

JULY 2017

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# your **NORTH HAVEN**

THE OFFICIAL NORTH HAVEN COMMUNITY NEWSLETTER



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 Phone: 403-282-1075

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### Editorial Submissions

newsletter@northhavenyyc.ca  
 All editorial content must be submitted by the 5<sup>th</sup> of the month for the following month's publication.

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

*The North Haven Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

## NORTH HAVEN COMMUNITY ASSOCIATION'S HALL IS AVAILABLE FOR RENTAL!



MAIN HALL	
Friday, Saturday and Holidays	\$400/day, includes use of kitchen
Monday – Thursday	\$50/hour, minimum 2 hr rental
Friday - Sunday	\$50/hour, minimum 2 hr rental
Seating Capacity – 100	
MEETING ROOM	
Monday – Thursday	8am-5pm - \$100/day
Friday, Saturday and Holidays	\$150/day
Monday – Thursday	5pm-2am - \$25/hour Min. 2 hour rental
Friday - Sunday	\$50/hour Min. 2 hour rental
Seating capacity: 30	
Meeting Room rental includes use of projector and screen	
<b>Notes:</b>	
<ul style="list-style-type: none"> <li>• All rentals require a \$300 damage deposit</li> <li>• Discount available for North Haven Resident Members</li> </ul>	
<b>Call 403-284-2716 to view or book!</b>	



# NORTH HAVEN COMMUNITY ASSOCIATION

5003 North Haven Drive NW  
Hall (403) 282-1075 • Rentals (403) 284-2716 • hello@northhavenyyc.ca

## Board of Directors 2016-2017

### Directors

President	Jean Togstad	403-274-4177	president@northhavenyyc.ca
Vice President	Jody Breen	403-284-9775	vp@northhavenyyc.ca
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Block Parent Association		403-269-6460	
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McKnight Sports	www.mcknight.ca		
Nose Hill Park	Anne Burke	403-239-1285	
Scouts	Andrew Tryon	403-464-2143	andrew.tryon@shaw.ca
Sparks, Brownies and Guides	Sandra Whitty	403-289-7404	
Snow Removal Program	VACANT		snow.removal@northhavenyyc.ca
Hall Rentals	Marie Heffernan	403-284-2716	rentals@northhavenyyc.ca
Casino and Fundraising	Hans Huber	403-230-8195	
Kids In The Haven	Jody Breen	403-284-9775	

**Monthly Board Meetings are held every second Thursday at 7:00 pm. Board meeting are on hold for the summer, see you at our September meeting. NHCA Board Meetings are open to the public.**



**VOLUNTEER NEEDED**  
Snow Shoveling Program Coordinator  
Training Provided  
For Details Contact: hello@northhavenyyc.ca

## Meet Your Community Volunteer Katie Mikalson



Happy Summer! My name is Katie and I have spent the last year as the Newsletter Editor. I am a mother of one, with a second on the way. I am a volunteer host of Her Royal Opinion on CJSW 90.9fm, a weekly radio show, for the past decade. You can also find me donating my time for parent/baby/tot yoga with Swelli Community where all funds raised go to the NorthernStar Mother Milk Bank. Aside from that you might spot me out in the neighborhood walking our long legged golden dog and while managing my daughter or spending excessive amounts of time at the playground on the swing.

My decision to get involved with the NHCA last year was an easy one. From a young age I have been loud, opinionated, and interested in my surroundings. I have dove head first into a variety of communities and organizations with passion and curiosity backed up with commitment and energy. After moving into North Haven, I spent a couple of years settling in to being a homeowner, adopting a dog and having a baby girl. During that time we read the newsletter, I had an idea of what events were going on though never participated, we intended to get a membership but never got around to it. When Maggie turned 1, I was itching for more connection with the community. In my typical fashion, I ran in headfirst and eagerly grabbed the available board position that my skill set roughly fit. I knew there would be monthly meetings, I understood I would be putting together the newsletter every month, I knew I hoped to develop connections but what I did not know was the exponential value it would have on my day to day life. I

went from sort of knowing 2 or 3 neighbors to knowing dozens. When we go out for walks or to the park it is almost guaranteed that I will run into someone that I truly enjoy interacting with. I now have more than one babysitter and dog walkers that I trust and live in the community. I have real friends who I can reach out to on bad days and need to get out of the house for tea but don't want to fight my toddler into the car. This list could go on and on and on.

Sometimes it is easier to stay home, its simpler to remain with what we know, but often times that means missing out on the rewards of putting ourselves out there. I hope to see you at an event, to say hello on the street or bump into you at the park. Let's put ourselves out there and continue to foster a great community right where we live.

## Thank You

We at the North Haven Community Association have a number of people and business who have supported us with the Pancake Breakfast and our May Membership Drive.

To our community sponsors of the Membership Drive, it would not have been a success with out you!

- Pelican Pier Seafood Bar
- Delicate Nails and Spa
- Federation of Calgary Communities
- Monas Pizza & Pasta
- The Bullet Coffee House

In June, we hosted our annual pancake breakfast. Thank you to our MP, Michelle Rempel, for providing drinks and two fantastic cakes, Centre Street Church for their grill, and City of Calgary Community and Neighbourhood Services for the games.

Also, thanks to our draw prize sponsors:

- Highwood Outdoor Pool,
- Bow Tie Pizza,
- Calgary Farmers Market,
- City of Calgary Ward 4,
- City of Calgary Recreation.

And finally, thank you to the nearly 200 people who came out to the breakfast to play, eat, and socialize. And to all the kids who brought their bikes and made the bike parade a huge success!



## News from the Friends of Nose Hill

by Anne Burke

Guidelines and entry forms are at [www.fonhs.org](http://www.fonhs.org) for our Nose Hill Park photo contest which is open to all. Submissions are due September 30th. Photos must have been taken between October 1st, 2016 and September 30th, 2017.

To better understand wildlife in Calgary, a wildlife monitoring program will start this year. To monitor wildlife, motion-activated cameras will be installed in 11 City parks, including Nose Hill Park and one provincial park, to take pictures of wildlife in those areas. The information from this monitoring program will be used to make better decisions when planning parks and other City spaces. See more at [www.calgary.ca](http://www.calgary.ca).

Once there is a database of images to classify, residents will be asked to help classify them using a platform called Zooniverse. This is a citizen science web portal owned and operated by the international Citizen Science Alliance. It is home to some of the internet's largest, most popular, and most successful citizen science projects; and will allow volunteers to participate in crowd sourced scientific research. More details will be shared when the program moves into that phase. Some of the questions to be explored over the next few years include:

**Who calls Calgary home?** While we can't directly measure populations with the data from our cameras, we can get a sense of what wildlife call Calgary home.

**Where are they?** Finding out where certain species are most likely to spend time allows us to target conservation and management efforts.

**How do species live with each other?** This program will help understand how species in Calgary might compete with one another, engage in predator-prey dynamics, or avoid one another. By evaluating the camera images, we begin to better understand the Calgary urban ecosystem, including how all the species interact.

**How can humans and wildlife co-exist in a city?** It is known that people change the way wildlife behave – some animals adapt well to humans, some are indifferent, and others avoid us. The camera data will allow a better understand of our impact on wildlife.

Please note: The City does not conduct gopher control in natural environment parks in Calgary. The Alberta government is responsible for wildlife management. The City of Calgary provides information as a public service.

# Membership form

There are great activities at North Haven Community Centre!

Date: \_\_\_\_\_

Event (Scouts, Guides, Snow Removal, Soccer, etc.): \_\_\_\_\_

Family Name: \_\_\_\_\_

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

Telephone: \_\_\_\_\_

Email \_\_\_\_\_

In providing my email address I am agreeing to accept an email once a year for membership renewal purposes

### Membership Type:

Resident (per household/voting)	\$15.00
Associate (non resident/non voting)	\$15.00
Senior (65+)	\$5.00
Donation	\$ _____
Payment Method	Cheque _____
	Cash _____

### For planning purposes only:

I am interested in the community having and/or personally attending the following:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Fitness/Aerobics | <input type="checkbox"/> Preschool     | <input type="checkbox"/> Teen Drop-In      |
| <input type="checkbox"/> Outdoor Rink     | <input type="checkbox"/> Family Dance  | <input type="checkbox"/> Pre-Teen Dance    |
| <input type="checkbox"/> Adult Dance      | <input type="checkbox"/> Pub Nights    | <input type="checkbox"/> Senior's Programs |
| <input type="checkbox"/> McKnight Sports  | <input type="checkbox"/> Craft Sales   | <input type="checkbox"/> Theme parties     |
| <input type="checkbox"/> Comedy Nights    | <input type="checkbox"/> Parent & Tots | <input type="checkbox"/> Summer Camps      |
| <input type="checkbox"/> Other: _____     |  |  |

I consent to receiving community reminders on an occasional basis.

**If you are interested in volunteering or becoming active in our community please call Jean Togstad, President, at 403-274-4177 to discuss your interests.**

Please mail or drop off to the North Haven Community Centre, 5003 North Haven Drive NW, Calgary T2K 2K3



**MEMBERSHIPS NOW AVAILABLE ONLINE!**  
[NorthHavenYYC.ca/membership/](http://NorthHavenYYC.ca/membership/)

## IN AND AROUND NORTH HAVEN



Your entertainment committee is taking a break for the summer. Keep an eye on all our communications channels for adult, kid, and family events starting again in fall!

# Save The Date

## September 7, 2017

John Laurie/McKnight  
Intersection Public Meeting  
Report on Progress

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## myYYC

### Time has flown by!

The Calgary Airport Authority is celebrating its silver anniversary! July 1 marks 25 years since we assumed the management, maintenance, and development of YYC. This year we're going above and beyond by giving a little something back to our community. Throughout 2017, we are taking our passion for giving back to the next level with a campaign focused on participating in activities that benefit our surrounding community, including:



**Airport activities**, like reading to our tiny travellers while they wait for their flights, or welcoming Calgary Marathon runners to our beautiful city.



**Partner activities**, helping great organizations such as Habitat for Humanity, the Calgary Rotary Challenger Park, and the Alzheimer Society of Calgary in their initiatives.



**Community activities**, supporting our neighbours in their community garden builds, community fairs, and festivals with our Crew's time, passion, and expertise.

Is there a volunteer opportunity in your community that could use some additional assistance? Email us at [community@yyc.com](mailto:community@yyc.com)

   **YYC** CALGARY INTERNATIONAL AIRPORT

## YOUR CITY OF CALGARY



### Are you ready to party?

Join us as we celebrate 150 years of Confederation on July 1, 2017 with our many civic partners and sponsors!

Begin the day with a hearty pancake breakfast at Confederation Park or Fort Calgary, and end it with some of the most fantastic fireworks ever seen at the Centre Street Bridge.

Throughout the day, there will be activities and exhibits to inform, activate and delight every member of the family! Immerse yourself in our Indigenous and Francophone cultures on Prince's Island Park, or be amazed at the pageantry and culinary delights in Chinatown.

Enjoy Canadian music, arts, crafts and delicious food at venues throughout the city, including Eau Claire, East Village, Stephen Avenue Mall and Riverfront Avenue, or take part in storytelling and activities at the Central Library. You can even discover Studio Bell at a special discounted rate or check into the King Eddy for live music all day.

Help us show our national pride by participating in the Enmax Living Flag at Fort Calgary this year, and re-affirm your personal pride as a Canadian at the CIBC Canadian Oath, being held at Olympic Plaza.

You won't want to miss a minute of this year's Canada Day events! Please visit our Canada Day page at [Calgary.ca](http://Calgary.ca) for times, locations, road closures and updates as we put the final plans in place.

See you there!

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91 Monthly Community Newsletters  
415,000 Households  
152 Calgary Communities

## Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

### Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
SW	June 5 - July 15	Week of July 17
NW	July 3 - August 12	Week of August 14
NE	August 7 - September 2	Week of September 4
SE	August 28 - September 30	Week of October 2



### Three things to do when your cart arrives

#### 1. Bring your cart up to your home.

Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).

#### 2. Look inside the green cart.

Everything you need to get started is inside the cart. This includes:

- Kitchen pail and sample compostable bags.
- Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
- Instruction guide and collection schedule.

#### 3. Consult your collection schedule.

The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at [calgary.ca/collection](http://calgary.ca/collection).

To learn more, visit [calgary.ca/greencart](http://calgary.ca/greencart).

## 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 PFD 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/watersafety](http://calgary.ca/watersafety)

## 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 a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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**Hot Dog!**

The "dog days of summer" refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

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## DOLLARS & SENSE



### Seven tips for investing your tax refund wisely

Making the most of your tax refund is not always the easiest thing to do. It might feel like you're getting free money, but it's just a refund of taxes that you paid the government and tax credits from things like charitable donations and RRSP contributions.

Regardless, a tax refund can help you significantly in the future if you use it wisely today. If you're getting a tax refund this year, take a moment to consider how you can make the most of it by putting it to work for you:

- Add to your emergency fund. Set aside enough cash to cover six months of expenses just in case the unexpected happens.
- Pay down credit cards and other high interest debt. You will save money on interest charges and increase your monthly cash flow.
- Jump start next year's RRSP. Contributing early allows you to take advantage of all those extra months of tax-free growth. At retirement time this can mean thousands more in your pocket.
- Invest in a tax-free savings account. Growth or earnings in a TFSA are 100% tax free, and you are allowed to contribute up to \$5,500 for 2017.
- Pay down your mortgage. Lump sum payments on your outstanding principal will save significant dollars in interest charges over the long term. It also means you will own your home mortgage-free that much sooner.
- Save for a child's education. Invest in a registered education savings plan (RESP) on behalf of a child or grandchild and you will qualify for a government-sponsored Canada Education Savings Grant of between 20 and 24% of your contribution (to a maximum of \$600).
- Take care of outstanding RRSP loans. Some loans have three- or four-month grace periods, during which time you don't have to make any payments toward the interest or principal. Remember that the interest owed continues to add up until the loan is completely paid off.



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

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

Emotional regulation is a crucial skill for kids to learn. They are beginning to learn to have a clearer sense of self. They learn about rules and values that tell them how to behave at school and in the community. They are forming relationships with teachers, peers and other adults. Learning how to manage their emotions when they can't have their way is important as they are learning to take turns and be nice to someone else when they win.

Talk to your child about "telling" and "tattling". This aids with teaching the child about rules about how to behave and how to handle situations when the rules are broken.

Telling is when a child reports a problem to the teacher or parent. It's essential to teach a child to "tell" and try to solve the problem. Three steps to teach "telling":

1. Use "I statements": I am having a problem with Jimmy.
2. Name the problem: The problem is I'm not getting my turn.
3. Say what you need: I need some help with this problem.

Tattling is when we place blame on someone else and doesn't solve the problem. Instead tattling asks a parent or teacher to find fault and/or punish the other person.


Another great way to help emotional regulation is to name the feeling. Each feeling has a name such as happy, sad, etc. If needed, you can give each feeling a colour (happy is yellow) or you can make/print out pictures to help associate the feeling with the name. Expand vocabulary and use names such as pleased, delighted, upset, anxious, etc.

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

Celebrating 150 Years of Canadian Wildlife!


## New Brunswick

Who Am I?




**Richardson's Ground Squirrel**

Nibble gnaw, nibble gnaw, my teeth are like a busy saw.  
Chewing wood to make a dam,  
I'm hard at work, I am, I am!  
Push and pull, push and pull,  
My working day is very full.  
The family lodge is nearly done  
Because I'm always on the run!




**Red Squirrel**



**Muskrat**

I've oily fur to keep me dry, a scaly tail for swimming by.  
My coat's a handsome chestnut brown,  
I waddle when I walk around.  
Along the bank's a wooden dome,  
That wooden dome's my river home.  
I think you'd notice if you saw it,  
It's not easy to ig-gnaw it!



**Beaver**

**Turn Page Upside-down for Answer**

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# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in North Haven. 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."

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

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

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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

**THE GUTTER DOCTOR!** We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

**NORTH HAVEN PLUMBING AND HEATING:** Experience the great service and knowledge of a master plumber/gasfitter that has lived in North Haven for over 15 years. Exclusive to North Haven residents: mention this ad and receive \$50 off your first service call. Call Todd at 403-815-3318 for complete plumbing and heating services.

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

**SEE MORE WINDOW CLEANING:** Washing residential and low rise commercial windows. Also providing General Handy Man services. Check our website: www.seemore-windowcleaning.ca. Call for free estimate. 403-274-1404.



Name	Age	Contact	Course
Tate	12	587-216-9222	Yes
Marissa	16	403-923-9012	Yes
Jessica	21	587-580-5696	No
Addie	34	403-472-3142	No
Christina	37	403-975-0736	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).



MLA Calgary-Klein  
**Craig Coolahan**  
#9, 2400 Centre St NE  
Calgary, AB, Canada T2E 2T9  
403-216-5430 403-216-5432  
calgary.klein@assembly.ab.ca

Hello Calgary-Klein,

Albertans are among the most productive workers in Alberta, and work some of the longest hours in the country. Yet despite this hard work and long hours, Alberta hadn't seen significant changes to its labour legislation in 30 years.

That's why I am proud that Bill 17: the Fair and Family-friendly Workplaces Act is ensuring Alberta has modern and fair labour laws that protect the rights of Albertans. Work is where we spend half (and often more) of our waking hours, so it's vital that the standards for work meet both the needs of Albertans as well as those of workplaces.

Bill 17 includes a number of important changes. Most importantly, the bill would allow Alberta workers up to five days of job protection a year for personal sickness or short-term care of an immediate family member. It would also allow for 16 weeks of unpaid, job protected leave for long-term illness or injury. I believe that no one should have to lose their job because they get sick, or because they need to care for their loved ones who've fallen ill.

Additional changes ensure our laws meet the same standards in place in other provinces and at the federal level, such as maternity leave, parental leave, compassionate care leave and bereavement leave. Updates to overtime, vacation pay and termination notice standards are included, as well as a simplification of union certification and decertification processes.

The proposed Employment Standards Code and Labour Relations Code changes are the result of previous government reviews, as well as broad consultation with Albertans, employers, business organizations, labour organizations, municipalities, academics and advocacy groups. More than 7,000 submissions were received.

If passed, Bill 17 is expected to come into effect January 1, 2018.

As always, our office is happy to hear from you, and may be reached at [calgary.klein@assembly.ab.ca](mailto:calgary.klein@assembly.ab.ca) or 403-216-5430. I'll be available for the next Coffee with Craig at the Velvet Café (502 25 Ave NW) on August 12th from 10am-12pm.

# 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

**NORTH HAVEN RESIDENT SEEKING CHILDCARE:** for their two children, ages 17 months and almost 3 years old. Prefer joining existing nanny share arrangement, but open to a reputable daycare or day-home in the area. Start date flexible, daytime hours Monday through Friday. Please contact Colin Stone at 403-615-1645.

**LOVE TO SING?** Vocal Latitudes may be the choir for you. A non-audition, World Music community choir, Vocal Latitudes meets Tuesday evenings from September-May in a convenient central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. For more information, see [www.vocallatitudes.org](http://www.vocallatitudes.org).

**PRACTICE ENGLISH:** Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com), 403-444-1752.

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

**IN CONSIDERATION OF YOUR NEIGHBOURS:** Even though the city noise bylaw states you can mow your lawn up to 10:00 p.m., my family and friends have lived by the following: If the temperature is over 18C please do not cut your grass or use power devices after 5:00 p.m.





# Lifestyle Dental Clinic

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Thorncliffe – Greenview – North Haven

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**403-274-7033**

Mon-Tues: 8am - 5pm  
Wed: 11am - 7pm  
Thurs: 8am - 5pm  
Friday: 8am - 4pm  
Saturday: 8am - 3pm  
twice/month  
Sunday: Closed

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*All services are provided by general dentists*

