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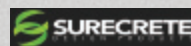
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Location in Bears paw Community Centre.

LAND USE: Royal Road NW

by Anne Burke

City planners recommended that Calgary Planning Commission approve an application for a land use change at 11 Royal Road NW from R-C1 to R-C1s for a secondary suite.

There is a single family home on site with an attached two-car garage and access from Royal Road. The parking requirement is met by two parking stalls on the driveway. The site is 200 metres from a bus stop on Royal Oak Drive NW. There is on-street parking.

The new land use, if approved, allows for a secondary suite as a permitted use and a backyard suite as a discretionary use. The type would be decided at the development permit stage. The lot width is 0.4 metres short of the land use bylaw for a backyard suite, without a relaxation.

At this time there is no need of off-site improvements for utilities and servicing, although this depends on the type of suite, at the development stage.

There were no comments from the Community Association as I write. However, letters from the public expressed concerns about parking, impact on property values, noise, traffic, and sewer services.

Insect Trivia



IN & AROUND CALGARY



Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

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ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to aboretums and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.



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Last 12 Months ROYAL OAK MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$592,350.00	\$580,500.00
April 2016	\$549,900.00	\$540,000.00
March 2016	\$567,400.00	\$551,500.00
February 2016	\$488,900.00	\$468,250.00
January 2016	\$569,900.00	\$550,000.00
December 2015	\$474,900.00	\$463,000.00
November 2015	\$629,000.00	\$620,000.00
October 2015	\$574,900.00	\$559,000.00
September 2015	\$509,450.00	\$497,500.00
August 2015	\$619,900.00	\$595,000.00
July 2015	\$612,400.00	\$607,500.00
June 2015	\$569,000.00	\$559,000.00

Last 12 Months ROCKY RIDGE MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$684,900.00	\$665,000.00
April 2016	\$659,950.00	\$655,000.00
March 2016	\$584,900.00	\$566,250.00
February 2016	\$699,999.00	\$675,000.00
January 2016	\$462,500.00	\$455,000.00
December 2015	\$475,000.00	\$466,500.00
November 2015	\$549,900.00	\$520,000.00
October 2015	\$499,000.00	\$490,000.00
September 2015	\$614,450.00	\$617,000.00
August 2015	\$559,900.00	\$545,000.00
July 2015	\$539,450.00	\$521,500.00
June 2015	\$507,400.00	\$494,500.00

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

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EVERYTHING POPULAR IS WRONG.
 OSCAR WILDE



Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs,

snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

IN & AROUND CALGARY

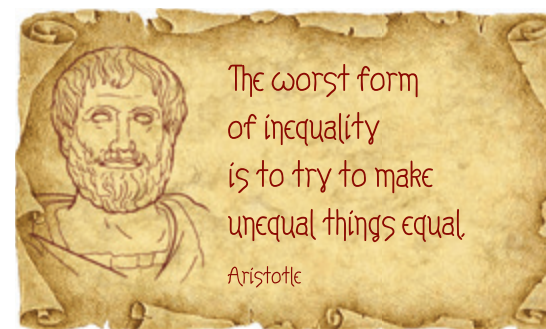


Enjoy some family time at Canada's largest man-made wetland

Bring the family to Ralph Klein Park on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Parks Fest! Enjoy an afternoon of face painting, pond dipping, guided walks, nature crafts and more. Learn about Canada's largest man-made wetland, visit the park's Environmental Education Centre and explore the wonders of nature all around.

Don't forget your sunscreen and water bottle, and please leave your furry friends at home. Pets are not permitted on site, excluding assistance dogs.

For more information, visit calgary.ca/parksevents.



Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit calgary.ca/floodinfo for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.

Floods, Woodlands & Bridges



Glenbow Archives ND-8-330



Mission Bridge 2013

Laurens Philipsen, University of Lethbridge, from a presentation at the Bow River Basin Council Science Forum, February 2016 (printed with the permission of the author)

After eight decades without a major flood, extreme rains in 2013 resulted in the highest recorded flows along the Bow and Elbow Rivers. This flood mobilized previously stable gravels and other alluvial sediments resulting in the transformation, expansion and/or creation of gravel bars and islands. These newly-formed surfaces provide an opportunity for the progressive colonization and succession of new riparian plant communities.

Although beneficial to the ecological health of this previously static system, newly establishing woodlands on

gravel bars could pose a flood hazard. Woodland development at some locations might impede river flows and elevate overbank flooding and erosion during future floods. To investigate this prospect, the University of Lethbridge was tasked with analyzing and projecting post flood vegetation colonization along the Bow River as part of the Calgary Rivers Morphology Project*. Using these predictions areas of concern for future potential river impediment were identified.

Although the study was limited to the Bow River in Calgary, flooding of the Elbow River at Mission Bridge in 2013 provides an example of where riparian woodlands forming around bridges can present a problem. Constructed in 1914 and 1915, the Mission Bridge spanned a small sparsely vegetated island. Over the years the island has become a woodland including balsam poplars. During the 2013 flood, these trees collected debris and formed a barrier that greatly reduced the capacity of the middle spans of the bridge to convey floodwaters. While overbank flooding at this location was inevitable given the volume of water, it is likely that the woodland at Mission Bridge elevated flooding.

Riparian areas along rivers and streams in Calgary present a natural environment for people to enjoy within an urban setting. Preserving these areas is important. However, when vegetation begins to negatively impact infrastructure it might be necessary to control its development and thus avoid problems such as the flooding that occurred at Mission Bridge.

**Calgary Rivers Morphology Project, sponsored by the City of Calgary, and Alberta Environment and Parks Watershed Resiliency and Restoration Program*

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.



Healthy Kitten Basics

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

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

Why Is Oral Hygiene So Important?

Stephanie McIntyre

If you're over the age of 35, you're more at risk of losing your teeth to gum diseases (periodontal diseases) than tooth decay. Dental decay and cavities aren't the cause of tooth loss in adult patients compared to the slow, but highly destructive nature of gum disease. Caused by bacterial plaque, gum disease affects three out of four adults at some point in their life; robbing patients of their smile and oral health. **But the good news is that it can be prevented and controlled with effective oral hygiene.**

Oral Hygiene – Choose Your Weapon

Manufacturers of oral hygiene products have done a great job ensuring that there's an available plaque-fighting weapon that suits the unique needs and preferences of patients. From gum stimulators, floss wands and tapered bristles to sonic toothbrushes with UV sanitizers – there really isn't an excuse for not having a squeaky clean mouth. Not everyone loves to floss as negotiating around crooked teeth or handling floss if you have arthritic hands can be challenging. Talking with your dental team about your dental health needs, along with physical conditions that would prevent you from being able to brush and floss, gives your hygienist and dentist a chance to recommend devices that are

designed to do the job of keeping teeth and gums healthy.

Is Brushing and Flossing Enough?

Good homecare that consists of brushing twice a day and flossing (or using a flossing instrument) once in a 24 hour period builds a great foundation for good oral health. It doesn't take a lot of plaque to cause gum irritation that results in puffy and bleeding tissue – often considered the first signs of gum disease. Keeping tooth surfaces and gum tissue free from damaging bacteria that lives in plaque reduces inflamed gums, prevents pocketing around teeth and slows gum and bone recession. But is brushing and flossing enough to prevent gum diseases? **It's a great start and becomes even stronger when partnered with regular visits to the dentist for a professional cleaning.** A hygienist has special tools and instruments that can access the toughest of spots – removing plaque deposits that are just too tricky for dental floss to reach. The added benefit of having a dental cleaning is that any areas of inflamed tissue are irrigated during the cleaning – often rinsed with a solution that kills harmful bacteria that causes gum disease.



How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.

Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

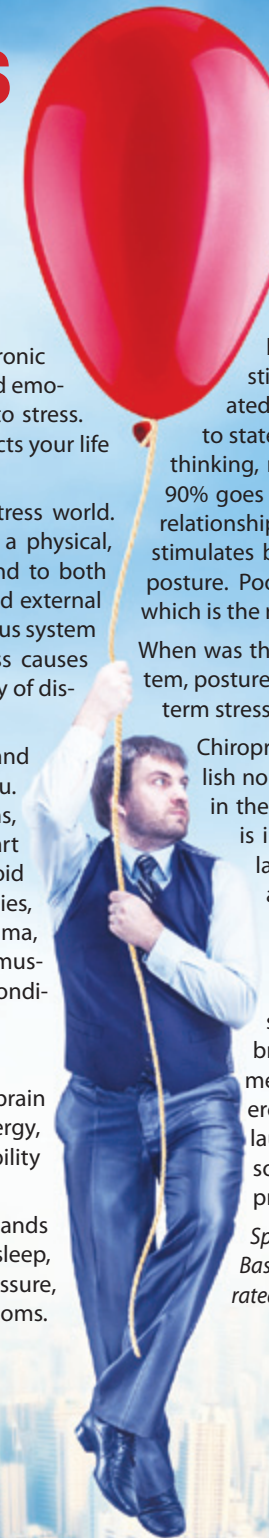
Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.





IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



COUNCILLOR, WARD 2 JOE MAGLIOCCA

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Calgary.ca/ward2

Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

Calgarians are not ATM machines

Over the past few months, I've been consulting with the residents of Ward 2 on their priorities for our community and our city. Ward 2 residents are almost unanimous in their opposition to increased property taxes, and I agree. That is why on April 25, 2016, I took a stand and voted against the 6.1% increase to property taxes.

The last thing Calgarians need during an economic downturn is to be paying significantly more in property tax. Unfortunately, largely due to the provincial Budget 2016, taxes are going to be increasing and it will impact everyone, including The City of Calgary.

The 6.1% property tax increase was derived from the increased provincial education portion of property taxes. What is even more concerning is the fact that the 6.1% property tax increase does not take into account the new carbon tax that is being implemented by the provincial government. This carbon tax will not only tax each and every Albertan individually, but it will also be applied to our public transit system and almost every aspect of The City of Calgary's operations. This will significantly impact property tax rates in future years.

I voted against this 6.1% property tax increase because Calgarians are not an ATM machine. I believe that The City of Calgary will need to continue doing its part by looking at every aspect of spending to see what can be done to reduce the tax burden on Calgarians. However, I will admit that this task will be increasingly difficult due to the higher taxes being imposed on The City by the provincial government.

I believe that tax dollars are best kept in the pockets of taxpayers so that they can choose to spend their money as they see fit. This is particularly important in the context of our challenging economic climate. Many Calgarians have lost their jobs and have seen their incomes decline. The last thing these Calgarians need is to have their taxes increased which will make it even more difficult for them to pay their bills.

If you agree with me that your taxes are too high, and if you oppose the new carbon tax, I urge you to share your opinion with your local MLA. As always, please feel free to share your opinions with me via "Contact Councillor" at www.joemagliocca.ca.

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IN & AROUND CALGARY

World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit calgary.ca/seniorsweek for event information.

Aboriginal Awareness Week

Each year The City celebrates the Chief David Crowchild Memorial Awards and Youth Achievement Award to honour the efforts and contributions of a person, group or organization both Aboriginal and non-Aboriginal who have worked to create cross-cultural experiences and understanding.

Join the conversation online by searching Calgary Aboriginal Awareness Week on Facebook event pages and get details about the upcoming awards and exciting developments in this area.

The Status of Emergency Preparedness in Calgary

Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)

A quarter of Albertans report having three or more 'precautionary' measures in place to support their own preparedness. "We've seen an increase of almost 10% in the number of families with 72-hour kits," says Tom Sampson, Chief of CEMA, noting the growth. "While this is improving, there is still work to be done to ensure citizens understand the risks and take some responsibility for their own preparedness."

The best ways individuals and families can prepare:

Know the risks. Flooding is most common May-15 to July-15 but can occur at any time of year. Be informed about current conditions. When weather watches or warnings are in place, be prepared for severe weather such as flooding, lightning, tornadoes, or winter storms. For more information visit Alberta Emergency Alert (emergencyalert.alberta.ca)

Make a plan. Know how to reach your family members if you are not with them when an emergency or disaster strikes.

Get a kit. Ensure you have a 72-hour kit stocked and ready to go that contains supplies to support you and your family for the first 72 hours of an emergency or disaster.

Calgary.ca/cema provides great resources for individuals, families and businesses to learn what they can do to prepare.

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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
Kerby Centre for the 55 plus	403-265-0661
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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Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

BRAIN GAMES

SUDOKU

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

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CALGARY STAMPEDE**

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**JULY 21 TO 23
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



**JULY 30
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



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

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• **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com

• **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org

• **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com

• **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com

• **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca

• **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com

• **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com

• **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.

• **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

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