

JULY 2016

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# the **CRESCENT** view



THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



## STAMPEDE BREAKFAST

JULY 17<sup>th</sup>

9 - 11:30AM

AT THE HALL

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- Dr. Laura Brescia  
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## Crescent Heights Community Association

1101-2nd St. NW • Calgary, AB | T2M 2V7

Phone: 403.276.1002

[www.crescentheightsyyc.ca](http://www.crescentheightsyyc.ca) • [chcboard@hotmail.com](mailto:chcboard@hotmail.com)

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# THE CRESCENT VIEW

The Crescent View is published twelve times per year.

### Newsletter Deadline:

The 10<sup>th</sup> 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@crescentheightsyyc.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@crescentheightsyyc.ca

### Advertising Inquiries:

Great News Publishing email: sales@great-news.ca  
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## CHCA Board of Directors

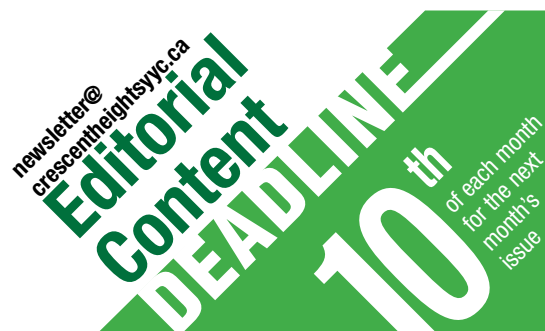
We are **always** looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

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!

<b>President</b>	Daniel Dang
<b>Treasurer</b>	Michael Jankovic
<b>Secretary</b>	Isabelle Jankovic
<b>Communications</b>	Vacant
<b>Special Events</b>	Vacant
<b>Planning</b>	Darlene Jones
<b>Traffic</b>	Vacant
<b>Directors-At-Large</b>	Calvin Ha

## CHCA Social Media

- Twitter**  
@chcaboard
- Facebook**  
https://www.facebook.com/crescentheightsyyc/
- CHCA Website**  
http://crescentheightsyyc.ca/



## 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.

**Calling All BABYSITTERS**

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

# Volunteers needed



We currently need volunteers to help with our **Stampede Breakfast on Sunday, July 17** during the morning.

Please contact Isabelle at: secretary@crescentheightsyyc.ca

The following positions are available on our board:

- Grants and Casino Director
- Events and Programs Director
- Communications Director
- Traffic Director

*Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial gain. Volunteering is also renowned for skill development, and is often intended to promote goodness or to improve human quality of life. Volunteering may have positive benefits for the volunteer as well as for the person or community served. It is also intended to make contacts for possible employment. ~ Borrowed from Wikipedia*

# CHCA Stampede Breakfast

Save the date! The CHCA Annual Stampede Breakfast is

## Sunday, July 17 from 9:00am to 11:30am

with great food, live music and kids' entertainment. To put on a great breakfast, we need volunteers... lots of them! The shifts are short so you can enjoy the breakfast with your family and friends. Check out our new Facebook page and our website for more details including how to volunteer for the breakfast.

Facebook: [www.facebook.com/crescentheightsyyc/](http://www.facebook.com/crescentheightsyyc/)  
Website: <http://crescentheightsyyc.ca/event/stampede-breakfast/>  
Email: Isabelle at [secretary@crescentheightsyyc.ca](mailto:secretary@crescentheightsyyc.ca)





# 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](mailto:curmudgeon9@shaw.ca)

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

## CHCA Activities and Events

### JULY 2016

- 05 CHCA Traffic & Planning Meeting 7-9pm
- 12 CHCA Board Meeting 7pm
- 19 CHCA Traffic & Planning Meeting 7-9pm
- 26 CHCA Annual General Meeting and open to the public

Traffic and Planning meetings are always open to the public. <http://crescentheightsyyc.ca/chca-board-of-directors/>

### July at the Hall

The Hall is getting a facelift and some groups have temporarily moved for the month of June.

**SUNDAYS** - Pentecostal Church Public Service 10am-noon

**WEDNESDAYS** - Taoist Tai Chi 7:30-9:30pm

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

# You are invited to a STAMPEDE BREAKFAST

Hosted by "1212 Ministries"  
at Crescent Heights Baptist Church

## Saturday, July 9<sup>th</sup> from 9:00-10:30 a.m.

We are located at 1212 - 1st Street NW

Come and enjoy a great breakfast  
in front of the church on 1st Street NW!

- Pancakes • Sausages • Baked beans
- Fresh fruit • Friendly conversation!

**The cost is FREE! Everyone is welcome!**

Church office (403) 277-1831  
Email: [cheights@telus.net](mailto:cheights@telus.net)  
[www.crescentheightsbaptist.com](http://www.crescentheightsbaptist.com)



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**Volunteer**

# WHAT'S HAPPENING AT CRESCENT HEIGHTS HALL



## Summer Programs

August 8-12

These safe, supervised programs Offered by the City Of Calgary help children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles. Programs run weekdays and are weather dependant.

### Park n' Play

Age: 6Y - 12Y  
Monday - Friday 10 a.m. - 3:30 p.m.

### Stay n' Play

Children must be accompanied by an adult.  
Age: 3Y - 5Y + Adult  
Monday - Friday 10 a.m. - 12 p.m.

## Stampede Breakfast

July 17 – 9 to 11:30 am

Great food, live music, special guests and pony rides! Mee your neighbours at this fun event – free for members. Yes, you can buy your membership at the event! See you there!

## Casino Fundraiser

Sept 15 and 16

We need 40 volunteers for our next casino fundraiser in September! We are finally in a position to offer more programs for residents which is very exciting for us. The hall still needs ongoing maintenance and upgrades and we now have a lifecycle plan so we can budget for these items. This frees up money for new ideas! At the AGM on June 28 and through the website we will be asking you what kind of programs you and your families would like to participate in.

Over the past few years we have used casino money and grants to build a new playground in Crescent Park, replace the floor at the hall, paint the interior, hire a great hall manager, build and maintain the outdoor rinks in the winter as well as maintain building infrastructure. As our building ages – 35 years old this year – there are many things that need to be replaced over the next few years. We can get grants but we need matching funds and we use the casino money for our matching funds. All we need is few hours of your help! Check our website for more information.



Book Review by Judith Umbach

### Forgiveness

By Mark Sakamoto

Mark Sakamoto's life reminds us that there are "two sides to every story". His meditative memoir, *Forgiveness*, is subtitled, *A Gift from My Grandparents* - a most apt embodiment of his own emotional education.

Mark's maternal grandfather, Ralph MacLean, grew up in the Magdalen Islands in the middle of the Gulf of St Lawrence. There wasn't much there, and his father was abusive. He wanted out, and WWII provided a quick (underage) ticket to somewhere else. After training and a posting to Gander, Newfoundland, the ticket acquired the exotic destination of tropical Hong Kong. Little did he and his fellow recruits know that the posting of troops to the British colony was a "Hail Mary pass", one that went disastrously wrong. Ralph fought hard, both as a soldier and as a captive, crediting his hard upbringing for his determination to survive.

Mark's paternal grandmother, Mitsue Sakamoto, grew up in Vancouver, one of a growing community of Japanese immigrants prospering in the fishing industry. She was a good student, a good worker and a strong family member. When WWII expanded to the Far East, ethnic Japanese Canadian citizens and immigrants were subjected to rabid discrimination that evolved into federal government legislation. Mitsue desperately organized her family to stay together, which meant they were forced to be transported (in used cattle cars) to southern Alberta to work on the newly developed sugar beet farms. Her family was "housed" in a chicken coop by a subsistence farmer; they were slaves: the wages were insufficient even to buy food for themselves. Nothing was provided in winter conditions when there was no work. Desperate initiative by her husband Hideo propelled them into marginally better conditions.

The forgiveness his grandparents embraced to create a mixed-race family became a pillar in Mark's personal development. Life for him deteriorated from the expected "happily ever after" into a nightmare of family dysfunction. His salvation was to bring the forgiveness of his grandparents into his own generation.

## Summer Camps

for kids born 2005-2011  
July 25-29 & August 8-12



Throughout the week students will, through the creation of art, drama, games and more, explore a story filled with hope, love, victory, freedom & life.

Invite your friends and come participate in "Life Story: His, Mine, Ours."

\$100 first child  
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403.277.1831

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/1212SumerCamps

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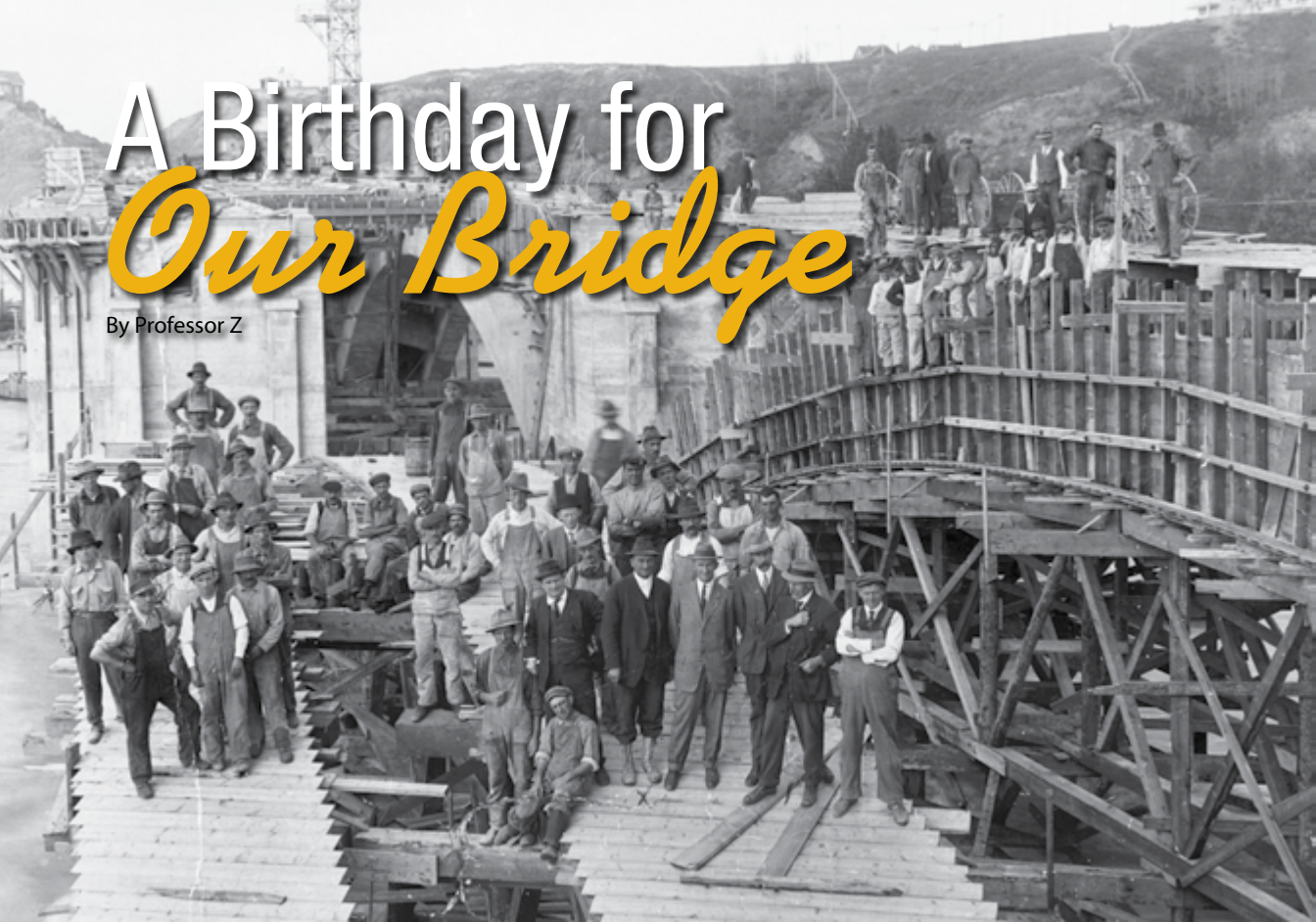
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Follow us on Instagram  
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# A Birthday for *Our Bridge*

By Professor Z



The subject of this month's offering will celebrate its 100th birthday this coming December. And since one of its lions will soon be a Crescent Heights resident, it's high time to give some recognition to the Centre Street Bridge.

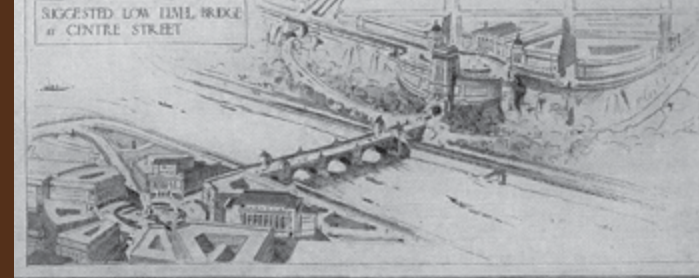
Some years back, we discussed the old Centre Street Bridge in this very publication, the construction of which was spearheaded by Crescent Heights entrepreneur A.J. McArthur back in 1907. As some may recall, that bridge was destroyed by flood in June of 1915. When the old bridge went down, the sole fatality was a city worker hired to work on the foundations of the present bridge. Let's back up a bit, though. The need to build a new bridge to span the Bow had been recognized for some time before construction actually began. So when renowned English town planner Thomas Mawson was hired to draft a plan to facilitate Calgary's future growth in the boom years preceding WW1, he was also tasked with coming up with a plan for a new Centre Street bridge. His favored design was the "low level" bridge shown in the attached diagram, which included an internal elevator to hoist vehicles and people up to the top of the escarpment, and back down as well. Mawson

favored the design pictured because it afforded better sight lines from the top of the hill looking south to his completely re-imagined Calgary, referred to by many as his "Vienna on the Bow". Although current traffic volumes couldn't reasonably have been foreseen back in Mawson's day, I think we'd all agree that such a structure would have become obsolete very quickly.

In the Calgary of a century ago, significant capital expenditures were put to a vote by taxpayers. In 1914, a \$469,000 bridge plan failed to receive support, but in early 1915, a \$375,000 proposal got the thumbs up and work began immediately. The architect was John F. Green, a local who was later responsible for designing the Mission and Louise Bridges. In order to achieve a reasonable grade on the approach to the bridge on the north side, it became necessary to excavate into the North Hill, and to create a "gorge" extending all the way up to 7th Avenue North. You wouldn't know it now, but at one time it was possible to walk along the brow of the hill from west Crescent Heights directly to what's now Rotary Park. The attached picture shows the excavation in progress, looking north

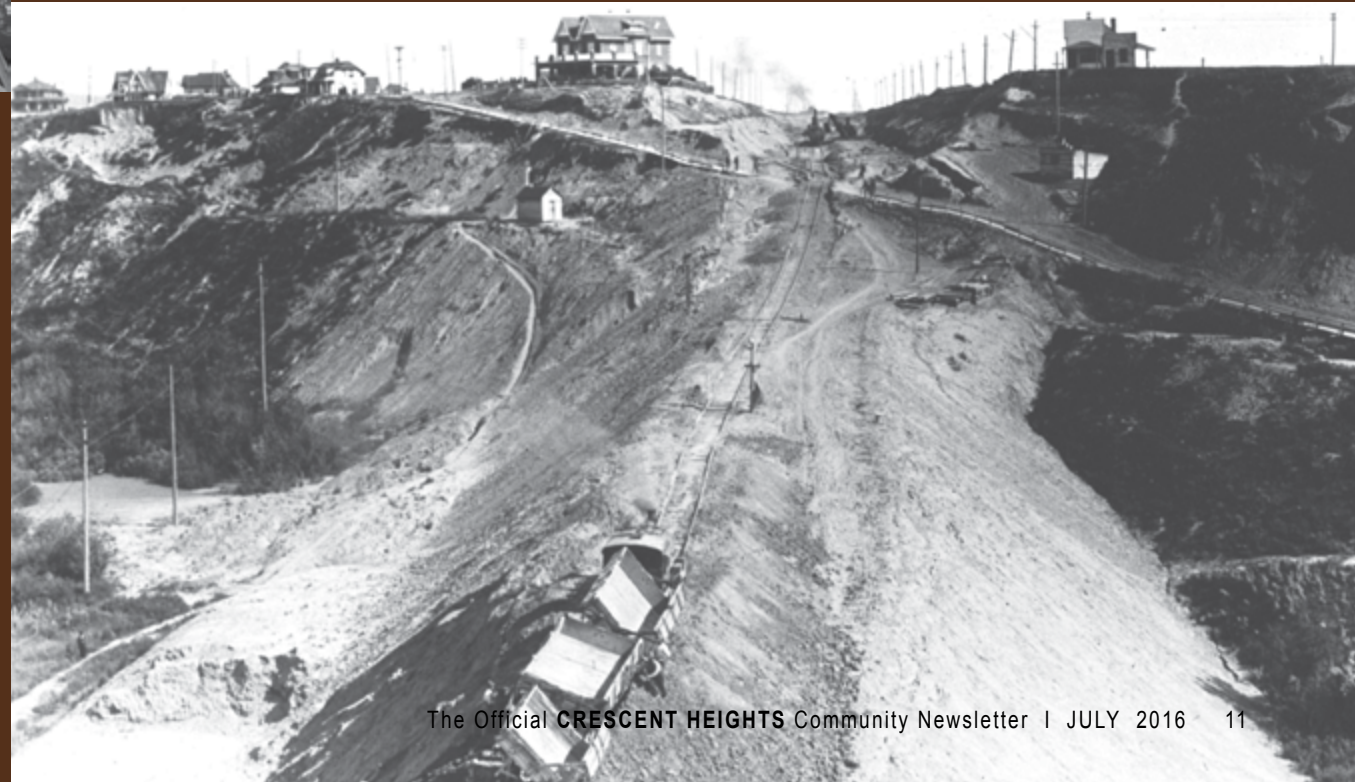
up Centre Street. Hard to believe, but the new bridge took less than two years to build and was officially opened in December 1916. The third picture accompanying this article shows some of the men at work on the bridge earlier that year; chief engineer John Craig appears in the front row, fourth from the right. The four iconic lions, however, weren't in place until March 1917. Some mention of the lions' background appeared in last month's Crescent View, but here's a bit more on that subject.

Scottish stone mason James L. Thomson had first come to Calgary in 1910, and had constructed a lion for his own residence in Tuxedo Park, at 2109 Centre Street North. Back in the day, you couldn't just pop over to Golden Acres to pick up some garden statuary! Thomson's work was spotted by a passing alderman, and once it was learnt that Thomson was already in the city's employ as a laborer, he was swiftly reassigned. (Wonder if he got a raise?) The Centre Street Bridge's concrete lions were based on the bronze lions at the foot of Nelson's Column in Trafalgar Square, London. Thomson spent the winter of 1916 working in a temporary workshop located just east of the bridge site itself. His four sculptures were rough-cast in sections, and then carved thereafter. Thomson had the help of brothers Dymtro and William Stogryn, who were nicknamed "Cement Joe" and "Cement Bill" by those working on the bridge at the time. The completed lions were then sited on pedestals with ornamental decoration appearing below which paid tribute to the birthplaces of many early immigrants to the



area: there were roses for England, shamrocks for Ireland and (not to be missed by Thomson!) thistles for Scotland. Also appearing were buffalo heads to represent Western Canada, and as for the maple leaves, I'll let readers figure that out on their own (hint- not Toronto!). When the lions were placed on the bridge in early 1917, they were headless, and their heads were affixed as the last step. By 1999 though, the four beasts had deteriorated to the point where their removal had become necessary. They were replaced by replicas and put into storage. "Our" lion is the second one to return to public life; the first one to be restored now presides at the Municipal Building. So I guess we can all be grateful that Calgary taxpayers said "Yes" to the bridge a hundred and two years ago. If the Peace Bridge had been put to a similar vote, what do you think its chances would have been?

References: "Calgary, Many Years Hence"- E. Joyce Morrow (1979); Avenue Magazine article, August 2015- Andrew Guilbert; "Centre Street Guardians"- Jack Peach (early 1990's)



# SUPPORT YOUR COMMUNITY! BUY MEMBERSHIP TODAY

## Crescent Heights Community Association Membership Application Form

Please mail this form with your cheque to: C.H.C.A. 1101 - 2nd Street NW Calgary, Alberta T2M 2V7

### Voting (Residents)

- Single (\$10)     Household (\$20)     Senior (\$5/per person)

### Non-Voting (Business and Non-Residents)

- Associate (\$20)     Business (\$50)

Names : \_\_\_\_\_

Address : \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone : \_\_\_\_\_ Email : \_\_\_\_\_

Yes, send me community emails

New Membership     Renewal    Date \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_



## News from the Friends of Nose Hill

by Anne Burke

Some internet sources clearly recommend biking on non-designated trails on the slopes of Nose Hill up to the plateau. Many of the "Trail Forks" paths do match the designated paths but there are several other areas where they venture into protected areas, in order to make their route join up to official paths. The Trail and Pathway Plan and the Parks and Pathway bylaw both enforce staying on the official routes in order to protect wildlife and habitat. There are maps at the Nose Hill Park entrances to help guide park users.

The Shaganappi Trail is part of Calgary's carpool lane (High Occupancy Vehicles) network in the City's Transportation Plan. The plan calls for Shaganappi Trail to be widened sometime in the future, from 4 to 6 lanes. This is of importance to Friends of Nose Hill Society as it will affect wildlife. There is the tunnel under Shaganappi Trail in Edgemont and it is important that any road changes do not unduly disrupt their routes. Also increased traffic could have implications for wildlife too. Commentary provided by Friends of Nose Hill Society about the long-term plan might reference the approach the City is taking with biodiversity conservation, as in Our BiodiverCity, Calgary's 10-year biodiversity strategic plan.

For more information regarding The University of Calgary Community Forum on Calgary: City of Animals, go to the website: [arts.ucalgary.ca/cih](http://arts.ucalgary.ca/cih). The plan is to continue the dialogue. "We will be hosting community response, anything from a sentence to a few paragraphs." The topics are below.

- Wildlife maintains biodiversity but some pose risks to humans and pets, so how can wildlife and human animals co-flourish?
- What is our relationship and how do we manage ourselves (do we leave places just for wildlife)?
- What policies are needed in the city; ethics to guide us;

- and are there circumstances when we silence a song dog (coyote)?
- Should residents be permitted to keep livestock in the city (which, why or why not)?
- Should animals be used for entertainment?

The annual progress report from the BiodiverCity Advisory Committee was approved by City Council after the Community and Protective Services Committee meeting. The group held 6 meetings, 10 subcommittee meetings, a workshop, and produced a work plan. Some city-wide projects are habit restoration in existing parks, biodiversity in planning, management, and other city initiatives; conservation priorities, and data sharing.

## BRAIN GAMES SUDOKU

		1		4		6		
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FIND SOLUTION ON PAGE 34

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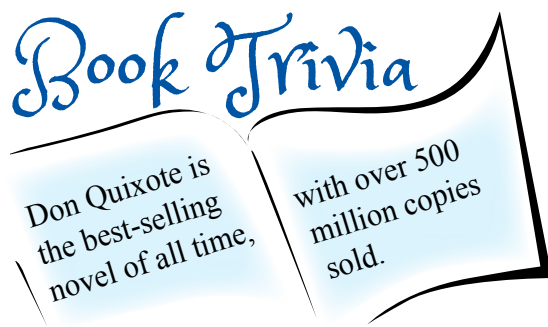


**The New Adventures of Engine 23**

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2<sup>nd</sup> Floor!



**Crescent Heights Real Estate Update**

**Last 12 Months Crescent Heights MLS Real Estate Sale Price Stats**

	Average Asking Price	Average Sold Price
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
June 2015	\$579,000.00	\$569,000.00

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

	No. New Properties	No. Properties Sold
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
June 2015	12	3

To view the specific SOLD Listings that comprise the above MLS averages please visit [crescent\\_heights.great-news.ca](http://crescent_heights.great-news.ca)

**your COMMUNITY business of the month**

**Crescent Heights Dental Clinic**

Crescent Heights Community

At Crescent Heights Dental Clinic, we work hard to make your visit with us as quick, thorough, and pleasant as possible.

Located at #113, 831 Edmonton Trail NE. (Edmonton Trail and 8<sup>th</sup> Ave. NE), Dr. Matthew Karavos and the entire team here at Crescent Heights Dental Clinic are committed to offering innovative service in a relaxed, friendly environment that is close to your home or office.

We are pleased to offer a full range of dental services and options for your family, including:

**Family Dentistry**

At Crescent Heights Dental Clinic, our smallest patients are one of our biggest priorities. We want to teach kids the importance of brushing and flossing their teeth daily in order to maintain their sweet smiles.

**Oral Hygiene/Cleaning**

Preventative dentistry is our priority, and setting you up with the best brushing and flossing habits is the first step to a healthy smile. At Crescent Heights Dental Clinic, your regular oral hygiene visits play a big role in our commitment to your ongoing oral health.

**Sedation Dentistry**

Do you get anxious or nervous about dental procedures? Many patients choose Sleep Dentistry to feel more comfortable during cleanings and procedures.

**Smile Design**

Smile design is cosmetic dentistry that uses crowns, bridges, and veneers to create your dream smile. And over the years that we have been doing cosmetic dentistry and Smile Design, we have seen the major differences in personality and boosts in confidence in patients that have walked out of our office with a new smile.

**Crowns and Bridges**

Tired of having to make many return trips to the dentist to get your crown or bridge done? Our team can take care of many crown and bridge cases in just one appointment without any messy impression material.

**Teeth Whitening**

Our team at Crescent Heights Dental Clinic can enhance

your smile by removing or reducing stains on your teeth, lightening them for a more attractive appearance. The difference is amazing – and it can be done in as little as one appointment!

**Custom Mouth Guards**

Every summer we see many patients come in after breaking teeth playing sports. Don't allow your precious teeth to become unnecessarily damaged. Be proactive about protecting your teeth from injuries while playing sports with a comfortable custom mouth guard.

**Denture Services**

Do you need dentures or have an issue with your current denture? Our team can fit or repair your denture so you can get back to eating, drinking, and living life to its fullest!

**In-house Orthodontics**

Get all of your orthodontics taken care of at one location with convenient hours. Our team can help patients of all ages achieve their perfect smile through braces and Invisalign.

Come on by to check out the office and chat with our staff about your oral health needs. We're always accepting new patients and look forward to meeting you!

*Services provided by general dentists*



**CRESCENT HEIGHTS DENTAL**  
 831 Edmonton Trail NE  
 403-276-3660  
[www.crescentdental.ca](http://www.crescentdental.ca)

**Services we Offer**

- Cosmetic dentistry
- Whitening
- Family dentistry
- Emergency treatment
- Sedation dentistry
- Walk-in appointments
- Sports guards
- Oral hygiene & cleaning







## Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4<sup>th</sup> Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

**Visit [calgarycommunities.com/events](http://calgarycommunities.com/events) to register today!**

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

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.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com) or (403) 244-4111 ext. 204.

## EMS: Heat Related Illness

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 illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them 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 10am-4pm, even on cloudy days.

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

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. [www.afrikadey.com](http://www.afrikadey.com)
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. [www.mardagrass.ca](http://www.mardagrass.ca)
- **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. [www.reggaefest.ca](http://www.reggaefest.ca)
- **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. [www.globalfest.ca](http://www.globalfest.ca)
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. [www.antiquesbydesignshows.com](http://www.antiquesbydesignshows.com)
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. [www.calgarypride.ca](http://www.calgarypride.ca)

### AUGUST 5 TO 7 EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)



### AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. [www.calgaryjapanesefestival.com](http://www.calgaryjapanesefestival.com)

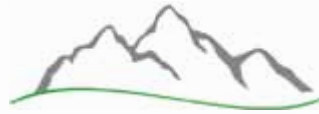


### AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. [www.chinatowncalgary.com/dragonboat](http://www.chinatowncalgary.com/dragonboat)



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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

## MATT GRIGG

Quality Lending Services

Desire. Dedication. Determination. That's what **YOU** get when **YOU** work with Matt Grigg. **YOU** can be confident knowing **YOUR** best interests are being cared for. **YOU** can be confident that you will have a dedicated professional partner to satisfy **YOUR** mortgage needs.

### PURCHASE MORTGAGE

- Unbiased expert advice, no fee and competitive mortgage options
- Mortgage products offered by multiple lenders including the big banks
- Best Market Rates
- Specialty programs: Self-employed, Purchase plus improvements, Investment properties, New to Canada

### MORTGAGE RENEWAL

- Don't just sign lenders offer at renewal time. Get expert advice, compare and save!
- No Cost Switch Program
- Canada's best prepayment options



### MORTGAGE REFINANCE

- Best Market Rates vs. Your Existing Rate
- Renovations and Home Improvements
- Consolidate high interest credit cards
- Lower your monthly payments

### CORE VALUES

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.

### WHAT DOES THIS MEAN FOR YOU?

- Win-Win for YOU: There is no cost to YOU. Matt is compensated by the lender for providing them with qualified business. The fee is the same regardless of what lender is chosen and it is not built into the rate.
- Matt will be YOUR dedicated partner throughout the mortgage process.
- He will provide current information on how mortgages work and what is applicable to YOU.
- 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.

### WHY UTILIZE A MORTGAGE PROFESSIONAL?

- 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.
- 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





## Going on a Holiday?

A message from the Federation of Calgary Communities

### Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at [calgarycommunities.com](http://calgarycommunities.com) and visit the Virtual Resource Centre.

## Where there's water, there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

### Life jacket safety

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PDF or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

### Swimming is a lifesaving skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

**Remember**, always keep toddlers or young children within arm's reach while in or around all bodies of water.

Before you raft or boat

Always **SCOUT, ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

**Scout** the river for potential hazards and check the weather and water conditions.

**Assess** the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with you.

For further information visit [calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx](http://calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx)

**Did you know:** The Calgary Fire Department has Firefighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglen)?



# How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



## Blue-winged Teal a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time

in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

## IN & AROUND CALGARY

### Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

**All food, yard and pet waste is accepted in the program.**

**Unlimited quantity.** Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

**Green and blue carts** will be collected on the **same day every week.**

**Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

**Green carts go beyond backyard composting**

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

**Why we need to keep food and yard waste out of landfills**

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit [calgary.ca/greencart](http://calgary.ca/greencart).

Submitted by The City of Calgary Waste & Recycling Services.



## IN & AROUND CALGARY

### Stampede Taxi Stands

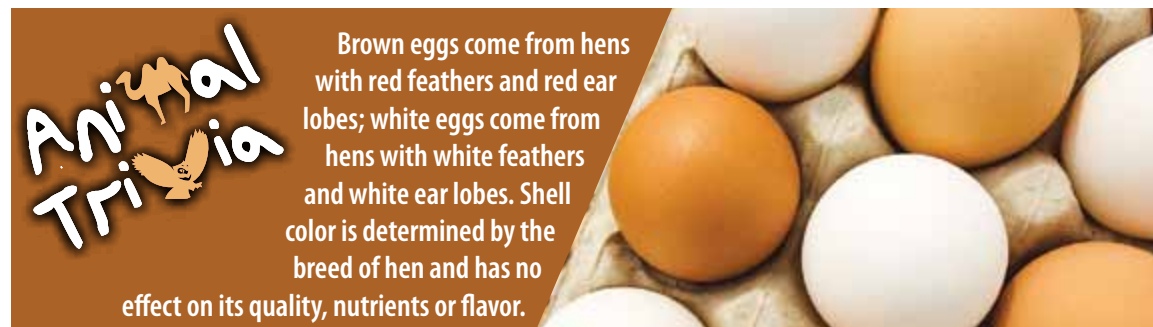
Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

### Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit [Calgary.ca](http://Calgary.ca) and search taxi stands.

### Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: [www.chinookcountry.org](http://www.chinookcountry.org) for the program list.



**Animal Trivia**

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.



## BY THE LIGHT OF THE MOON

### *Gardening by the phases of the moon*

#### **July 4 New Moon (waxing)**

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

#### **July 12 First Quarter (waxing)**

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

#### **July 19 Full Moon (waning)**

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

#### **July 26 Last Quarter (waning)**

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.



# Cilantro Lime Chicken Salad with Creamy Avocado Dressing

*Written by: Rae-Ann Hagen, Registered Dietitian*

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion,

avocados served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

#### **Cilantro Lime Chicken Marinade**

4 Chicken Breasts  
Zest from 1 Lime  
Juice from 1 Lime  
1/3 cup Chopped Cilantro  
1/4 Olive Oil  
1 tsp Honey  
2-3 Cloves Minced Garlic  
Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour

however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

#### **Creamy Avocado Lime Dressing**

1 Avocado  
1/4 Cup Cilantro  
1 Clove of Garlic  
Juice from 1/2 Lime  
3 Tbsp. of Olive Oil  
1/3 cup of water  
Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.

# PET INSURANCE



## is for everyone, including Vets

Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assess every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

*Jennifer L. Scott, D.V.M.*

# Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

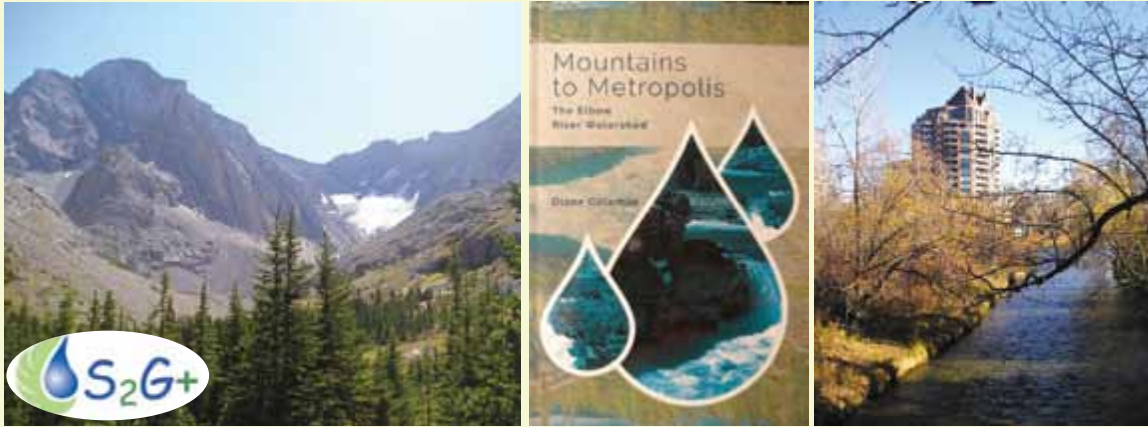
- 1. Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.
- 2. Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.
- 3. Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriot Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

- 4. Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.
- 5. Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at [www.marriott.com/rewards/promotion.mi?promotion=SB16](http://www.marriott.com/rewards/promotion.mi?promotion=SB16).

[www.newscanada.com](http://www.newscanada.com)



# New Book

## Mountains to Metropolis: The Elbow River Watershed

**S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!**

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)*



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# 10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

## How I do I know if I have hail damage to my roof?

### Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

## If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

## What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

## Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

## What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

## Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

## Why does the estimate read that there are more shingles to replace than there are to remove?

The amount of shingles to remove from your roof is the

## 10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

**My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?**

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

## In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

**My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?**

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.

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## JULY MOON CALENDAR







**MP, CALGARY CONFEDERATION  
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I am pleased to let you know that my office has moved to 2020 10<sup>th</sup> Street NW in order to serve you better.

Along with my staff, I am pleased to offer you information and assistance when dealing with the federal government. While many of the requests are for general information and guidance on services, we also do assist with those having difficulties receiving their services from the federal government.

The departments and programs we most often assist with include the Canada Revenue Agency, Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), Passport Canada, Employment Insurance (EI), Citizenship and Immigration and Veterans Affairs.

We can also help direct you to information or services if you are not sure where to access them directly. This may include information on joining the Canadian Armed Forces, applying for benefits or notifying the government of a death.

Along with information on government services, we are able to provide information on Canada and Parliament and can help arrange a tour of Parliament on your next visit to Ottawa.

When someone celebrates a special anniversary, a milestone birthday, a special achievement, we can also assist in arranging congratulatory messages from Her Majesty the Queen, the Governor General, and the Prime Minister. It can take eight weeks or more to process these requests, so please plan ahead for your special occasion.

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](http://www.lenwebber.ca) on a regular basis. You can also follow me on Twitter, Facebook and YouTube for the latest updates.

I would like to extend my sincere appreciation to the constituents of Calgary Confederation for your overwhelming support to the people of Fort McMurray. I am aware of the countless volunteer hours so freely given, together with endless contributions of clothing, toys, bedding, books, food, household items and accommodation. It is through this strength of giving to each other that makes our community strong. Thank You.

Finally, I look forward to seeing many of you, and your families, at a pancake breakfast during Stampede.



**MLA, CALGARY MOUNTAIN VIEW  
DAVID SWANN**

#102, 723 14th Street NW, Calgary AB  
Tel: 403-216-5445

Greetings constituents of Calgary Mountain View!

Happy Summer! I hope you've all been taking in the Farmer's Markets in Calgary Mountain View: Wednesday's and Saturday's at the Hillhurst Sunnyside Community Association; Wednesday's at the Parkdale Community Association; and Thursday's at the Bridgeland Riverside Community Hall; these markets are an excellent source of fresh, local produce, and a wonderful way to support Alberta's local economy and our hardworking farmers.

On May 19, my office hosted a public forum and workshop on the need to protect the nearby Ghost Watershed – Calgary's largest source of fresh drinking water. We had an excellent turnout, and great conversation was generated around protecting our most valuable resource: water. You can find more information on my website: [davidswann.ca/ghost-watershed](http://davidswann.ca/ghost-watershed).

On March 23, I hosted a town hall meeting regarding strengthening our provincial nutrition policy in Alberta schools. This evening featured excellent panel presentations from Alberta Food Matters, Dieticians of Canada, and others, providing information to help me – and all of us – ensure healthy food environments for our young people. You can find more information, including links to video of the complete event, on my website: [davidswann.ca/school-nutrition](http://davidswann.ca/school-nutrition).

**Upcoming Events:**

Just a reminder that the annual Calgary Mountain View Stampede Breakfast will be held **Saturday, July 9, from 9:00 to 11:00 a.m.** at the Hillhurst-Sunnyside Community Association. As always, this breakfast is free for all to attend, and guests are encouraged to please bring their own dishes to help cut down on waste. Donations to the Calgary Food Bank will be gratefully accepted, and community groups will be on-hand to provide information about their services. Join us for food, fun and music the first Saturday of Stampede 2016!

Our annual Stampede breakfast is only made possible through the support of our wonderful volunteers; if you would like to volunteer, please email Layne at [calgary.mountainview@assembly.ab.ca](mailto:calgary.mountainview@assembly.ab.ca).

I look forward to seeing you at the upcoming Stampede breakfast, in our parks and on our pathways this summer.

**IMPORTANT NUMBERS**

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
<b>HOSPITALS / URGENT CARE</b>	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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### Council Approves Pedestrian Strategy

On average, one pedestrian is injured in a collision each day in Calgary. Many more injuries occur in parking lots and often go unreported. The financial cost to society from pedestrian deaths and injuries, estimated at \$120 million per year for Calgary alone, is staggering. The impact to individuals and families left to cope with the recovery, and sometimes a lifetime of disabilities, is immeasurable.

These financial, social, and emotional costs were driving factors behind City Council's decision to unanimously support STEP FORWARD, our new pedestrian strategy and safety action plan. I have been striving to make Calgary a better place to walk for many years and I am extremely proud of this work. The strategy also goes beyond safety to encourage more Calgarians to walk more often by making it easy, accessible, and enjoyable.

We focused the plan into four areas with a list of 50 actions for short, medium, and long term improvements:

**Safety** - reduce collisions and increase the feeling of personal safety.

**Plan and Design** - remove barriers to walking by improving connections and the walking experience for people of all ages and abilities.

**Operate and Maintain** - manage sidewalks as public spaces and seasonally maintain and repair infrastructure.

**Educate and Encourage** - remind citizens about shared responsibilities for road safety and encourage walking for improved health, recreation, and commuting.

Speed is a crucial factor in the severity and survival rate of any collision, especially ones involving those walking and cycling. Lower speeds save lives. From Toronto to Boston to Edinburgh, cities around the world are reducing speed limits on residential streets for the sake of safety. Closer to home, Airdrie introduced 30 km/h on all residential streets in the 1980s. Unfortunately, the

recommendation to reduce speed limits on residential streets in Calgary was not supported by Council at this time.

Every Calgarian is a pedestrian. A pedestrian is someone walking (or rolling in a wheelchair) to school, from one business meeting to another, to catch the train or bus, or for an evening stroll. Ward 7 boasts a higher proportion of people who walk than most other areas of Calgary, partly due to its nearness to downtown, but also because of its walkable neighbourhoods, shopping streets, river pathways, and access to schools and transit. The importance of walking to Ward 7 residents is one of the many reasons that I championed STEP FORWARD, as well as other initiatives that support active travel. As we implement this plan over the next decade, you will see Calgary become a safer, more walkable, and more enjoyable city.

To learn more about this and other topics, visit [druhfarrell.ca](http://druhfarrell.ca). To sign up for updates on key issues, please email [ward07@calgary.ca](mailto:ward07@calgary.ca).

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