

AUGUST 2016

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your



PARKDALE POST

THE OFFICIAL PARKDALE COMMUNITY NEWSLETTER





GARDEN SPEAKER SERIES

A Parkdale - Silver Springs Garden Partnership Project

Time & Date	Topic	Host
7:30 PM April 20, 2016	Small Space Gardening <i>Dani and Leigh Ogilvie from COOP</i>	Silver Springs
7:30 PM May 18, 2016	Companion Planting/Calgary Plant Selection /Cold Extension <i>Janet Melrose</i>	Silver Springs
7:30 PM June 18, 2016	Composting <i>Mike Doran</i>	Silver Springs
7:30 PM July 30, 2016	Food Forest <i>Adrian Buckholz/Luke Rivest from ReGenerata Design</i>	Parkdale
7:30 PM August 17, 2016	Culinary Herbs/Medicinal Herbs <i>Julia Walker</i>	Parkdale
7:30 PM September 21, 2016	Canning/Drying/Preserving <i>TBD</i>	Parkdale
7:30 PM October 19, 2016	Solar Energy & Net Zero Houses <i>David Silburn</i>	Parkdale
7:30 PM November 16, 2016	Water Harvest Systems <i>Andrew Beaulieu</i>	Parkdale
7:30 PM December 7, 2016	Christmas Center Pieces <i>Janet Melrose</i>	Silver Springs
January 2017 - TBD	Tree Pruning <i>Adrian Buckholz/Luke Rivest from ReGenerata Design</i>	Venue - TBD
February 15, 2017	Therapeutic Gardening <i>Janet Melrose</i>	Silver Springs

Parkdale Community Centre- 3512 5th Ave NW
Silver Springs Community Centre - 5720 Silver Ridge Dr. NW

Tickets are \$15 + GST
and can be purchased at the door or online.

More information and tickets at
<http://parkdalecommunity.com/garden-2/speaker-series>

For more information contact Parkdale Garden and Gathering Place Director Audrey Smith at garden@parkdalecommunity.com



Parkdale Community Association
3512 - 5 Avenue NW, Calgary AB T2N 0V7
403-283-5767
office@parkdalecommunity.com
www.parkdalecommunity.com

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PARKDALE COMMUNITY ASSOCIATION

3512 - 5 Avenue NW, Calgary AB T2N 0V7 • 403-283-5767 • office@parkdalecommunity.com • www.parkdalecommunity.com

The PCA Office is usually open 7:30 a.m. to 3:00 p.m. Monday to Friday.

Please call or email and leave a message if you need support from the PCA Office. The PCA Office is closed on all statutory holidays.

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If you would like to get your community article printed in next month's issue of your Parkdale Post, please submit it to communications@parkdalecommunity.com by the 10th of the month prior to publication. For details and a copy of the PCA Style and Editorial Guide, visit <http://parkdalecommunity.com/news/styleguide/>

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<https://www.facebook.com/parkdalecommunity>
<https://www.facebook.com/pcggs>

PRESIDENT'S MESSAGE

I want to send a quick thank-you to everyone who helped organize our first-ever Stampede Breakfast in partnership with our friends at the Nifty Fifties. Bill has, as is his style, gone above and beyond to both get this event going to sustain the relationships we have with our neighbours in the community centre. Our Events director, Tammy, has been working hard remotely to stay on top of things while she is working out of Montreal – though the stories she tells mostly revolve around her swanning along some cobbled street or reclining in a café, so we can't all feel too bad for her.

If you give this issue a read, it's no surprise the Garden is dominating the activity around the PCA this summer; beyond the fantastic new plantings, the 44 beds in the inner ring look better than ever this year – of course, that's at the time of writing, and it's Calgary, so my peas could have been made into soup by now courtesy of another hailstorm.

As always, we would love to hear from you – if you would care to write us, either anonymously, or as a letter to the editor, we are excited to hear about what you're doing and thinking here in Parkdale. To reach me, please write us at communications@parkdalecommunity.com.

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	5				9	3		
9								8
		8	4				9	
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1			5	9			7	

FIND SOLUTION ON PAGE 18

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



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



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



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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

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

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

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

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Glenbow Archives NA-4099-12 Swimming in the Lower Elbow with log boom ca. 1920s

Glenbow Archives PA-3538-20 Swimming in the Lower Elbow ca. 1940-45's

Take A Dip Into The Lower Elbow River's Past

Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start to wind down, we are reminded of the role that our lower Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Today, flows are restricted by the dam, and gravel bars from flooding impede the experience. Storm water emptying into the Elbow River, downstream of the Glenmore Dam is untreated, carrying with it sediments, contaminants, and bacteria from roads, yards, and pets, making it less attractive for taking a dip, unlike earlier days when the crystal clear waters from the Rae Glacier and clean overland runoff reached all the way to the heart of Calgary.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30th Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. "The addition of booms in the river, play equipment (including an outdoor checker board), washrooms attached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at Bowness

Park in numbers of users. Attendance records for 1933 include the observation: 'the number at the Elbow Swimming [Pool] was so great that no record could be kept.'" Reader aligned the use of the pool with the swimming programs of institutions like the YMCA and YWCA.

No longer in use, the historic one-storey, wood -frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. The Elbow Park Swimming Pool and Grounds was designated a Municipal Historic Resource in 2014.

Source: City of Calgary Inventory of Evaluated Historic Resources
Photo credit: Glenbow Archives

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. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

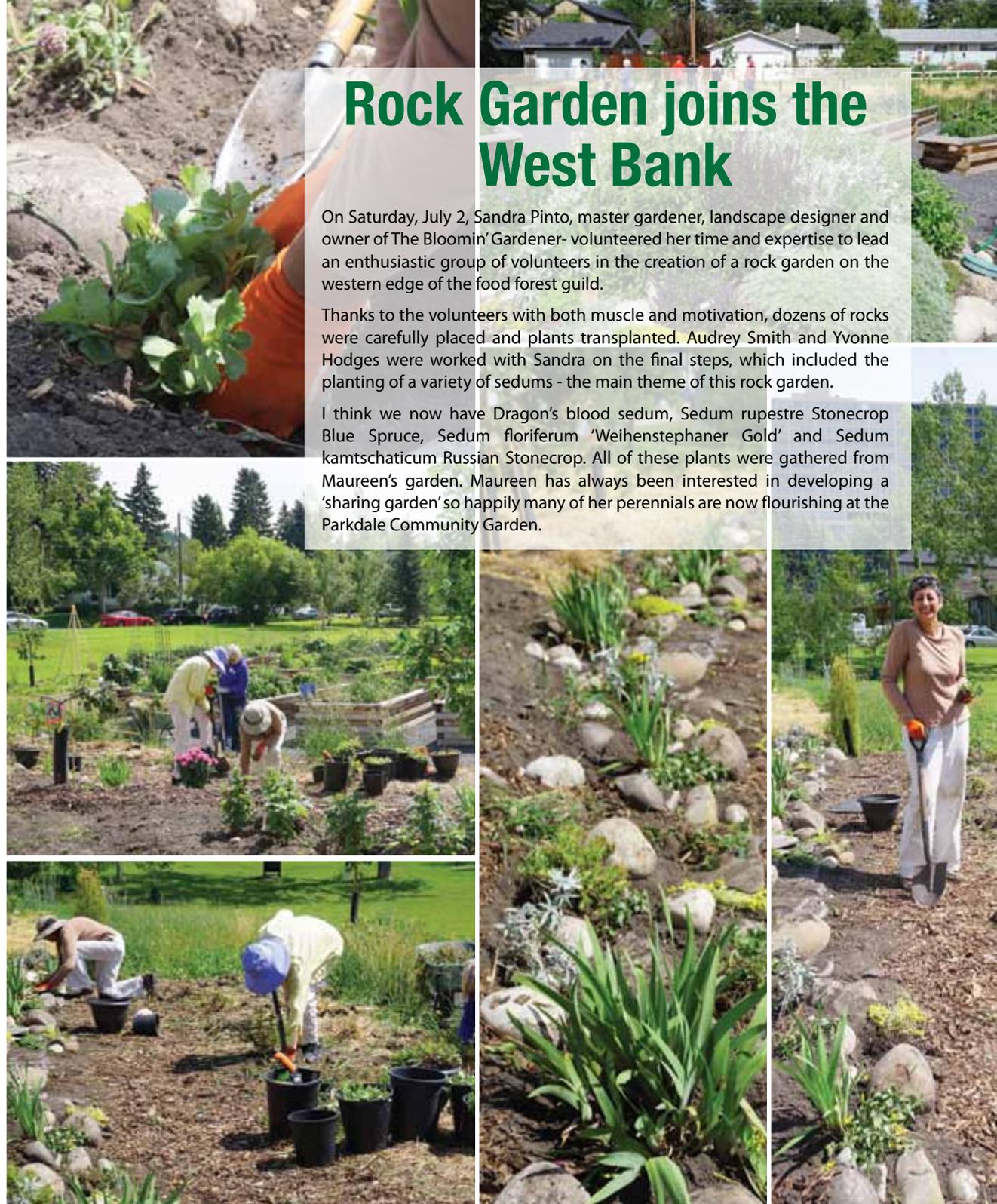


Rock Garden joins the West Bank

On Saturday, July 2, Sandra Pinto, master gardener, landscape designer and owner of The Bloomin' Gardener- volunteered her time and expertise to lead an enthusiastic group of volunteers in the creation of a rock garden on the western edge of the food forest guild.

Thanks to the volunteers with both muscle and motivation, dozens of rocks were carefully placed and plants transplanted. Audrey Smith and Yvonne Hodges were worked with Sandra on the final steps, which included the planting of a variety of sedums - the main theme of this rock garden.

I think we now have Dragon's blood sedum, Sedum rupestre Stonecrop Blue Spruce, Sedum floriferum 'Weihenstephaner Gold' and Sedum kamtschaticum Russian Stonecrop. All of these plants were gathered from Maureen's garden. Maureen has always been interested in developing a 'sharing garden' so happily many of her perennials are now flourishing at the Parkdale Community Garden.





PARKDALE COMMUNITY ASSOCIATION (PCA)

3512 - 5th Avenue NW, Calgary AB, T2N 0V7
Tel: (403) 283-5767 E-mail: office@parkdalecommunity.com

TIME BLOCK RENTALS AND BASE RENTAL RATES

TIME BLOCKS (Minimum rental period/cost, i.e., no partial blocks fees allowed)	REQUIRE? Y=Yes	RENT FEES	RENTAL COST
Weekday Time Blocks			
Mon; Tue; Wed; and/or Thur.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 11:30 pm*)		\$350	
All day (8:00 am to 1:00 am*)		\$550	
* Extra late charges of \$60 per hour apply beyond these closing hours			
Weekend Time Blocks:			
Fri; Sat; and/or Sun.			
Morning (8 am to 12 noon)		\$350	
Afternoon (1 pm to 5 pm)		\$350	
Evening (6 pm to 1 am *)		\$750	
All Day (8 am to 1 am*)		\$850	
* Extra late charges of \$60 per hour apply beyond these rental hours			
EXTRA SERVICES			
Kitchen Use: -For Storage Only		\$80	
-Full Use of Kitchen		\$175	
PCA to Set Up - (Tables and Chairs, etc)		\$150	
PCA to Take Down (Tables and Chairs, etc)		\$150	
PCA to Open and/or Lock Up (Fee also charged if PCA responds to alarm)		\$100	
Sound Equipment – Basic System		\$100	
Sound Equipment – Enhanced System		\$250	
Rehearsal Hall A or B			
SOCAN Music Fee (any function playing music)		\$26.63	
Elevator		N/C	
Security Guard (Mandatory requirement if alcohol is being served)		\$30.00/hr	
Cleaning Fee (If Rentee hires PCA to clean)		\$250	
Total			
5% GST – Reg# 10781 4949			
TOTAL FEES FOR RENTAL			\$ XXX
Damage Deposit		\$500.00	\$XXX
TOTAL INCLUDING DAMAGE DEPOSIT			\$XXX

Garden Herb Spotlight: Lovage

The Parkdale Garden herb circle is flourishing and many herbs are ready to harvest. Among the plants you will see some common herbs like mint, chives and tarragon but there are some lesser known gems inside as well. One large plant you may not recognize but just can't miss is lovage. Lovage is a hardy, easy to grow perennial. At up to 2.5 m tall, it is a striking addition to any garden as an ornamental plant. It also has been used for natural remedies dating back to medieval times.

Lovage also has a variety of culinary uses. With a flavour reminiscent of celery and parsley with hints of anise and curry, this complex herb may soon become one of your new favourites. The roots can be eaten as a vegetable or grated for use in salads. The stems are often used in place of celery in soups and stews. The leaves are also most commonly used in soups and stews. The youngest tender leaves can also be added to salad, vegetable dishes or used to flavour fish or poultry. Lovage packs a punch so make sure to use it more sparingly than celery or related herbs.

The herb circle harvest is yours to share. Please feel free to harvest herbs such as lovage to add flavour and interest to your dishes.

For more discussion about gardening topics, please join the Parkdale Community Garden Facebook group or see our online blog.



Summer Vichyssoise with Green Peas and Lovage

From the Wall Street Journal Online, www.wsj.com, by Gail Monaghan.

Active Time: 10 minutes Total Time: 4¼ hours (includes chilling) Serves: 6-8

Ingredients

- 5 large Yukon Gold or other waxy potatoes, peeled and cut into ½-inch dice
- 4 large leeks, green parts removed and thinly sliced crosswise
- 4 cups unsalted chicken stock or vegetable stock
- 4 cups whole milk
- 2 teaspoons salt, plus more, to taste
- 5 tablespoons fresh lovage leaves, coarsely chopped, plus 1 tablespoon finely julienned, for garnish
- Freshly ground white or black pepper, to taste
- 2 cups green peas
- 2 tablespoons minced chives, for garnish
- Crème fraîche or plain yogurt, for garnish (optional)

Directions

1. In a large saucepan, bring potatoes, leeks, stock, milk, salt, chopped lovage and pepper to a simmer over medium-high heat. Reduce heat to medium-low, partially cover pot and simmer until potatoes are very tender, 20-30 minutes. Use a potato masher to roughly smash about half the potatoes. Add peas and cook until heated through, about 1 minute.
2. Place pot in a large bowl of ice water and stir to cool soup to room temperature. Refrigerate until soup is thoroughly chilled, at least four hours.
3. Once soup is chilled, thin it with more milk, if necessary. Season with salt to taste.
4. Serve soup cold in chilled bowls and garnish with chives, julienned lovage and dollops of crème fraîche or yogurt, if desired.



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

BUSINESS CLASSIFIEDS

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IN & AROUND CALGARY

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved! There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

What's Happening at *Morpheus Theatre*



It is half way through the summer, and Morpheus Theatre is busy ramping up for our 22nd season. Our production of *Run For Your Wife* is already in rehearsals; auditions for *It's a Wonderful Life* are coming up in the next month, and our annual book sale is just around the corner. It always amazes people how much work goes on behind the scenes during the "off-season".

In the Wings

Run For Your Wife by Ray Cooney, Directed by James Noonan
September 23 to October 1, 2016

John Smith is a man with a schedule and a secret. The schedule is not just to keep him on time in his job driving a taxi, it also keeps his life—his lives, rather—organized and in their places. You see, it's important to be organized when one has two of everything. Yes, everything. Two separate lives in two different houses in two different areas of London, with two different wives! When John is mugged, he finds himself coming home from the hospital surrounded by wives and policemen, all asking for an explanation. *Run For Your Wife* has been bringing laughter to audiences for many years. Join us this September when it brings the laughter to you!

Educational Opportunities

Morpheus Theatre is excited about all the different youth camps that are taking place in the space:

Theatre a Go-Go's Summer 2016 Drama Camps for ages 7-14

ADVENTURES WITH THE LORAX

August 22 – 26, 2016 from 9:00am to 4:00pm (Pre & post care available)

Contact Tanya for more information at: theatreagogo@telus.net or 403.283.4622

AvidDiva Vocal Studio (now located in the Parkdale Community Centre) and Star Street Studios present SING IT! STAGE IT! STRUT IT! – Musical Theatre Camp

August 29 – September 2, 2016 from 9:00am to 4:00pm
Contact Naomi for more information at: naomi@aviddiva.ca or 403-604-0575

Morpheus Theatre's G&S Junior Theatre School program is returning for a 6th season.

Offering both a Junior class for students 9 to 13 years old and a Senior class for students 14 to 17 years old. Both classes will run Saturday mornings from 10:00-11:30 beginning in mid-October. Registration is underway.

Seventh Annual Book Sale

Do you have books gathering dust? Morpheus Theatre will be partnering with Books Between Friends for our 7th annual book sale this fall to help raise funds for both charities. Morpheus Theatre is currently accepting books at the Parkdale Community Centre up to August 31. Books need to be in good condition. Unfortunately we cannot accept Readers Digest, magazines or text books.

Then on September 2 through 4 we invite you to bring your friends to the sale. Details will be available on the Morpheus website. We hope to see you there!

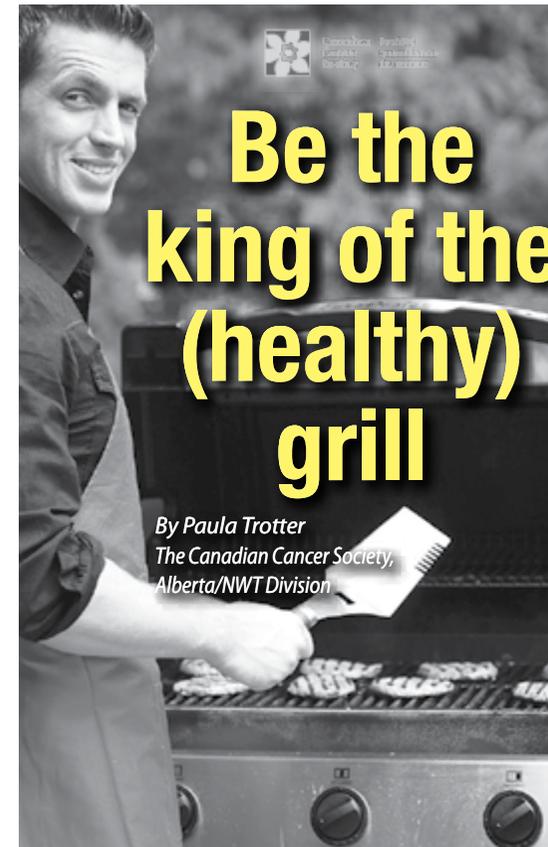
How to Reach Us

Remember, all of our shows are produced, directed, designed and performed entirely by volunteers. If you are interested in getting involved in community theatre, where each show is a new experience and an opportunity to make new friends, we would love it if you contacted us.

Contact Morpheus Theatre by calling 403-246-2999; emailing tickets@morpheustheatre.ca; or by stopping by the lower level of the Community Centre.

Follow us online:

www.morpheustheatre.ca
www.facebook.com/MorpheusTheatre
www.twitter.com/MorpheusTheatre



Canadians love to grill.

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

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

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

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

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

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
 - Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
 - Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
 - Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
 - Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.
- Bonus tip:** Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.



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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.



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Parkdale Real Estate Update

Last 12 Months Parkdale MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$959,000.00	\$956,700.00
May 2016	\$959,000.00	\$960,000.00
April 2016	\$709,900.00	\$720,500.00
March 2016	\$662,200.00	\$642,500.00
February 2016	\$0.00	\$0.00
January 2016	\$899,900.00	\$860,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$1,185,000.00	\$1,115,000.00
September 2015	\$734,450.00	\$712,269.00
August 2015	\$938,900.00	\$929,000.00
July 2015	\$774,450.00	\$755,000.00

Last 12 Months Parkdale MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	\$959,000.00	\$956,700.00
May 2016	\$959,000.00	\$960,000.00
April 2016	\$709,900.00	\$720,500.00
March 2016	\$662,200.00	\$642,500.00
February 2016	\$0.00	\$0.00
January 2016	\$899,900.00	\$860,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$1,185,000.00	\$1,115,000.00
September 2015	\$734,450.00	\$712,269.00
August 2015	\$938,900.00	\$929,000.00
July 2015	\$774,450.00	\$755,000.00

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



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shoed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

News from the Friends of Nose Hill

by Anne Burke

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

Speaking of city parks and other green spaces, after the City decided to end the Adopt-a-Park program, there were a few complaints about these areas. The residents involved are proud of how beautiful and green their neighborhoods are through the help of this volunteer program. If this is coming to an end (or being replaced) due to more strict water management, how can we keep the neighbourhoods looking green and nice so that the residents continue to be proud of them?

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

The program was replaced with two new programs. The Green Leaders program for community volunteers pro-

vides oversight to doing projects in the community to enhance it, such as painting park benches or weeding. The second project, Water Stewards, will have volunteers focus mostly on keeping the city's many high-use playing fields watered.

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



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Biodiversity

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

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

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

Biodiversity project goals:

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

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

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

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

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



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

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

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

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

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

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

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

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

COMMUNITY ANNOUNCEMENTS

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

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
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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
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Peter Lougheed Centre	403.943.4555
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Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
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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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