing treats, and clean up continuing to grow each week kept us motivated to keep searching for a new mural site. After weeks of inquiries, emails, and site visits, we finally have a location! City of Calgary Parks and Councillor Druh Farrell have come to the rescue. We will be able to create a mural on the outside of the tennis courts located on Northmount Drive.

So... now we could use more volunteers. We need youth between the ages of 8 and 18 to paint. Adults will be needed to provide treats and to help supervise.

To volunteer or to obtain additional information, please call the Brentwood Community Association office at 403-284-1083.

We expect to begin painting the first week in August.



STEP INTO SUMMER



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



BRAIN GAMES SUDOKU

	7			3	8			5
				5			8	9
5		9	2		7			
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FIND SOLUTION ON PAGE 13



by Cynthia Sim

While picking the haskap berries in mid-June, I remembered how the bushes had looked in April when they were in full bloom and covered with bees. In two short months, the berries were ready for harvesting. The haskap's only rival in April was the flowering Mayday tree whose fragrance enveloped the entire garden. Watching the changes in the rest of the garden during that time reminds us of the life cycle of so many different plants – the apple trees, cherry bushes and cranberry bushes moving from delicate white flowers to early cherries, apples and cranberries; the rhubarb plants growing vigorously; the strawberries beginning to flower; herbs sprouting; raspberries trying to claim the entire perimeter bed; the perennial flowers – clematis, iris, lupine, columbine, globe flower, coral bells, potentilla – adding splashes of brilliant colour while emerging vegetables in the garden beds show varying shades of green. A few colourful annual flowers, including pansies and marigolds, are also peppered throughout the perimeter bed and in several of the garden beds.

A microcosm of this cycle is beautifully displayed in an area on the south side of our perimeter bed dedicated to native wild flowers. This area was established in 2013 by Pat and Alvin Fedkenheuer, with a donation from the Innes family and input from Margaret Russell and Linda Rands, two of our most experienced gardeners. All strong advocates for preserving Alberta's native wild flowers, they selected plants that would provide blooms for the entire season. The tiny, delicate shooting stars emerge early (photo) and are largely gone by mid-June; the reddish-purple three flowered aven (old man's whiskers) overlaps with the shooting stars and blooms well into June; Jacob's ladder produces masses of beautiful blue flowers in May and June and is followed quickly by the wild blue flax with its delicate pale blue flowers. At the time of writing in late June, the pink flowers of the mountain hollyhock are open, enticing the bees to return. Next to flower may be the Canadian anemone, perhaps in time for Canada Day!



Seniors' Tea News

By Dorothy Haeberle

Hope you are all having a wonderful summer!

We will have our next Seniors' Tea on Thursday, September 15, 2016 at 1:00 pm at the Sportsplex. We plan to have the teas on the 3rd Thursday of every month going forward.

See you in September!



Brentwood Elementary

By Devina Sharma
Brentwood School Council

Summer greetings from Brentwood School! Only one more month until we start the new school year, which commences on Tuesday, September 6, 2016. Our staff will return to work on August 31st to begin preparing for the first day of school.

If you are a senior citizen living in the Brentwood community and would like to volunteer at our school one morning a week (typically a Thursday), then our Grandparent Program is just for you! We ask that our grandparent volunteers be fluent in both written and spoken English, as well as be able to get to and from the school independently. Interested seniors can contact the school for further information at 403-777-6130.

BRAIN GAMES SUDOKU

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

Brentwood mybabysitterlist

Name	Age	Contact	Course
Ariel	17	587-968-3526	No
Elaina	16	403-808-1328	No
Megan	14	403-265-5166	Yes
Nicole	16	403-279-2765	Yes
Sihana (See-Ana)	14	403-228-5339	Yes
Tamara	26	403-689-8140	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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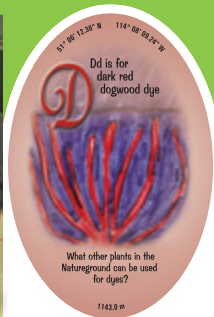
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Audrey Lane Cockett and Mark Dumaine



Golden Local Youth cont'd



From Emerald to Edinburgh: Golden Local Youth

On Friday, June 24, 2016, two Brentwood youth mixed with royalty when receiving their Gold Awards directly from HRH The Prince Edward, Earl of Wessex at The Duke of Edinburgh's International Award ceremony. Both Mark Dumaine and Audrey Lane Cockett independently completed their Gold levels during their Grade 12 years at Sir Winston Churchill High School (SWC), in 2016 and 2010 respectively. Both also attended local Simon Fraser (SF) and Dr. Coffin (Dr C) Schools, as did Audrey Lane's brothers, Grayson and Rowan Cockett, who also received their Gold Awards from Prince Edward the last time he was in Calgary, in June 2009. Mark's sister Kate may see HRH for her Gold the next time, as she has completed her Bronze, and is working on her Silver. The Bronze, Silver, and Gold levels each involve sustained community service, skill development, and physical recreation, as well as an adventurous journey; the Gold level also requires a residential project.

Opportunities through the Brentwood community and schools were pivotal in successfully completing the demanding program. For example, at age 14, Mark started his D of E at the Bronze level through SF, and was involved in their Grade 9 SALTS West Coast sailing program, as was Audrey Lane. Mark also volunteered for three years at Millennium Kidz Out of School Care program at Dr C, through the ongoing support and encouragement of neighbour, Director and Co-Owner, Wendy Haskayne. Audrey Lane – who was once a babysitter for Mark and Kate – developed her Skill component through both the Sports Medicine program at SWC, and through opportunities provided by the Brentwood community soccer program encouraging the training and hiring of youth as referees. Mark also volunteered for the Calgary Food Bank, and Audrey Lane volunteered for Habitat for Humanity in Guatemala – generously supported by many neighbours.

Mark's adventurous journeys and residential project took him further afield: to the Yukon with Muktuk Adventures for winter dog sledding along the Takhini River and summer volunteering, caring for the dog teams in remote locations; and to Okanagan Wildbrush Honey to learn about bee husbandry in support of local agriculture and food sustainability. Along the way, Mark developed his Skill through his guitar playing. These creative and practical experiences within diverse settings in three provinces will also serve Mark well as he heads to the University of Calgary in September to study Commerce. Audrey Lane's

adventurous canoe journeys and residential project were undertaken in the nearby Rockies, primarily through leadership programs at Camp Chief Hector, a follow on from the Outdoor School program through DrC, which Mark also attended.

While 'awaiting' her opportunity for a royal Gold Award ceremony, Audrey Lane continued in the spirit of the D of E suite of holistic challenges while completing her BSc in Geography and Environmental Studies at the University of Victoria, volunteering and working for three summers with the Heltsiuk Nation Qqs Projects Society: Supporting Youth, Culture, and Environment on the Central Coast of BC. While in Victoria, Audrey Lane also became deeply involved in Spoken Word poetry, an art and skill she has brought back with her to Calgary. Currently she is working as a Naturalist in The Weaselhead, will participate as a poet in the Canadian Wilderness Artist Residency in the Yukon this summer, and will compete as part of Calgary's Poetry Slam Team at the upcoming Nationals in Winnipeg.

This is not the first time that Mark and Audrey Lane have been to an awards ceremony together. In 2005, both were part of the school-community-city group that received an Alberta Emerald Award for Environmental Excellence for the Centennial Natureground prairie reclamation project and a decade of eco-initiatives at DrC. Both have schoolwork featured on Whispering Signs in Brentwood Heights. Mark's Grade 2 artwork – part of an early literacy project with teacher Donna Hamby – appears on the Dd is for dark red dogwood dye sign in the Centennial Natureground. Although the sign was placed right by a lovely red osier dogwood bush, the resident northern pocket gopher decided its roots were rather tasty and alas, it disappeared! With new native shrub plantings being planned for the Natureground soon, we are hoping a new clump of dogwoods will honour Mark's sign once again. Audrey Lane's early interest in poetry can also be traced to Donna Hamby's Grade 1/2 class, and a subsequent Grade 6 science fair poem appears on the *Aliens Amongst Us!* sign in Whispering Woods, a still relevant statement of the problem of invasive plant management in our remnant rough fescue grassland:

Rough vs. Smooth

I'm just a happy little fescue, but I think I need a rescue.

~continued next page~

Alien grasses like smooth brome are moving in upon my home. Invasive species are taking over, despite their pretty fields of clover.

We must keep these foes at bay, even though they're good for hay.

How shall we now control this pest, and let me thrive and grow my best?

To see all the signs, either visit www.natureground.org, or better yet, see them in person, perhaps on a Thursday this summer!

Summer Thursday Biodiversity Bees Continue, Including Potlucks – You're Invited!

We are the Goats! Have you seen the media coverage of the herd of goats and mounted goatherds providing herbicide-free invasive alien plant management in some Calgary parks? Our park in Brentwood Heights might be a little small to warrant the herd's visit, so it would be simply maaa-velous if you joined in on the shared stewardship sessions, whether for a few minutes or a few hours, during any or all of the remaining events:

- THURSDAYS 9–11 a.m. (MORNING) or 6–8 p.m. (EVENING)
- July 28 MORNING (Brunch Potluck after)
- August 4 EVENING
- August 11 MORNING
- August 18 EVENING
- August 25 MORNING
- September 1 EVENING (Windup Potluck after)

WHERE: Meet at the Prairie Amphitheatre in Whispering Woods, just off Brenner Drive NW, or in the adjacent Centennial Natureground on the west side of Dr. Coffin School, at 5615 Barrett Drive NW. To confirm all dates and times, and for additional details, please see the **Neighbourhood Natural Areas** page on the Brentwood Community Association website www.brentwoodcommunity.com/neighbourhoodnaturalareas.html.

Join in: it's FUN! Biodiversity conservation is critical for local species to thrive. The healthier our environment, the healthier we are – and we get to know each other while pitching in.

AND, judging by Mark and Audrey Lane's experiences, you just never know where your involvements may take you, especially when supported by the wonderful and diverse formative initiatives and opportunities right here in Brentwood.

Environmentally yours, Polly Lee Knowlton Cockett
naturegroundnews@gmail.com

A NEW KID ON THE BLOCK

By Lee Hunt



Jordan Smuszko – Director of Public Relations at The Village
Photo by Lee Hunt

Well ... as they say, "There's a new kid on the block". That would be The Village which has now leased the first and second floors of the former Rocky Mountain College (RMC) on Brentwood Road at Brisebois Drive. RMC has maintained its offices on the third floor.

The Village hopes to eventually have 15 tenants all committed to community building in some form – be it family, fitness, or faith.

Once the current renovations have been completed, The Village will house a dance studio, a music school, preschool learning centres, a yoga studio – even a juice making company! The Joyful Java Café will be available for healthy lunches and snacks. Neighbourhood residents will be most welcome to try it out.

The Village Hall, which seats up to 250 people, will be available for music recitals and speaking events. Staff at The Village would love to have a small theatre group take up residence in the building. Once the Development Permit has been finalized and the construction is finished, the Village Hall will also be available for such larger events as weddings.

There are also hopes to sponsor some "one off" events for the entire neighbourhood – for example, perhaps a pop-up market.

Village Directors Lenka Popplestone, Jitka Smuszko, Garry Schock, and Jordan Smuszko are grateful to Brentwoodians for their patience as this project continues to make headway. Once the workers have completed all of the renos, The Village plans to host a Grand Opening Celebration open to all. It will be an excellent opportunity for all Brentwood residents to check out "the new kid on the block".

We at The Bugle wish The Village well in this new addition to our community.



Matt Grigg is a licensed mortgage professional serving the Alberta community.

With a primary focus on customer service, Matt provides expertise in arranging mortgage financing for residential purchases, refinancing and renewals

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The values driving Matt Grigg's quality lending services also drive him in his everyday life. He is passionate about building trusting relationships, serving his community and helping individuals reach their real estate goals by getting ahead of the process.

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- Matt will provide proactive solutions to help find a competitive mortgage that works for YOU.
- YOU can have confidence and trust in the results of YOUR unbiased mortgage options.
- Matt will work as YOUR intermediary between YOU and the lender (bank) to negotiate mortgage loans.
- Matt will continue to support YOU beyond the home buying purchase.

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- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.



TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

Kyla Workman



MATT GRIGG
Mortgage Professional

403.863.3997 | matt@mattgrigg.com | www.mattgrigg.com





Brentwood Community Playgroup

By Marie Weninger-Henderson

There is something about being around children that makes time seem to fly by. This year, at the Brentwood Community Playgroup, I watched as the children I met when I started as coordinator went from being babies, barely able to walk and talk, to vocal, capable little boys and girls. For my own son Rory, one of the many children who grew like weeds, Playgroup provided an

environment to support his growth and development. He always looked forward to our Wednesday morning routine of grabbing a coffee and a snack, heading to the Sportsplex, opening up the big room upstairs and setting up the toys. He loved running around in the big open space, enjoying the larger toys like the cars and slide, playing make believe with dinosaur figurines and blocks and experimenting with crafts and playdough. Although he's a shy kid, he felt comfortable in the Playgroup environment and began to socialize with the other children as time went on.

For me, Playgroup was a time to catch up with the locals. I met many awesome people in my time as coordinator and made many friends that I otherwise would not have made. We have had such a great mix of people at Playgroup, with each person being so helpful and contributing to make Wednesday mornings enjoyable for everyone. This year was the last year of Playgroup for Rory and me, and although I am excited that my son is getting bigger, I am also sad, as I am going to miss the Playgroup bunch, including all the new babies that have been born recently or are due in the coming months. The community is very lucky to have Melissa Neville taking over for me as coordinator starting in September. Melissa is already a Playgroup participant with two lovely boys and I know she will help to make the next Playgroup year a welcoming and fun one! Rory and I look forward to seeing Melissa, and all of our friends this summer out and about the neighbourhood. Have a great summer everyone!

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News from the Friends of Nose Hill

by Anne Burke

This summer I came across a website which features independent reviews of Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park for the reviews of Nose Hill Park. Nose Hill has many features, such as free parking, hiking, off-leash area, washrooms, wildlife spotting, interpretive signs, native grasslands, larger mammals such as deer and coyotes. You can also find geocaches, tipi rings and a medicine wheel.

At Nose Hill the City of Calgary also offers *Agents of Discovery*, through which kids learn more, have more fun and feel more connected to nature. The program encourages outdoor discovery through interactive fun. Children can become "agents of nature" and solve challenges. Access to Nose Hill and the codes for the app can be accessed from the parking lot off Berkley Gate. Then the whole family can unlock some mysteries of nature. Go to the City website for details about the program: www.calgary.ca/CS/PS/Parks/Pages/Programs/Get-to-know.aspx and follow the links or download the free app at discoveryagents.net.

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about the adopted areas. The residents involved were proud of how beautiful and green their neighborhoods were through the help of this volunteer program. If this program has been replaced due to more stringent water management, how can we keep the neighbourhoods looking green and nice so the residents continue to be proud of them?

The General Manager of Community Services responded that the Adopt-a-Park program came into effect in 1984 and was discontinued in 2015. It served a very good purpose and encouraged pride in community, but there were several issues with the program, such as the possible wasteful use of water, safety, collective agreements, and some centralized pieces of the services that the City provides.

So the program was replaced with two new programs. The Green Leaders Program for community volunteers provides oversight for enhancement projects in the community, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

Both programs are trying to address some of the issues that had emerged, but also respond to the community desire to continue to care for and have pride in, their community with a more focused, targeted, and supportive approach. The General Manager noted that the programs will be evaluated over the course of 2016.

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Nose Hill Library

1530 Northmount Drive NW

Hours:

Monday - Thursday 10 a.m. – 9 p.m.
 Friday & Saturday 10 a.m. – 5 p.m.
 Sundays (mid-May to mid-Sept) closed.

Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

With Flipster, you can find *Maclean's*, *MoneySense*, *Rolling Stone*, *Chatelaine*, *Flare*, *Today's Parent*, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—*People*, *Sports Illustrated*, *Fortune*, *Cooking Light*, *Entertainment Weekly*, *Food & Wine*, *InStyle*, *Real Simple* and *Travel & Leisure*.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout and check out a book at your NEW Quarry Park Library at Remington YMCA, located at 108 Quarry Park Road, S.E. The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare.

The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.

IN & AROUND CALGARY

Alberta Health Services

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illnesses begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow the patient to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will **promote dehydration**.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10 am-4 pm even on cloudy days.

IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access

other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



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IN & AROUND CALGARY



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

Backyard Fire Safety tips from your Calgary Fire Department

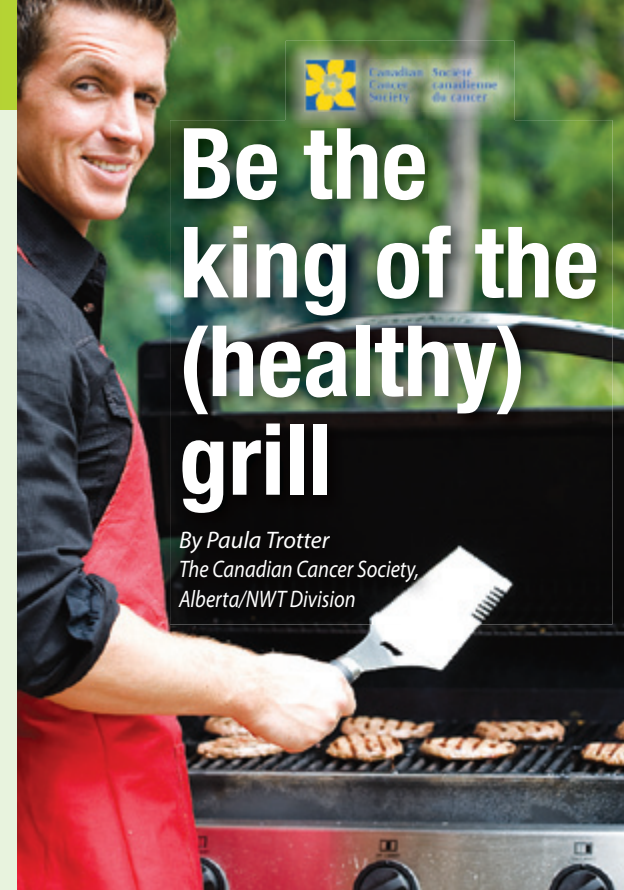
Enjoying a recreational fire in your backyard can be a great way to spend a summer's evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.



Be the king of the (healthy) grill

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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GAMES**

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**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



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

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- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

**your COMMUNITY BUSINESS
OF THE MONTH**

Tick – Tock

Tick – Tock is a family run business that first opened in Market Mall in 2005, and is now currently located in Northland Mall. Since the beginning, the owner has been dedicated to assist all of his customers with reliable and exceptional service. Tick – Tock is the largest clock retail store in Calgary with a wide variety of alarm clocks, mantel clocks, cuckoo clocks, wall clocks, and grandfather clocks. Not only do they sell clocks but they offer on any brand of clocks, watches, jewellery repair and eyeglasses soldering at an exceptional price. Whether it's antique or brand new, all repairs are done in store and no item will ever be sent away. All repairs come with a free estimate, a detailed explanation about the issue of your item and a detail explanation about the repair process.

All major repairs on watches and clocks come with:

- One-year warranty.

All items that are sold in store come with:

- One year in store warranty.

We also do battery replacements on all watches including Wittnauer, Tag Heuer, Rolex, Movado, Rado, Phillip Stein and many more. All watch batteries come with:

- Two-year warranty.
- We also provide water pressurizing and resealing on all watches.

In 2013 Tick – Tock expanded to CrossIron Mills with an engraving kiosk called Engraving by Tick – Tock, which is located between Bass Pro Shops and Bed Bath and Beyond. This kiosk offers a wide variety of gift items, engraving options and watch battery replacements. All employees at both locations value the trust of their customers, therefore all repairs and engraving will be done right in front of you while you wait. Tick – Tock and Engraving by Tick -Tock are opened seven days a week for

your convenience. At both locations, all the workers are friendly and welcoming to ensure that you are fully satisfied with our service. Customer satisfaction is a guarantee at these two locations. If you have any questions or concerns, please don't hesitate to ask. For additional information please call the:

- **Tick – Tock location** at 403 – 202- 4676
- Northland Village Mall , 5111 Northland Dr NW.
- **CrossIron Mills location** at 587-230-7374
- CrossIron Mills, 261055 Crossiron Blvd, Rocky View.

The staff at Tick -Tock and Engraving by Tick-Tock would like to take this opportunity to thank all their valued customers for their continued support over the last 11 years.



TICK TOCK
Northland Village Mall
5111 Northland Dr NW
403.202.4676

**ENGRAVING BY
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Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

"Biodiversity" is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary's 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary's current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary's open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is www.calgary.ca/yardsmart. There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Brentwood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

OUT ON A LIMB PROFESSIONAL PRUNING: Tree and shrub pruning, shaping and restoration. Tree removal and stump grinding. New tree and shrub selection and installation. Fertilization and insect pest management. Licensed & Insured. Journeyman Landscape Gardener and certified Arborist. Call Jim at 403-265-6965 or email outonlimbprofessionalpruning@live.ca.

YARDBUSTERSLANDSCAPING.COM: Fall cleanups and snow removal. Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

PERSONALIZED CLEANING SERVICES LTD: Let us help you take advantage of this beautiful summer by giving you the gift of time! Residential, move out's, one time, commercial, we meet all your needs! All supplies provided! Insured and bonded! Just simply call, text or email Kim at 403-875-6219 Also visit us at www.pcscalgary.com.

ARE YOU LOOKING FOR A LOCAL, PROFESSIONAL ELECTRICIAN? FCC Electric is well established, insured, certified and happy to assist with all your residential and commercial projects. FCC Electric offers free estimates, home inspections, kitchen/basement/garage renovations, repairs/troubleshooting panel/service changes, retail development at fair rates with references. 65+ discounts. Call us 403-462-8801.

COMPUTER HELP: New or old Windows PC questions, problems or upgrades. Sync email with smart phones and tablets. Help with Windows 10, wireless, internet security, virus protection, backups, on-line banking or other programs (Email, Word, Excel, Genealogy). Small business and home service. 30 years' experience. Seniors discount. Contact Dave at PCHelpYYC@outlook.com or 403-239-1230.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project large or small. City Qualified Trade, Master Electrician, Based in the NW, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service Panel upgrades from 60 amp to 200 amp. Sub-panels, Aluminum re-wiring, custom kitchens and basements. Free estimates. cejelectric.com or call Clayton at 403-970-5441.

YOGA TEACHER TRAINING: We are Mandorla Yoga, an accessible, body positive Yoga Alliance registered teacher training institution in Calgary, with programs geared toward adult learners and their schedules. 200 HR and 300 HR weekend yoga teacher training and Thai massage training begins this September! Register today: www.mandorlayoga.com; or email info@mandorlayoga.com.

A DIFFERENT APPROACH TO PIANO LESSONS: Imagine your favourite song is on and you're at the piano playing along. That's a cool feeling. I've taught conservatory piano/theory for 30 plus years, and I specialize in modern/pop music. Lessons tailored to your goals. Adults welcome, too. www.coffeenotesmusic.com. Lorne M.Mus, B.Mus, B.Ed, A.R.C.T. Call 403-220-0237.

TLC CLEANING: Over 18 year's experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your piece of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

KNOWLEDGE IS POWER! WORLD FINANCIAL GROUP CANADA INC.: is providing a series of financial workshops that will educate and empower Calgarians to have a better future. Reserve your spot at our financial workshops. Call Dorothy Haerberle at 403-875-9877 or Celi Baker at 403-402-1687. Limited seating, no charge!

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DO YOU NEED AN EXTRA SET OF HANDS? C & L Helping Hands can provide them! We offer handyman services, personal assistant, kitchen helper, cleaning and much more! Email: cl@clhelpinghands.ca. Call Craig or Laurie at 403-880-7125 or 403-510-8551.

BRAIN GAMES SUDOKU

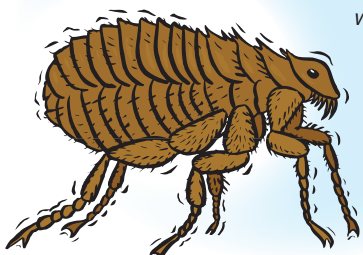
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FIND SOLUTION ON PAGE 30

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine

MLA CALGARY-VARSITY
STEPHANIE MCLEAN
 #101, 5403 Crowchild Trail NW
 Calgary, AB, Canada T3B 4Z1
 Phone: (403) 216-5436 • Fax: (403) 216-5438
 calgary.varsity@assembly.ab.ca

Friends,

July was a very busy month with summer in full swing. Stampede 2016 was the highlight of the month and I got to connect with many residents of our great neighbourhoods. I flipped a lot of pancakes at different Stampede breakfasts in Calgary-Varsity and throughout the city. I was at the Triwood Community Association Stampede breakfast on July 9, and talked to many people about their issues and concerns. Then there was the University of Calgary President's BBQ and I was also at the Premier's Stampede Breakfast on July 11, where in the tradition of Stampede hospitality, the Premier and other members of the government served up pancakes.

August will be a more laid back month, with most major events and festivals behind us, giving us the time to enjoy the warm summer days. As the month comes to an end, many families will be preparing for the coming school year, and I will be preparing for the upcoming legislature session.

Keep an eye out for me at Dalhousie, Brentwood, University, and Banff Trail C-Train stations on mornings throughout the month of August. I'll be there to talk with constituents and serve coffee.

Our office serves the people of Calgary-Varsity. Our team is available to talk to constituents about provincial government departments, programs, scrolls, and services. Please visit us in our office, and let us know how we can help you.

Plant Trivia
 The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.



The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt
 Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition to their largely insectivore diet in South America.
- Look out for these hawks in farmer's fields in the au-

- tumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

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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.



Brentwood Real Estate Update

Last 12 Months Brentwood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$549,900.00	\$549,000.00
May 2016	\$549,900.00	\$547,000.00
April 2016	\$559,900.00	\$545,000.00
March 2016	\$514,900.00	\$514,900.00
February 2016	\$577,444.00	\$562,250.00
January 2016	\$654,350.00	\$625,000.00
December 2015	\$486,800.00	\$475,000.00
November 2015	\$579,900.00	\$534,000.00
October 2015	\$519,900.00	\$508,000.00
September 2015	\$522,450.00	\$508,000.00
August 2015	\$585,000.00	\$560,250.00
July 2015	\$534,900.00	\$522,000.00

Last 12 Months Brentwood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	11	7
May 2016	3	9
April 2016	13	9
March 2016	14	7
February 2016	6	8
January 2016	7	2
December 2015	2	1
November 2015	4	3
October 2015	4	7
September 2015	9	4
August 2015	9	6
July 2015	6	5

To view the specific SOLD Listings that comprise the above
MLS averages please visit brentwood.great-news.ca

IN & AROUND CALGARY

Free Admission to the 2nd Annual Kiwanis Festival at Kamp Kiwanis

September 24 & 25

Family fun days includes bouncy castle, games, face painting, live entertainment market, and silent auction.

www.kiwanisapplefestival.org

26TH ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS 2016

August 27-28, 2016. 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. The public is welcome to bring along their pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

BRAIN GAMES SUDOKU

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8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE
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TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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BRENTWOOD – BAKER CRESCENT.....SOLD for 96% of Asking price in 54 days
ARBOUR LAKE-- ARBOUR RIDGE WAY.....SOLD for 97% of Asking price in 11 days

ON THE MARKET

3511 BENTON DRIVE NW (BRENTWOOD)

Bi-level home with over 1,043 sq.ft. Total of 4 bdrms
 2 full baths. Upgraded kitchen, windows, furnace
 and more...Asking 574,900

1716 – 20 AVENUE NW (CAPITOL HILL)

Solid built bungalow. RC-2, (lot size 50 ft x 120 ft)
 4 bdrms. Upgraded kitchen cabinets, bath, shingles.....
 Double detached garage + 2 RV parking. Asking \$521,900

202D, 5601 DALTON DRIVE NW (DALHOUSIE)

Immaculate condition & quiet location. 2 bdrms.
 Backing onto Dalton Park. Laminate flooring
 throughout. Asking \$187,900

202, 3103 BLAKISTON DRIVE (BRENTWOOD)

Excellent location, short walk to Brentwood LRT station.
 Lowrise apartment with 2 bdrms, large balcony.
 One assigned parking stall. Asking \$269,500

511, 1540 – 29 STREET NW (ST ANDREW HEIGHTS)

Three bedrooms townhouse. Just one block from the
 U of C Medical School. Recently renovated...flooring,
 bathroom and window. Asking \$323,800

121 COVEBROOK CLOSE NE (COVENTRY HILLS)

Immaculate condition & great location. 2 storey home
 With over 1,190 sq.ft. 3 bdrms. 1.5 baths. Close
 to all amenities. Asking \$368,000

3316 BOULTON ROAD NW (BRENTWOOD)

Beautiful Bi-Level on quiet street with over 1,070 sq.ft.
 Total of 4 bdrms. 2 full baths. Double detached
 Garage. Close to all amenities. Asking \$484,900

4928 BRISEBOIS DRIVE NW (CHARLESWOOD)

Bungalow with over 1,280 sq.ft. South facing.
 Total of 5 bdrms. 2.5 baths. Hardwood floors in living,
 dining rooms & 3 bedrooms. Asking \$489,800

4624 BROCKINGTON ROAD NW (BRENTWOOD)

Renovated bungalow. Total of 4 bdrms. 2.5 baths.
 Upgraded kitchen, flooring, light fixtures..... Double
 detached garage +RV parking. Asking \$579,000

5674 BRENNER CRESCENT NW (BRENTWOOD)

Bi-Level, 1,300 sq.ft. Total of 4 bdrms, 2 full baths.
 Gleaming hardwood floors throughout. Double attached
 garage. Asking \$499,000

4211 BRISEBOIS DRIVE NW (BRENTWOOD)

Bungalow with over 1,250 sq.ft. Total of 4 bdrms.
 2 baths, Double detached garage & Single carport.
 Tons of renovation in 2007 & 2014. Asking \$534,900

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