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THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



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THE PARK**
SUNDAY, AUGUST 14

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THE CRESCENT VIEW

The Crescent View is published twelve times per year.

Newsletter Deadline:

The **10th** of each month for the following month.

For example:

To be published in the June issue, the deadline is May 10.

Please email your articles or event listings, as an **attachment in MS Word** form, to the Editor at: newsletter@crescentheightssyc.ca

Digital photos that are community related are always welcome as an attachment to the email and be sure to send a caption and/or the names of people who are in the photo. The requirements are 250 KB for a smaller picture and 1-3 MB for a larger (full-page) picture.

Editor:

Elizabeth Stady

email: newsletter@crescentheightssyc.ca

Advertising Inquiries:

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Vision, Mission, Values

Vision

We are a vibrant flagship inner city community with engaged and invested residents that values a sustainable future.

Mission

Crescent Heights Community Association strives to enhance the quality of life of our members and residents by connecting our community through programs, events and advocacy.

Values

- We value integrity and transparency in our communication with all stakeholders.
- We will support a sustainable future by encouraging our residents to protect our urban forest, green spaces and environment.
- We will embrace the diversity of our residents by being inclusive and compassionate as we work to bridge the gaps in our community.
- We value the contributions our volunteers make to build a strong sense of community.

CHCA Board of Directors

We are **always** looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

The Board meets at 7:30 p.m. on the second Tuesday of every month and anyone is welcome to attend, though you may want to send us an email just in case we change the meeting date in a given month!

President	Daniel Dang
Treasurer	Michael Jankovic
Secretary	Isabelle Jankovic
Communications	Amanda Bishop
Special Events	Lisa Dare
Planning	Darlene Jones
Traffic	VACANT
Facilities Director	John McDermid

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CHCA Website

<http://crescentheightssyc.ca/>

newsletter@
[crescentheightssyc.ca](mailto:newsletter@crescentheightssyc.ca)
**Editorial
Content
DEADLINE**
10th
of each month
for the next
month's
issue

Tour of Alberta Ride the Road Tour

Hello Crescent Heights Community Association,

I am contacting you regarding a cycling event that will be happening in your community for riders of all skill levels. From 9:30AM to 4:00PM on August 28, 2016, the Calgary Tour de Nuit Society will be hosting its seventh annual Tour of Alberta Ride the Road Tour. Hundreds of Canadians have cycled this public and family friendly bike ride.

The Tour of Alberta Ride the Road Tour is a public bike ride in Calgary that kicks off the Tour of Alberta. This year's ride, as in previous years, affords an opportunity to enjoy cycling in a group under traffic-free conditions. Participants will be able to discover cycling and feeling completely safe on Calgary's roads. Cyclists of all skill levels are encouraged to participate in one of the four rides, all of which can be found on the Tour de Nuit website.

Our first ride is the North Spoke ride, assisted by temporary police rolling closures. The second ride is the unescorted South Spoke ride meant for advanced cyclists. Both rides will meet at Stanley Park where the main ride and the children's ride take place. The main ride of the Ride the Road tour departs Stanley Park, loops through Downtown and then returns to the park. The last ride is a Children's Tour, in Stanley Park. Stanley Park is the hub of all activity where there is free entertainment, childrens activities and food trucks.

This event is a perfect family activity as there are many rides to choose from. Riders of all skill levels can find a ride suitable to their abilities. Participants get the chance to experience riding on the road and explore alternative methods of getting around the city.

The North Spoke Ride will start at Tuxedo Source for Sports and opens at 9:30 and proceed south down Centre St N. The participants are headed to Stanley Park. The North Spoke Ride will be conducted with a rolling closure so cyclists will have a ride down Centre Street N through downtown, via 5th St SW and Elbow Drive SW.

We would like to bring awareness to this outdoor event and encourage everyone to join in. We are also conducting this outreach advising residents that there may be some disruption due to cyclists on roads, especially from the North Spoke Ride.

More information can be found at: www.morepeoplecycling.ca.

Registration at: www.karelo.com/enter_res.php?&ID=417&Ev=16467.

Best regards,

Jackie Han

Calgary tour de nuit Society

www.morepeoplecycling.ca

Facebook tour de nuit Society



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Your CHCA Membership

Why be a member? Members are the key to our community!

With your support, the CHCA:

- Brings our community together with sponsored programs such as the Stampede Breakfast and other seasonal events.
- Is the voice of the community. Serves as a spokesperson and liaison to ensure that our community related issues are heard and given proper attention by the City of Calgary.
- Is responsive to all community traffic concerns and strives to correct and improve these concerns through City Hall.
- Contributes financially to enhancement projects such as park and playground revitalization programs and maintenance of the ice rinks.
- Preserves and maintains the community hall.
- Meets regularly with the Ward 7 Councillor to address concerns.
- Facilitates the community, river and pathway cleanups.
- Ensures that proposed developments meet the needs of the community by providing input to the City of

Calgary on planning issues and development.

- Contributes to the organization of plant exchanges and garden tours.
- Maintains relationships and contacts with other communities, helping to pursue common concerns.

In order to provide all of the above services and areas of support, the CHCA needs your financial and volunteer assistance. Please help support your community by purchasing a membership.

The cost is only \$20 for a household/family, \$10 for a single and \$5 for seniors. The membership is valid for one year starting on the day of issue.

For all membership inquiries please visit the website at: <http://crescentheightsyyc.ca/membership/> or contact: curmudgeon9@shaw.ca

Lets work together to make this a great community to live in!

CHCA Activities and Events

August 2016

02.....CHCA Traffic & Planning Meeting 7-9pm
09.....CHCA Board Meeting 7pm
16.....CHCA Traffic & Planning Meeting 7-9pm
23.....CHCA Traffic & Planning Meeting 7-9pm

Traffic and Planning meetings are open to the public:
www.crescentheightsyyc.ca/chca-board-of-directors/.

August at the Hall

SUNDAYS - Pentecostal Church Public Service 10am-noon
WEDNESDAYS - Taoist Tai Chi 7:30-9:30pm

City of Calgary Park & Play, Monday-Friday, August 8-12.

For more a more detailed Hall Calendar and for event & activities contact information please visit: www.crescentheightsyyc.ca/hall-calendar/.



Book Review by Judith Umbach

Girl Underwater

By Claire Kells

Avery has a medium level of self-confidence, probably about right for a nineteen-year-old freshman in Southern California, living away from home in Boston for the first time. She's a competitive swimmer, and she did let her new coach change her specialty from distance to middle-distance. She has a funny, considerate boyfriend. Making other friends is a little difficult.

Flying home for the big Thanksgiving holiday with a couple of teammates, she is startled and disconcerted by Colin, the team star, changing his seat to sit beside her. Her go-to response kicks in: ignore him, and this too shall pass. It doesn't.

In *Girl Underwater*, Claire Kells injects the reader into a plane crashing into a lake in the Colorado Rockies. We hear the scream of metal and of two hundred voices. We cringe under dangerously crumpling fuselage. We strain against seat belts while our heads knock painfully against seat backs. Still alive, we are threatened with drowning in icy cold, tumultuous water.

While Colin spends precious moments trying to revive and save others, Avery grabs some nearby kids and pushes forward in complete darkness to find any kind of exit before her whole body is submerged. Swimmers can swim. They save their own lives and the lives of others, because of their skill.

A natural leader, Colin creates shelter, trying to ignore his severely injured leg. Comically, the three little boys who survive with them copy his every move. They all scramble to collect any luggage and debris washed ashore to sustain them until help arrives - an assured rescue for a commercial plane.

Help does arrive eventually, but only because Avery uses every skill and resource of personal determination

she can call on, notwithstanding her perception of continual personal failure. Because the story does not end with the rescue.

Sensibly, Avery, the least physically wounded of the five, stays home for the rest of the semester, virtually ignoring the media clamoring for her tale of heroics. Supported by friends and family, she returns to university in California to resume her swimming career, consciously prepared and unconsciously traumatized. A flashback nearly drowns her; Cognitive Behavioral Therapy does not help. Avery must work through her secrets, secrets that the world would consider heroic and that she considers cowardly.

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Casino Fundraiser Volunteers Needed!

September 15 and 16 are the dates for Crescent Heights' next Casino Fundraising event, at Cowboy's Casino on 12th Avenue SE. This is a two day event that requires the marshalling of over 40 volunteers, but returns big dollars for current and future community development initiatives right here in our community. Over the years we have participated in many casinos and have always marvelled at the return on investment for each eight-hour (or less) volunteer shift. For the two day event our volunteers will man the cash cage and the count room, there to manage transactions as between the facility and the gaming tables, and to pay out lucky customers who cash in their chips upon their departure. The count room is a late night but a shorter shift, where we need six or seven people late each night of the event to count the money! Some of which will make its way back into the community a month or two following the event.

Our volunteer recruitment has been going well as we call on our loyal corps of past volunteers, but we still need more people to fill both key position and non-key spots. Among the available positions are Cashier (if you are comfortable handling cash), chip runners, many count room spots, Banker, and General Manager. No experience is necessary and training is provided on the spot. As always we will do everything we can to accommodate day, shift and position preferences, but if you could maintain some flexibility it helps us greatly in assembling the complicated volunteer schedule.

September 15 and 16 are a Thursday and Friday, so we'll all have the weekend on which to sleep in and catch up. Cowboys is quite handy the Crescent Heights and we can either provide transportation or provide cab fare. Please check your calendar and see if you might be able to help us out on one day or the other (or both!) Please contact casino co-chairs John McDermid (johnmcdermid@shaw.ca, or at 403-277-8653) or Judy McIvor. We hope to see you at Cowboys in September and your community thanks you in advance!

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Picnic in the Park Save This Date Sunday, August 14, 2016

The Neighbour to Neighbour Committee in conjunction with the Crescent Heights Community Association is holding its 2nd Annual Picnic in the Park.

Come and celebrate with your neighbours.

There is something for everyone! Games, story time, music, face painting, treats and much more. Clown and company will be popping corn again this year!

Date: Sunday, August 14, 2016

Time: 1 pm – 4 pm

Place: Rotary Park

We will see you there!

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 25

News from the Friends of Nose Hill

by Anne Burke

I came across a website which ranks Alberta parks and playgrounds. See: calgaryplaygroundreview.com/nose-hill-park. In addition to free parking, Nose Hill has many features, with hiking, off-leash area, washroom, wildlife spotting, interpretive signs, native grasslands, larger mammals, such as deer and coyotes. You can also find geocaches. OISEAU Agents of Nature is a free downloadable mobile app about nature and wildlife. The idea is to encourage outdoors discovery with interactive fun. Be an agent of nature and solve challenges. You can access Nose Hill and the codes for the app from the parking lot off Berkley Gate. Then unlock some mysteries of nature. Go to the City website for details about the program: <http://www.calgary.ca/CSPS/Parks/Pages/Programs/Get-to-know.aspx> and follow the links.

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 these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that 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.

The program was replaced with two new programs. The Green Leaders program for community volunteers provides oversight to doing projects in the community to

enhance it, 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 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.



IN & AROUND CALGARY

Centre Street Bridge celebrates 100-year anniversary

2016 marks the 100-year anniversary of one of The City of Calgary's most iconic landmarks – The Centre Street Bridge.

The Centre Street Bridge, which crosses the Bow River along Centre Street, has been a part of the city skyline since 1916 with its four arches, upper and lower traffic decks and lion sculptures.

It was built by The City of Calgary 100 years ago for \$375,000. It replaced the MacArthur Bridge, a steel truss bridge built in 1907 by land developer A.J. MacArthur who had acquired the land that would become Crescent Heights and wanted people to have easy access to it.

Local historian and author Harry Sanders says the original bridge was built without any consideration for alignment with the roads. "(MacArthur) gets some investors and forms a stock company and they build a little bridge. They have no permission to build this bridge. All they did was acquire the land at either end and built a bridge across it. He hopes people will now live in Crescent Heights, which they do."

Once the bridge was in use, they offered to sell it to The City for \$17,000, which The City turned down. Then they offered it for \$5,000 but taxpayers voted against purchasing it. Eventually, The City agreed to pay \$1,300 for it.

"But now The City is thinking about a beautiful new bridge as Calgary is undergoing an enormous period of growth and wealth," explains Sanders. "So, in 1914, rate-payers approved a plan to build a more modest bridge."

The Centre Street Bridge was opened to traffic on Dec. 18, 1916, 17 months after the original MacArthur bridge was destroyed in a flood in 1915.

Roads Director Troy McLeod says the bridge, which was constructed to be resilient, is now seen as a symbol of the strength in our city. "What has been consistent in Calgary over the past 100 years is the resilience of our

people and the Centre Street Bridge is a perfect reminder of this strength in our community," he says.

The Centre Street Bridge was protected as a Municipal Historic Resource in 1992. It is historically significant as the second oldest bridge to span the Bow River and has long-served as one of the main links between downtown Calgary and areas north of the Bow River. As such, it was instrumental in the early development of neighbourhoods north of the Bow River, especially Crescent Heights, Mount Pleasant, Tuxedo Park, Winston Heights and Renfrew.

To learn more about the Centre Street Bridge's 100-year anniversary, visit Calgary.ca/roads.



Workers on the bridge during its construction in 1916. Glenbow Archives



The Centre Street Bridge has long served as one of the main links between downtown Calgary and areas north of the Bow River. The first vehicles crossed the Centre Street Bridge on December 18, 1916. Pictured are City of Calgary Engineer George W. Craig, Bridge Designer John F. Greene along with driver Tom Hornebrook. Glenbow Archives.

SUPPORT YOUR COMMUNITY! BUY MEMBERSHIP TODAY

Crescent Heights Community Association Membership Application Form

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Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

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



Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit calgarycommunities.com for more information or to register today!

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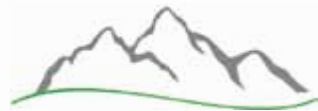
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- Matt will continue to support YOU beyond the home buying purchase.

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- Benefit from an unbiased advisor. Rather than working for one financial institution, Matt deals with many financial institutions on a daily basis. This allows him to offer YOU more choices and highly competitive options.
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www.rememberwhenphotography.ca



Fostering Friendship with **Avery Peterson & Bryson Griba**

Photos by Remember When Photography

You know that girl with the smile that lights up the room? Well that's Avery. This energetic extrovert makes everyone feel welcome and at ease as soon as she meets them. Avery is an animal lover and has a huge heart; however, her sweet and kind personality does not mean she gets walked on. Avery decided to pursue a career in cooking, which she is outstanding at. Often being the only woman in a male dominated industry, Avery has proved that she can hold her own in the kitchen while cultivating a pleasant working atmosphere in the front and back of the restaurant.

Bryson is an extremely talented chef currently at The Bears Den Restaurant in northwest Calgary. It is no secret that Bryson runs his kitchen as a perfectionist; each dish is plated to Chef Bryson's highest standards and patrons of the restaurant appreciate his dedication and attention to detail.

Bryson and Avery met while working at Riverside, Cafe here in Calgary. Determined not to allow their personal

relationship interfere with work, they kept their love under wraps for months. Bryson had to bite his lip every time he heard anyone say how cute Avery looked!

Bryson and Avery have loved living in central Calgary. Their obvious passion for food is one big reason the location is so perfect; with so many local restaurants within a couple minute drive, they get to enjoy the fine food Calgary has to offer. Although they love Calgary, the couple has decided to explore Europe for the next year. This is why each wedding photo represents the best of what Calgary and Alberta have to offer. Bryson says he feels fortunate to live in a city where you don't have to choose between a fun, urban lifestyle or enjoying the peaceful mountain scenery. As all Calgarians know, we get it all!

A good friend of the couple is local photographer Brittny Morrison, of Remember When Photography. Brittny had two visions for wedding photos and asked the couple for their help, which they said yes to with-



out hesitation! The visions were to capture the beauty of Bryson and Avery's home: showcase Alberta's mountains and Calgary's downtown skyline at sunset. The couple and their entourage would start the photo session at Lake Minnawanka to capture the natural beauty of Alberta's majestic mountains and tranquil, blue water. Then the day would end near downtown Calgary to incorporate the dramatic beauty of both the couple and their beloved city.

Now that the locations were planned, it was time for the most fun part: the dress. Avery, her mom, and Brittny went to Novia Mia and met with Lorena. This little boutique is located in downtown Calgary and is set up in a beautiful old house by the stadium. They decided that there would be two looks for the wedding and photo shoot. Novia Mia had a beautiful, dramatic trumpet gown that looked absolutely stunning on Avery. As soon as she put it on, everyone knew there would have to be a bit of downtown Calgary brought into the day. Armed with two gorgeous dresses, Avery walked out of Novia Mia with a huge smile!

Now, you wouldn't think that shopping for the groom would be fun, but Ed Williams proved that to be untrue! Bryson worked at the restaurant until the wee hours of the morning and still went into the shop with a bright smile for his fittings the next day. The staff at Ed Williams is nothing short of amazing; they studied the dresses that Avery had and matched two styles for Bryson. Bryson didn't want to do anything too overwhelming but felt it important to have the details flow and Ed Williams did this beautifully.

When you rely on the small details to bring a wedding day together, fresh flowers are essential. Confetti Florist understood and executed the themes brilliantly. In keeping with the simplicity of the scene, Confetti put together an arrangement that fit over Avery's right arm. This design allowed for a traditional aspect while also enhancing Avery's elegant gown. Joan, of Confetti Florist, also put together a spectacular bouquet using dramatic, dark-eggplant calla lilies, which symbolize 'magnificent beauty'. This second bouquet was used later in the evening when the focus was directed on the Calgary downtown skyline.

On a beautiful morning in May, Avery met the talented Christina Kemp to have her hair styled. Christina wanted



to showcase Avery's long beautiful hair and kept to a natural style, which flowed wonderfully. Modern Make-over's make up artist, Jessica, did Avery's make up clean and simple but also took the time to contour her cheek bones and make her eyes pop. For the look while in the city, Christina put Avery's long locks in a sophisticated bun. Jessica decided on nighttime, dramatic make up, which looked absolutely stunning.

For the final touch, Brad of Ambassador Limousine Services picked Bryson and Avery up from their lovely home in Crescent Heights. The midnight black Lincoln Town car was breathtaking. Avery sipped on champagne from the delicate crystal stemware as they drove to the park overlooking their beautiful city.

The evening ended with the sun setting against the Calgary skyline. Three photographers surrounded Bryson and Avery, savouring the last bit of light the day had to offer. The vision and style of each photo session was a combined effort between Remember When Photography and K&E Imaging. Everyone involved was thrilled with the outcome and it will be a day we will all cherish!

Flash Sale!



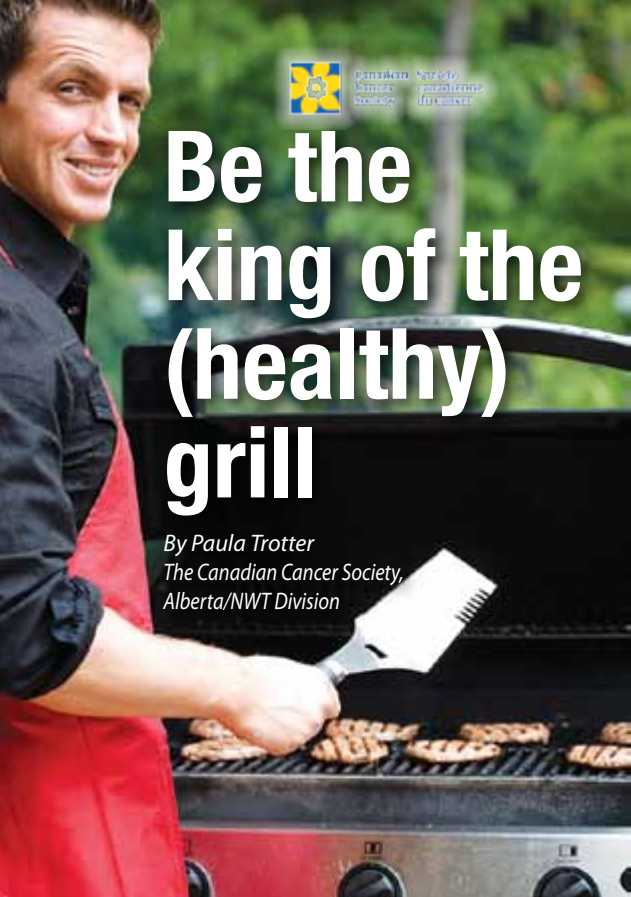
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To have your family profiled (story and professional pictures) in the next edition of this community newsletter, please send us an email to CRH@great-news.ca





Canadian Cancer Society
Société canadienne du cancer

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 tem-

peratures 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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Crescent Heights Real Estate Update

Last 12 Months Crescent Heights
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2016	\$674,900.00	\$700,000.00
May 2016	\$589,450.00	\$585,000.00
April 2016	\$539,450.00	\$515,000.00
March 2016	\$849,900.00	\$750,000.00
February 2016	\$539,950.00	\$502,500.00
January 2016	\$699,900.00	\$665,000.00
December 2015	\$1,067,450.00	\$975,000.00
November 2015	\$768,944.00	\$707,000.00
October 2015	\$625,000.00	\$620,000.00
September 2015	\$589,700.00	\$580,000.00
August 2015	\$675,000.00	\$675,000.00
July 2015	\$547,000.00	\$528,750.00

Last 12 Months Crescent Heights
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2016	9	3
May 2016	4	4
April 2016	3	4
March 2016	10	3
February 2016	4	2
January 2016	3	1
December 2015	2	2
November 2015	5	2
October 2015	5	3
September 2015	5	2
August 2015	7	3
July 2015	3	6

To view the specific SOLD Listings that comprise the above
MLS averages please visit [crescent_heights.great-news.ca](#)

IN & AROUND
CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind par-
ents of precautions they can take to prevent accidental
poisoning emergencies in their home. The ingestion
of prescription or over-the-counter medications is the
leading cause of accidental poisoning in children. Just
small amounts of adult medications can be seriously
harmful or even fatal to your child if swallowed. Other
causes of poisoning are household cleaning products,
dishwasher tablets, or personal care items, such as
mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in
an area inaccessible to children.
- Keep medications in their original child-resistant pack-
aging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where
medications are stored.

Safety tips

- Ensure visitors to your home keep their personal be-
longings out of children’s reach as they may contain
unsafe items.
- Take extra precautions with medicines that appeal to
children such as chewable vitamins, or flavored cough
and cold syrups.
- Properly dispose of any medications or toxic household
products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics
in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if
they are within a child’s reach.
- Know and label all plants in and around your home
and garden.
- Antifreeze, windshield washer fluid, and pesticides are
extremely poisonous. Even small amounts of these can
cause serious illness when ingested.
- Poisoning information can be obtained by calling the
Poison and Drug Information Service (PADIS) at: 1-800-
332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe
to do so, a sample of the substance for EMS to inspect
on their arrival.

YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

- **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](#)

SEPTEMBER 3
CALGARY HIGHLAND
GAMES

Anyone can come out to the Springbank
Park For All Seasons for a day of highland
dancing, piping, heavy lifting and plenty of
tartan. [www.calgaryhighlandgames.org](#)



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](#)



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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.

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MP. CALGARY CONFEDERATION LEN WEBBER

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len.webber@parl.gc.ca

Did you know that 24% of the residents of our Calgary Confederation riding are over the age of 55? In Canada, 30% of the population are aged 55 or older and by 2020 that number will increase to almost 38%.

Canada is the best country in the world in which to live and we owe much of that to our nation's Seniors. They are largely responsible for fighting the wars that gave us our freedom, paying the taxes that built our cities and having the foresight to create the infrastructure and programs many of us take for granted.

As your Member of Parliament, I will continue to stand up for all constituents, but it is my privilege to show my respect and gratitude to our Seniors by devoting my recent community mailing to them. The mailing goes to every household in the riding and is also available on my website at www.lenwebber.ca.

For Canada's elderly to receive their full benefits and entitlements, it is critical that they apply for these programs. One of the best ways for any person to determine if they are getting the benefits they may be entitled to, is to visit www.canadabenefits.gc.ca and use the online 'benefits finder' which generates personalized results based on a few simple questions.

Also, many financial assistance programs require up-to-date tax filings, so it is also very important that those in need of some help keep up-to-date on their taxes. The Canada Revenue Agency has thousands of volunteers who can also assist with this task.

Should you encounter difficulties getting your benefits, my staff and I are here to assist you. It is requested that you make an appointment before coming to the office with your concerns as this allows us to serve you better and ensure you are not required to wait an excessive amount of time. Often, we are able to assist you over the telephone without the need for an appointment too.

For office contact information, photographs, my Parliamentary speeches, helpful links and other important information, please visit my website at www.lenwebber.ca on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

Finally, I want to congratulate all the Canadian Olympic athletes and their coaches on their achievements. While the world focuses on these elite athletes for only a few weeks every four years, their dedication to their sport and personal success is a daily commitment for many years.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
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
HOSPITALS / URGENT CARE	
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
OTHER	
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

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COMMUNITY ANNOUNCEMENTS

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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

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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.

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



DATE: Tuesday, August 30, 2016
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RSVP: Kara Weber
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kara.weber@rbc.com

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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.

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