

JUNE 2015

DELIVERED MONTHLY TO 3,900 HOUSEHOLDS

**your**

# EVANSTON



BRINGING EVANSTON RESIDENTS TOGETHER





CALGARY'S **FRESHEST** NORTHWEST COMMUNITY  
**NOW**  **OPEN!**



**MODERN PRAIRIE LIVING.**

Homes starting from the \$470's featuring three modern meets traditional architectural styles - **Prairie Craftsman, Prairie Modern and Prairie Habitat.** All nestled in the best of Northwest Calgary - Symons Valley. Visit the 6 showhomes today!



BROOKFIELD RESIDENTIAL / JAYMAN MASTERBUILT / MORRISON HOMES

  BrookfieldYYC  
 #SymonsGateYYC

LIVESYMONSGATE.CA

**Brookfield**  
 Residential



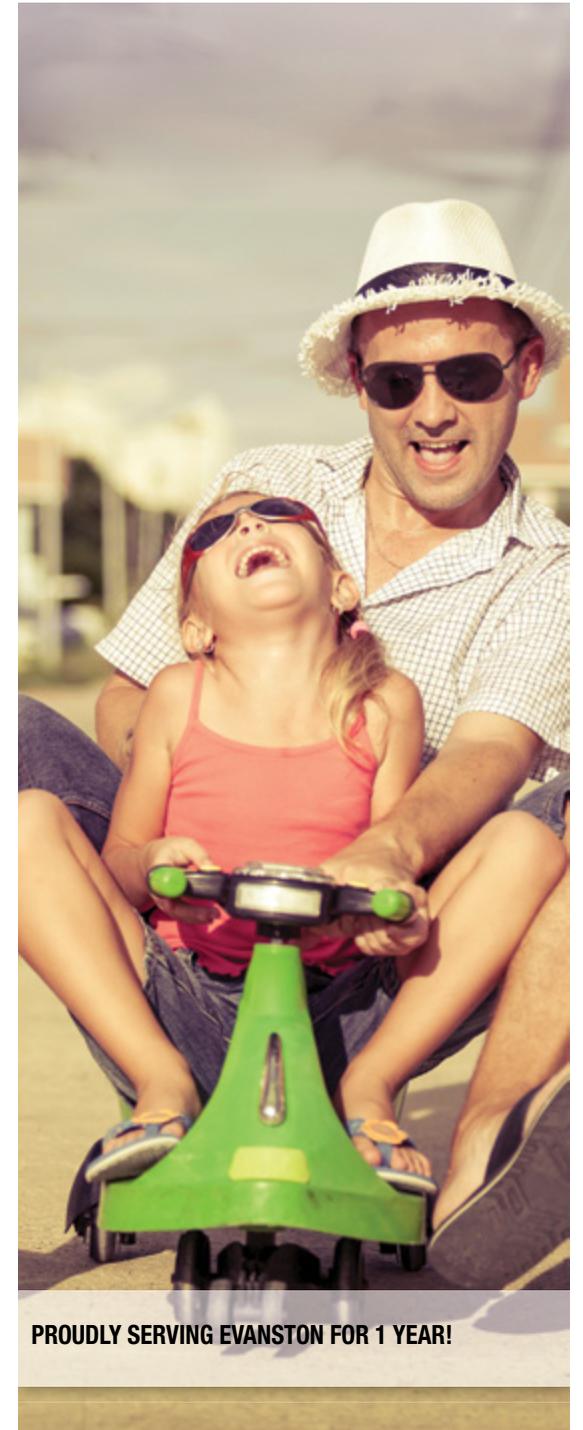
Evanston Community Association  
 Box 47059, #20, 12192 Symons Valley Rd. NW  
 Calgary, AB - T3P 0B9  
 Phone: 403.538.2599  
 president@eccacalgary.com | www.eccacalgary.com

# CONTENTS

Members Discounts	4
A Veterinary Perspective on Dog Bylaws	6
At a Glance	11
Evanston Real Estate Update	14
My Babysitter List	16
Your Community Business of the Month	18

**NEWSLETTER AD SALES**  
**GREATNEWS**  **26** YEARS  
 PUBLISHING

Great News Publishing Ltd.  
 403.720.0762 | 403.263.3044  
 sales@great-news.ca | www.great-news.ca



PROUDLY SERVING EVANSTON FOR 1 YEAR!



Contact Us

**Dr. Geeta Verma D.D.S.**  
T:403-452-5558  
admin@evanstonfamilydental.ca

2060 Symons Valley Parkway NW,  
Unit 8130, Calgary, AB T3P-0M9

*Convenient Evenings & Weekend Appointments  
Available and Direct Billing To Insurance*

Our Services

- Checkups & Cleanings
- Digital X Rays
- Cosmetic Dentistry
- Gum Grafts
- Root Canals
- Implants
- Whitening
- Extractions
- IV Sedation
- Sleep Apnea
- Fillings

[www.evanstonfamilydental.ca](http://www.evanstonfamilydental.ca)



## FROM THE BOARD

# ECCA Members Discounts

## “Show your Card and Save”

The ECCA is running a “Members Discount” Program. Our Business Members have graciously extended special offers for card carrying ECCA residential members. This program was newly launched earlier this year, and will continue to grow as we partner with more local businesses.

We invite you to check in regularly for offers on our community website <http://www.eccacalgary.com/business-directory/ecca-members-discounts/>

The ECCA is continually striving to increase the benefits and value of holding a current residential membership. 100% of membership fees go towards community programming and future development projects.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17



PO Box 47059  
20-12192 Symons Valley Road NW, Calgary, AB T3P 0B9

### BOARD OF DIRECTORS

President	Asif Rahemtulla	president@eccacalgary.com
Vice President	Joerg John	vp@eccacalgary.com
Past President	Doug Balzer	pastpres@eccacalgary.com
Treasurer	Martin Foster	treasurer@eccacalgary.com
Newsletter	Tianna Melnyk	newsletter@eccacalgary.com
Community Safety	Darcy Blair	safety@eccacalgary.com
Sports	Ryan Lipowy	sports@eccacalgary.com
Communications/Web	Patty Gibson	communications@eccacalgary.com
Planning & Development	Robbie Morton	planning@eccacalgary.com
Memberships & Business Development	Azra Ladha	memberships@eccacalgary.com
Director At Large	Evangelos Kordakis	

### COMMUNITY RESOURCES

Ward 2 Councillor	Joe Magliocca	403-268-2430
MLA Calgary-Mackay-Nose Hill	Neil Brown	403-215-7710, Calgary.mackay.nosehill@assembly.ab.ca
Public School Trustee	Joy Bowen-Eyre	403-817-7928, jmboweneyre@cbe.ab.ca



In business for over 30 years, we're a management company that better fits your needs.

**Associa**  
Montgomery Ross & Associates  
1414 - 8th Street SW, #400  
Calgary, AB T2R 1J6  
www.montgomeryross.ca | (403) 234-7556  
*Delivering unsurpassed management and lifestyle services to communities worldwide*

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

“An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence.”

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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

# A Veterinary Perspective on Dog Bylaws

This week I received a request to write about individuals on wheels exercising dogs, the City of Calgary bylaws for responsible dog ownership address these activities. As dog owner I sometimes think some of our bylaws are punitive and unfair to those of us with well-behaved friendly dogs, but as a veterinarian I have treated pets whose owners chose to ignore bylaws. With the summer months many of us get out and hit the paths and green spaces of Calgary with our doggie partners, so I want to touch on three bylaws I see broken daily and why they are in place.

Dogs may not be left unattended while tethered. Many of our dogs have never been tied up until they are left outside a convenience store. A panicked dog, friendly in every other situation, may bite a stranger. As a child, every dog was a magnet to me, and I was bitten twice by dogs tied up. A panicked dog may twist in a choke chain and strangle themselves or slip a collar and run out in traffic.

Dogs may only be transported in the back of truck beds if in a fully enclosed space, a ventilated kennel, or securely tethered (in a harness) and not standing on bare metal. Every veterinarian has treated either dogs that have been thrown from trucks coming to emergency stops or dogs attacked when the dog in the truck bed has taken offense. Any big dog in an open truck is essentially loose and not under the control of the driver up front. Any driver who has never had to slam on the brakes or take evasive action in an emergency like being cut off by another car, or a child or animal running on the road is a new and inexperienced driver. The laws of physics apply to dogs that become projectiles just

as they do when we are not belted in. More owners are harnessing their pets for safety inside their vehicles.

Finally, the specific reason for my client's request; in the City of Calgary you may not cycle, skateboard, or in-line skate with a dog on a leash while on a pathway. I have treated many dogs that unexpectedly zipped across the path of their owners. Usually the owner is the one being transported to the hospital but I have treated broken bones and lacerations to dogs hit by bikes and fallen on. Also, in the heat of summer the dog has no way to say "stop, I can't go on". I have seen animals with life-threatening hyperthermia. In one case a dog with undiagnosed heart disease developed atrial fibrillation and needed emergency treatment. And the most common veterinary presentation, dogs that have literally had their pads run off on hot concrete. In this case most owners are devastated in the aftermath when they realize what has happened as they had no idea of their pet's distress while they were running.

There is a winter sport where one or more dogs in a specially designed harness pull a skier and race on trails. This is called skijoring. The dog is not on concrete, or running in heat. Also this sport is not done on busy paths with pedestrians, other bicyclists, and cars in close proximity. The dog leads, it doesn't follow and wheels aren't involved!

Like many of us, I love walking my dogs, I love biking around the Glenmore Reservoir, and it can be difficult to find time to do both. I do pass other bikers who have taught their little dogs to ride securely in baskets. In the case of us big dog lovers, we just have to exercise longer hours and use different muscle groups for the safety of us and our pets. Enjoy Calgary this summer!

## Save PASKAPOO Slopes



We are a grassroots, non-profit organization seeking to preserve the East Paskapoo Slopes in its natural state.

We oppose an application that has been made to the City for a residential and commercial development that would build over most of the lower section of the Slopes.

## Say YES to keeping PASKAPOO WILD

For information on our new Calgary City Council Mail-In Postcard Campaign, and to sign our Online Petition, please visit:

### SaveTheSlopes.org

@savetheslopes @savepaskapooSlopes

## GET OFF YOUR HORSE AND JOIN US!

### EVANSTON STAMPEDE BREAKFAST

MONDAY JULY 6, 2015

7:00AM TO 10:00AM



PANCAKES, TURKEY SAUSAGES, JUICES, COFFEE

PETTING ZOO, FACE PAINTING, BOUNCY CASTLE, BALLOON ANIMALS



*Serving the area for over 5 years*

4,12192 Symons Valley Road NW  
Calgary, AB T3P 0A3  
Ph: 403.730.8020 | Fax: 403.295.9278  
www.creeksideclinicdental.com

DRS: REDDY ~ JAFFER ~ PARMAR ~ DAVID ~ LAING



## FAMILY DENTAL PRACTICE

WE ARE A GENERAL PRACTICE THAT INCLUDES:  
LASER HYGIENE TREATMENT, IMPLANTS,  
WISDOM TEETH EXTRACTIONS  
WITH SEDATION

CREEKSIDE DENTAL WELCOMES: *Dr. Natasha Laing*  
TO OUR OFFICE

\*All dental services are performed by general dentists.

# Summer Safety

Calgary Humane Society  
Working Lives



Summer is on the horizon at last! For many families, summer is a time of lazy days, vacations and enjoying the great outdoors. Summer can also be a great time to create lasting memories with Fido or Fluffy, but to keep the memories happy and safe for everyone involved the summer season requires some special safety precautions.

**1. Never, ever leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Because cats, dogs and other animals are unable to cool themselves effectively by sweating, even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. The safer alternative? If you know you will be stopping, leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.

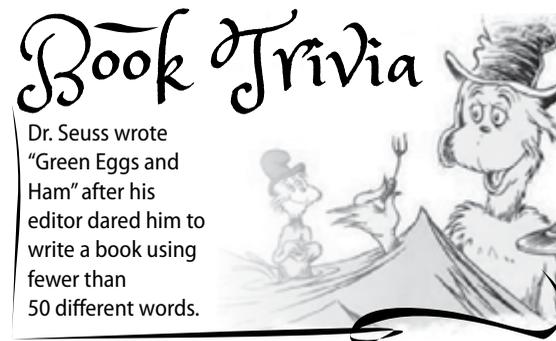
**2. Watch out for Fido at the BBQ!** Summer gatherings are always fun, but they bring their own special hazards for Fido or Fluffy. As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.

**3. Think safety when it comes to social situations!** With all the gorgeous weather, summer can seem like a perfect time to head to the dog park or to invite some fellow pet owners on a walk. However, just like people not all pets are keen to be friends. When out for a walk, keep your dog on a leash and under control at all times and avoid letting your dog greet other dogs without

first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at [www.calgary-humane.ca](http://www.calgary-humane.ca).

**4. Travelling? Plan ahead!** Travelling with a pet can be stressful, but by planning ahead much of this stress can be reduced! First, check with your vet about your summer plans, as travel to some areas may mean your pet needs additional vaccines or a health certificate. You should also make sure your pet's tattoo and microchip information is up to date. Remember to store your pet's information and photos somewhere that you can access if your pet gets lost while on vacation – a smartphone is often a great place for this! When you are packing up for vacation, include extra food and medication for your pet in case you are delayed in getting home. Finally the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favourite toys will provide comfort for the ride.

There you go! Four simple tricks for a pet-friendly summer! From all of us at Calgary Humane Society – have a safe and happy summer season!



Dr. Seuss wrote "Green Eggs and Ham" after his editor dared him to write a book using fewer than 50 different words.

## “You’ll be glad you called Richard First.”

**RE/MAX**  
Mountainview



*OVER 30 YEARS EXPERIENCE*

*OVER 4000 FAMILIES HAVE TRUSTED RICHARD WITH THEIR REAL ESTATE NEEDS*

*ASK ABOUT THE 90 DAY GUARANTEED SALE*

*FIND OUT WHY SO MANY SATISFIED CUSTOMERS CONTINUE TO USE AND RECOMMEND RICHARD*

### BUYING OR SELLING REAL ESTATE?



**CALL FOR A COMPLIMENTARY  
NO COST OR OBLIGATION  
CONSULTATION.**

**Richard Fleming  
403-651-4400**

**[richard@richardfleming.ca](mailto:richard@richardfleming.ca)  
[www.calgaryrealestatesales.ca](http://www.calgaryrealestatesales.ca)**



# The Paleo Diet in Perspective

Dr. Alma Nenshi, Registered Chiropractor

Should you eat like a caveman? Supporters of the Paleo Diet say "Yes!" This popular new diet trend focuses on eating the same types of foods our hunter-gatherer ancestors survived on hundreds of thousands of years ago. It's certainly an intriguing idea, but is it a good one? Here's a little perspective on the Paleo Diet.

## What is the Paleo Diet?

The Paleo Diet is a food plan that attempts to mimic a paleolithic style of eating. Refined sugars, processed foods, legumes, dairy, and grains are all out. Instead, dieters focus on animal meat and products, vegetables, fruits, raw seeds and nuts, and some added fats like avocado and coconut oil. The theory is that by abstaining from the ingredients most common in the modern diet, you can avoid modern health problems like obesity, cardiovascular disease, and diabetes.

## Just How Healthy Were Our Ancestors?

A diet rich in lean meats, vegetables, and healthy fats is absolutely a good idea, but is it really necessary to go as far as proponents of the Paleo Diet suggest? Probably not, especially considering that hunter-gatherers were not exactly paragons of health themselves. While our ancestors were unlikely to suffer from obesity or diabetes, they were extremely susceptible to other problems that may have stemmed from nutritional gaps as well as parasites and infectious diseases.

Even more intriguing, a study published in The Lancet found that a very high proportion of hunter-gatherers suffered from atherosclerosis (plaque build-up in the arteries that increases the risk of heart disease and stroke). After comparing 137 mummies from civilizations all

over the world, the study found that 47 showed evidence of atherosclerosis. That's more than one in three.

## A Diet You Can Stick With

Even though our prehistoric relatives were not as healthy as fans of the Paleo Diet might have you believe, there is no doubt that reducing processed foods and increasing consumption of fruits, vegetables, and lean meats is a healthy switch. The problem, however, is the restrictions required to follow this diet completely.

There's a reason why 95% of diets (including Paleo) fail before a goal weight is reached. Placing heavy restrictions on what you can and can't eat almost sets you up to fail. With an "all or nothing" approach to dieting, one slip-up can make you feel like a failure, and may prompt you to abandon the diet plan altogether. The Paleo Diet (and other diets like it) can be very difficult to stick with, especially over the long term. While you are very likely to lose weight while you stick to this diet, the pounds will probably return as soon as you return to your normal eating patterns.

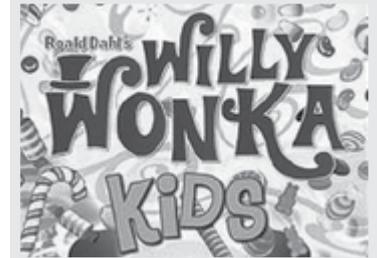
So what's the bottom line? The Paleo diet is not a bad idea, but it's extremely difficult for most people to stick with long-term. Making small adjustments in your eating habits that are compatible with your lifestyle gives you a greater chance for success. Poor hormone regulation, sluggish digestion, chronic pain and inflammation may stand in the way of you achieving your specific health and weight goals. Ask your chiropractor how a healthy diet supports your nervous system, and how this in turn may help you lose weight by regaining control of your body's functions.

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

- **January 31, 2015 to June 28, 2015 - Travelling Exhibition: Dinosaurs in Motion.** TELUS Spark 403-817-6800 / [www.sparkscience.ca](http://www.sparkscience.ca)
- **February 28, 2015 to January 17, 2016 - Cabinets of Curiosity.** A strange world, inspired by 17th century "wunderkammer," or wonder rooms," is being showcased at the Glenbow. Glenbow Museum 403-268-4100 / [www.glenbow.org](http://www.glenbow.org)
- **March 25, 2015 to June 14, 2016 - Your Town is Our Town.** An exhibition of photographs from Swerve Magazine's Our Town column. Lougheed House 403-244-6333 ext.103
- **June 5 to June 28 -Shear Madness:** Vertigo Theatre 403-221-3708 / [www.vertigotheatre.com](http://www.vertigotheatre.com)
- **June 7 to June 6 - Calgary Ukrainian Festival:** Acadia Recreation Complex [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)
- **June 10 to June 11 - Pops In the Park:** Heritage Park 403-571-0849 / [www.cpo-live.com](http://www.cpo-live.com)
- **June 18 - Behind The Curtain Artist Gallery and Trade Show:** Standard Nightclub. [www.behindthecurtainev.wix.com](http://www.behindthecurtainev.wix.com)
- **June 19 to June 20 - Vintage With Flair:** Visit artisans' boutique booths at this summertime art fair. Priddis Community Hall [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)
- **June 20 - 5K Foam Fest:** The 5K Foam Fest is not a hardcore race it is a FUNCORE race. The goal is to have fun while running. Heritage Ranch 1-888-817-6784 / [www.5kfoamfest.ca](http://www.5kfoamfest.ca)
- **June 24 to June 28 - Sled Island:** Annual four-day independent music and arts festival featuring over 200 artists and bands throughout various venues in the city. 403-229-2901 / [www.sledisland.com](http://www.sledisland.com)
- **June 26 - TEDxYYC:** Calgary's best and brightest give thought-provoking lectures on a wide range of subjects including technology, entertainment and design. Jack Singer Concert Hall, Arts Commons [www.tedxYYC.ca](http://www.tedxYYC.ca)

e. & o. e.

**MAY 22 TO JUNE 6**  
**ROALD DAHL'S WILLY WONKA**  
Roald Dahl's Willy Wonka follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding five golden tickets in five of his scrumptious candy bars. StoryBook Theatre 403-216-0808 / [www.storybooktheatre.org](http://www.storybooktheatre.org)



**JUNE 12**  
**PURITY RING**  
Purity Ring is an electronica duo hailing from Edmonton, Alberta, Canada who formed in 2010. MacEwan Ballroom [www.purityringthing.com](http://www.purityringthing.com)



**JUNE 27**  
**COLOR ME RAD 5K**  
We're the only 5K that will send you running through double the colour stations and leave you covered from head to toe in powders and gels of pink, yellow, green, blue, and violet. Canada Olympic Park [www.colormerad.com](http://www.colormerad.com)



- TREES & SHRUBS
- FENCES
- DECKS
- PATIOS
- IRRIGATION
- DESIGN
- BOBCAT EXCAVATION
- RETAINING WALLS
- SOD, LOAM, GRAVEL
- PERGOLAS & ARBOURS



CALL TODAY:  
403.478.5663

[JBRLandscapinginc.com](http://JBRLandscapinginc.com)



Jeanne Sauvé was elegant, quick-witted and dynamic. She made a number of breakthroughs for women in government and politics in Canada.

In 1972 Jeanne Sauvé was one of the three first women members of parliament to be elected from Quebec

- Jeanne Sauvé was the first woman cabinet minister from Quebec
- Jeanne Sauvé was the first woman Speaker of the House of Commons
- Jeanne Sauvé was also the first woman Governor General of Canada



Plant Trivia

The world's tallest grass, which has sometimes grown 130 feet or more, is bamboo.

# BUSINESS CLASSIFIEDS

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

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

**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](http://www.communitymediation.ca), 403-269-2707.

**CONDO RECYCLING SOLUTIONS:** Get your recycling program started for your condo or office early! We have provided recycling options since 2003! Free quotes. Call 403-680-7557 TODAY! [www.condorecycling.com](http://www.condorecycling.com).



Summer is finally here Ward 2!

With this nice weather, it's the perfect opportunity to host a block party or BBQ on June 20th for Neighbours Day. What a great way to get to know the people living in your neighbourhood and community.

My staff and I have been busy gearing up for Stampede with my Stampede BBQ at Symons Valley Ranch on July 5th from 11am – 3pm. Bring the family and come down for some good ol' fashioned fun. I look forward to seeing you all there.

In the meantime, dust off that BBQ and start grilling. I've listed a great BBQ Sauce recipe below that hopefully spruces up all your grilling meats. ENJOY!

**Neely's BBQ Sauce Recipe**

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

**Ingredients**

- 2 cups ketchup
- 1 cup water
- 1/2 cup apple cider vinegar
- 5 tablespoons light brown sugar
- 5 tablespoons sugar
- 1/2 tablespoon fresh ground black pepper
- 1/2 tablespoon onion powder
- 1/2 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce



More Trivia

Aunt Jemima pancake flour, invented in 1889, was the first ready-mix food to be sold commercially.

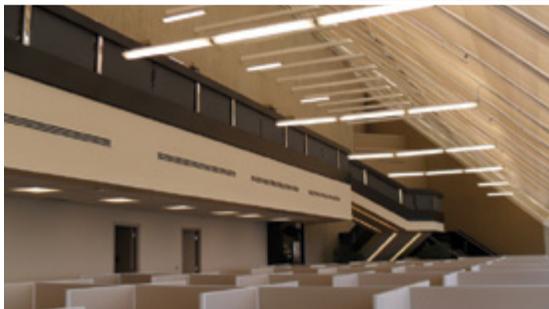
## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [neighbours@great-news.ca](mailto:neighbours@great-news.ca)

**WESTERN CORPORATE  
BUSINESS CENTRE**

Suite 5100  
**Suncor**  
Energy Centre  
West Tower  
150 6 Ave SW



[westerncorporate.ca](http://westerncorporate.ca) | 403.269.4147

### THE BEST OFFICE SPACE LOCATIONS IN DOWNTOWN CALGARY

*Western Corporate Business Centre has 70,000 square feet of premium furnished Calgary office space in the heart of the city's business district.*



## Evanston Real Estate Update

### Last 12 Months Evanston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2015	\$475,996	\$469,536
March 2015	\$507,878	\$500,613
February 2015	\$520,420	\$514,711
January 2015	\$541,681	\$526,214
December 2014	\$510,214	\$501,885
November 2014	\$536,067	\$529,709
October 2014	\$510,411	\$499,947
September 2014	\$522,068	\$515,305
August 2014	\$506,196	\$499,820
July 2014	\$507,268	\$501,837
June 2014	\$452,153	\$449,414
May 2014	\$491,183	\$486,212

### Last 12 Months Evanston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2015	41	22
March 2015	42	23
February 2015	21	17
January 2015	39	14
December 2014	12	14
November 2014	18	22
October 2014	31	25
September 2014	26	30
August 2014	44	37
July 2014	35	33
June 2014	44	26
May 2014	41	32
<b>Total</b>	<b>394</b>	<b>295</b>

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



CALGARY  
PUBLIC  
LIBRARY

## COUNTRY HILLS

11950 Country Village Link NE • 403-260-2620 • [calgarylibrary.ca](http://calgarylibrary.ca)  
Mon – Thur: 10 a.m. – 9 p.m. • Fri & Sat: 10 a.m. – 5 p.m.  
Sun (mid-Sept to mid-May): Noon – 5 p.m.

### Programs for June 2015

Register on-line at [www.calgarylibrary.ca](http://www.calgarylibrary.ca) or call 403-260-2620.  
"Turn your imagination into reality at the Country Hills".

#### Pyjama Storytime

Snuggle into your jammies and join us for sleepy stories, lullabies and finger plays for the whole family. Ages 2 to 5 with a parent/caregiver Monday, June 22 from 7:00 - 7:30 p.m. Registration begins Apr. 20 (\*siblings welcome\*).

#### Bouncing Babies

Enjoy stories, rhymes, songs and lots of bouncing! Ages 6 to 23 months with a parent/caregiver Monday, June 15 from 10:15 - 10:45 a.m. Registration begins Apr. 20.

#### Dinosaur Stomp!

Join us for stories and rhymes about dinosaurs of all shapes and sizes. Ages 2 to 5 with a parent/caregiver Thursday, June 11 from 7:00 - 7:30 p.m. Registration begins Apr. 20 (\*siblings welcome\*).

#### Beep, Beep

Travel down the road with us as we share stories, songs and finger plays about things that go beep beep! Ages 2 to 3 with a parent/caregiver Tuesday, June 16 from 10:10 - 10:30 a.m. Registration begins Apr. 20

#### Boogie-Woogie and Bop: Music and Movement for Preschool

Have fun exploring music and movement through the great rhythms of jazz! Suitable for preschoolers aged 3-5 and their caregivers. In partnership with the National Music Centre, JazzYYC and CADME. Sponsored in part by the RBC Foundation. Ages 3 to 5 with a parent/caregiver Thursday, June 18 from 10:45 - 11:30 a.m. Registration begins Apr. 20

#### Neighbour Day!

Pop by our Open House and meet your neighbours during Calgary's second annual Neighbour Day. Fun and informative activities for all ages!  
Saturday, June 20 from 10:00 a.m. – 4:00 p.m. No registration required.

#### Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Wednesdays, May 6 to Aug. 26 (No program on July 1) from 2:00 - 3:30 p.m. No registration required.

#### Adult Book Club

Join us for this once-a-month exploration of a great book. Call for details on specific books. Mondays, May 25 and June 29 from 7:00 - 8:30 p.m. Registration begins Apr. 20.

#### TD Summer Reading Club 2015: Play!...here we go!

Join us as we kick off Play! Drop in for a scavenger hunt and other fun activities. Collect your notebook and read all summer to win great prizes!

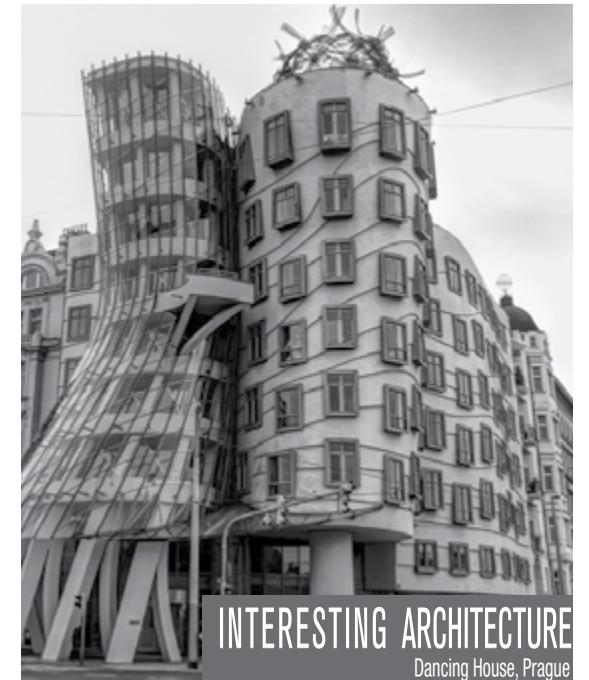
WHEN: Saturday, June 20

TIME: 10 a.m. - 4 p.m.

WHERE: Country Hills Community Library

No registration required for this one day event!

We are extremely pleased to announce that Josée Bisailon will illustrate the 2015 program. Josée has illustrated numerous books in both English and French, and has won many awards such as Applied Arts, LUX, American Illustration and Society of Illustrators. She was also shortlisted for the Governor General's Literary Awards in 2008 and 2010. We're confident that her playful and whimsical collage style will be a wonderful complement to the 2015 program!



**INTERESTING ARCHITECTURE**  
Dancing House, Prague

# Evanston mybabysitterlist

Name	Age	Contact	Course
Adam	13	587-585-8756	No
Aida	52	403-253-6509	Yes
Alessandra	15	587-894-2404	Yes
Alexandra	32	587-432-7977	Yes
Alexandra	12	403-288-0695	Yes
Aman	39	403-401-1060	Yes
Anabelle	12	403-462-9281	Yes
Andrea	29	587-437-2048	Yes
Ann	54	403-569-0237	No
Aurora	16	587-999-3843	Yes
Becky	32	403-830-0399	No
Bhegie	40	403-870-0363	Yes

Breanna	12	587-435-0519	Yes
Carol	20	403-472-9002	No
Chantelle	26	403-354-7370	Yes
Dayelle	31	587-755-1878	No
Faris	14	403-402-0950	Yes
Janessa	13	587-830-6585	Yes
Katherine	12	403-590-9075	Yes
Krystyna	20	587-894-4201	Yes
Laura	16	403-909-4021	Yes
Lindsay	29	403-383-1474	No
Madison	13	403-850-6001	Yes
Maria	44	403-818-0560	No
Maryam	17	587-707-7107	No
Mercedes	53	403-831-6429	Yes
Mikaela	12	403-710-7006	Yes
Neha	14	403-273-4395	No
Nicole	16	403-919-2242	Yes
Rachelle	17	403-295-8870	Yes
Raiyah	15	403-567-0270	Yes
Shy-Lynn	14	587-899-2766	Yes
Sivana	12	403-453-1092	Yes
Taylor	14	403-874-9691	Yes
Todd	43	403-585-8463	Yes
Ty	13	403-295-6065	Yes
Zoe	13	403-272-7841	Yes

## 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.

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

## 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	403.943.5465
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
Suicide Crisis Line	1.800.784.2433
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 (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

Contact [news@great-news.ca](mailto:news@great-news.ca)

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

## BRAIN GAMES SUDOKU

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

Published by:



ADVERTISE YOUR BUSINESS NOW!  
REACHING OVER 380,000 HOUSEHOLDS  
ACROSS 137 CALGARY COMMUNITIES

DELIVERED BY  
Canada Post

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

RBC Dominion Securities Inc.

## Second-guessing your investments?

Get an expert second opinion on your portfolio



Michael Martin, CFA, MBA  
Investment Advisor  
403-266-9655  
[www.martinwealth.ca](http://www.martinwealth.ca)

If market volatility is making you second-guess your investments strategy, contact us today for a no obligation, objective evaluation of your portfolio.

An unbiased review can help you answer key questions including:

- › Is your portfolio still on the right track?
- › Are you taking too much risk in your portfolio?
- › Which investments are likely to recover – and which ones aren't?

Arrange a complimentary second opinion service today – call 403-266-9655 or email us at [michael.t.martin@rbc.com](mailto:michael.t.martin@rbc.com)

Professional Wealth Management Since 1901



RBC Wealth Management  
Dominion Securities

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered Trademarks of Royal Bank of Canada. Used under licence. ©2011 Royal Bank of Canada. All rights reserved.

# your COMMUNITY business of the month

## RE/MAX Real Estate Mountain View

### Evanston Community

Colin Kehler and Brad Healey are both top producing realtors licensed with RE/MAX Real Estate (Mountain View). They chose to join RE/MAX because it is the most dominate company in the Calgary real estate market with almost 40% of the market share. Both Colin and Brad became Realtors after successful careers in the hospitality industry where they both owned and operated restaurants in the late '90s and early 2000s. They learnt the value of customer service from some of the best restaurant franchises (Earl's and The Keg) in the country. Taking the customer first approach and combining it with the backing of an international franchise in RE/MAX has lead to over a decade of success for each of them in the real estate industry.

Colin and Brad are leaders when it comes to implementing technology and adapting to the changes in the real estate industry. Professional photography, virtual tours, floor plans, staging consultations and now drone aerial videos are just a few of the standard features you get when you list your home with Colin and Brad. They are constantly looking for new ways to make both the buying and selling process more efficient and less stressful. However, it's never done at the expense of building relationships and offering personalized service to their clients. Over 90% of their business comes from repeat clients and/or their referrals of friends, family and neighbours. Much like the restaurant industry, Colin and Brad understand that the consumer has lots of choice. The only way people are going to keep coming back and telling their friends is if they offer great value, exceptional service and exceed expectations. One of the big advantages of working with Colin and Brad is you can always contact them directly. More importantly, if a perspective buyer is interested in your home they also speak to Colin or Brad directly. They do not have any inexperienced agents or assistants handling their business. Their cell phone numbers and direct emails appear on all marketing.

This philosophy has lead to numerous awards and accolades from both the Calgary Real Estate Board and

RE/MAX International. Brad and Colin are among only a handful of agents at RE/MAX (Mountain View) who are members of the RE/MAX Hall of Fame and they consistently rank among the top five teams within the RE/MAX brokerage. As respected members of the industry they've been quoted in publications such as the Globe and Mail and acknowledged by RE/MAX of Western Canada as one of the top producing teams in the country.

Colin fell in love with Symons Valley and Creekside area way back in 2003 when he listed one of the first homes to ever re-sell on the MLS in Kincora. Since then his family built a home in the community and has lived in the neighbourhood for almost eight years. Giving back to the community is very important to both Brad and Colin. A portion of every sale is donated to the Children's Miracle Network. They also are active in supporting the local community association and volunteering as coaches in minor hockey and in both the Evanston and Kincora soccer leagues.

Want to learn more about Colin Kehler and Brad Healey? Give them a call/text at either 403-630-1110 or 403-990-5543 or visit their websites: [ColinKehler.com](http://ColinKehler.com) or [BradHealey.com](http://BradHealey.com).

**RE/MAX** Your Community Experts

**COLIN KEHLER & BRAD HEALEY**

Call for your FREE market evaluation

**RE/MAX**  
Real Estate Mountain View Ltd.  
222, 4625 Varsity Drive NW,  
Calgary, AB T3A 0Z9

403-630-1110 | 403-990-5543  
ColinKehler@Remax.net | BradHealey@Remax.net  
www.KincoraRealEstate.ca | www.BradHealey.com

Not intended to solicit buyers or sellers currently under contract with a broker.

# Everyone can use a little more time.

# We're now open 30 minutes earlier.

Now open at 9:30am on weekdays.



MARKET  
MALL

Stores for every *STORY*.

# KirbyCox<sup>®</sup> REALTOR<sup>®</sup> & Associates

A customized plan to get more for your home. **Quicker.**

Ranked the **#1 Team in Calgary** and **#6 in Canada** for Royal LePage in 2014, Kirby and his team can confidently provide the results you demand. Call 403.247.5555 today for your **complimentary** evaluation.

Or visit [www.kirbycox.com](http://www.kirbycox.com) for more details and additional listings.



**Instantly View More Photos & Info.** Simply enter phone number **85377** then enter **Text Code** as message.



EVANSTON 2015 STATS	# OF SALES	AVERAGE PRICE
Bi-Level	2	\$465,000
Bungalow	0	-
Two Storey	71	\$502,380
Two Storey Split	1	\$430,000
Split-Level	1	\$730,000
Townhouse	10	\$335,515
Condo	0	-
<b>TOTAL</b>	<b>85</b>	
<b>Average days on Market</b>	<b>37 days</b>	

TEXT T809989 TO 85377



**\$489,900**

22 Harvest Oak View NE

- Jager 4 bedroom+den two storey walkout
- oak kitchen, fully finished, bonus room
- 2 fireplaces, A/C, walk to school & transit

TEXT T814840 TO 85377



**\$679,900**

101, 4440 - 14 Street NW

- unbelievable value, Havenworth condo
- 1900sqft, 3 bedrooms, 2 U/G parking
- granite, extensive upgrades/extras

TEXT T814782 TO 85377



**\$579,900**

310 Evanston Drive NW

- sleek 3 bedroom+den NuVista two storey
- hardwood & tile, granite, maple kitchen
- bonus room, two storey great room

TEXT T813255 TO 85377



**\$649,900**

10 Panorama Hills Grove NW

- updated 4 bedroom+den two storey
- fully finished, heated garage, granite
- A/C, on golf course, media room

TEXT T980705 TO 85377



**\$549,900**

34 Panamont Row NW

- Cardel 3 bedroom+flex room two storey
- maple kitchen, bonus room, hardwood
- fenced yard with deck, close to schools

TEXT T813909 TO 85377



**\$469,900**

179 Evanston View NW

- stylish 3 bedroom+bonus two storey
- hardwood, maple kitchen, great room
- walkout basement, 2nd floor laundry

TEXT T922527 TO 85377



**\$269,900**

7107, 70 Panamont Dr NW

- renovated 2 bedroom / 2 bath condo
- Panamont Place, 2nd floor, U/G parking
- new flooring, quartz counters, corner unit

TEXT T814997 TO 85377



**\$539,900**

172 MacEwan Park Rise NW

- updated 4 bedroom+den two storey
- hardwood & tile, fully finished, granite
- huge pie lot, South yard on greenbelt



ROYAL LEPAGE FOOHILLS  
#308, 5149 COUNTRY HILLS BLVD NW, CALGARY, AB, T3A 5K8

403.247.5555