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around your community

Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often, and repair any worn, or broken parts. Set up play equipment on a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

Water hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate;
- 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.

Lawn and garden tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces;
- Ensure that all 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 re-locating hives and nests situated near your home;
- To avoid a bite in case of accidentally stepping on a stinging insect ensure your child wears shoes, or sandals;
- If your child has received an 'EpiPenJr' prescription from your physician, (for serious anaphylactic emergencies only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, seek medical attention, or call 9-1-1.



Elbow Valley Community Assoc.

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www.elbowvalley.org

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SERVING ELBOW VALLEY AND BRAGG CREEK
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Songbirdslive here in the winter too!

Article: Janis Turner
Photo: Dan Arndt

The White-breasted Nuthatch (Sitta carolinensis) is a small songbird found year-round in parkland and the southern boreal forest (central and southern) Alberta. In the past it was not commonly seen in Alberta but has expanded its range to this area. It prefers to live in mature deciduous or mixed woods and urban areas where can find good food supplies and high, natural tree holes for nest sites.

It is one of nine subspecies of nuthatch and is clearly discernible from its more commonly seen cousins with overlapping territories, by its larger size; white face, neck and belly; and longer pointed bill. It is also the only nuthatch in Alberta with white plumage completely surrounding its eye. Nuthatches generally have a large head, short tail and wings, a powerful bill and strong feet. White-breasted Nuthatches average only 13 cm long from beak to tail tip, have a wingspan of about 24.5 cm and weigh just under 24 g. It is difficult to distinguish males from females, even though they are subtly more colourful. These are stocky, agile birds that make a variety of sounds. For their size, they have loud, nasal voices and are noisy birds making them easy to spot.

The Latin word "Sitta" means "a bird that pecks at trees." The nuthatches get their common name from their behaviour of jamming large seeds and nuts into tree bark and then prying them open with their large bill to 'hatch' the seed out of them. They also forage for insects, running down the tree trunk headfirst in a quest for tasty morsels.

These birds are territorial, with pairs staying together in the same range year round. In winter they join foraging flocks that usually include chickadees and titmice, and sometime even Downy Woodpeckers. When the birds are in a flock, they can spend more time looking for food and less time watching for predators. The nuthatch can also be seen frequently at feeders collecting and storing seed for winter.

The White-breasted Nuthatch stay in mated pairs until something happens to one of them. Pairing-up starts with courtship in which the male bows to the female, spreading his tail and drooping his wings while swaying back and forth. He also sings and feeds the female. They establish a small territory together and build a nest. Clutches are of 5 to 9 eggs and are incubated by the female for about 2 weeks (with the male feeding the female during this time). The chicks are helpless at hatching, but fledge in about 3 weeks. The adults, together, feed the chicks in the nest and for about 2 weeks after fledging. The young subsequently leave the parental territory to establish their own territories. With an average life span of just 2 to 10 years, these little birds pair up to breed in their first year.

Owls and hawks prey on White-breasted Nuthatches. Frequently, nests are raided by squirrels, woodpeckers and even snakes. The nuthatch may smear beetles around the entrance to its nest, as the unpleasant smell from the crushed insects deters squirrels (its chief competitor for natural tree cavities). Forest clearing may result in habitat loss, but these are common birds with no conservation concerns over most of its range.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society for further instructions.



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The Paleo Diet in Perspective

Dr. Alma Nenshi, Registered Chiropractor

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

What is the Paleo Diet?

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

Just How Healthy Were Our Ancestors?

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

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

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

A Diet You Can Stick With

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

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

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

A TWIST ON VEGETARIAN SUSHI

Used with permission - Ezra's Family Recipes, by Ezra Weeks

I'm not really going to post a recipe because you could really do anything with vegetarian sushi, I'm hoping this will inspire you to come up with some of your own creations.

Remember it's pretty much just a salad rolled in seaweed and rice. I think most sushi is kind of boring, don't get me wrong I love sushi, I could eat it 7 days a week but every time I order a few different rolls they all pretty much taste the same, I think to myself this would be amazing if there was a tangy or acidic and so on.

So instead of going out to one of my favorite sushi places I decided to give it a go myself, and I have to say it turned out pretty amazing. Because it's not easy to find sushi grade fish in Calgary and I'm hobbling around on crutches with a broken ankle right now, I decided to go with vegetarian sushi, here's what I did:

So what do you need?

You need roasted Nori, this can be found at an Asian market. I would make sure it's roasted as the roasting process takes away some of the fishy flavor seaweed tends to have. You need a sticky rice I used red rice because I wanted healthy sushi and red rice is a full grain complex carb full of fiber but you could use a starchy brown rice or of course sushi rice is always fantastic. I would say you should get a bamboo rolling mat if you want to have nice tight rolls with a good shape (remember making things look yummy is half the battle) and most importantly you are going to need some veggies to fill it up with!! To make your rolls a little different I suggest instead of using plain old boring mayonnaise you could add dill and lemon to your mayonnaise or take the mayo out and substitute it with yogurt. I have a collection of some really interesting flavored olive oils and balsamic

1 tsp white coconut balsamic vinegar 1 tsp white pineapple balsamic vinegar 2 tsp Serrano chili olive oil

vinegar so for one roll I mixed

I soaked some Alfalfa sprouts in this mixture. The roll from first layer to last was 1 full sheet of Nori red rice mango cucumber avocado and the alfalfa mixture.

The second sauce I made was

1 tsp pineapple balsamic vinegar 2 tsp roaster sesame olive oil 1 tsp honey 1 tsp organic soy sauce

I wrapped the roll with the same things inside Nori mango cucumber red rice and the alfalfa. I also did some with shredded carrots, beets, red peppers, and lettuce. The point is get inspired! Don't be afraid to experiment and have fun:)

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JULY 23 TO JULY 25 MILKY WAY NIGHTS

If you're curious about our solar system, stop by the University of Calgary's **Rothney Astrophysical Observatory** during any of their three Milky Way Nights this month. www.ucalgary.ca/ rao/2015 open



JULY 27 TO AUGUST 2 CALGARY INTERNATIONAL BLUES FESTIVAL

An exciting line-up of talented musicians are in town for the 11th annual Calgary Bluesfest. Including iconic guitar great Walter "Wolfman" Washington, Vancouver's The Harpoonist and The Axe Murderer and Grammy Award-winner Bobby Rush. www.calgarybluesfest.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- July 1 Canada Day at Fort Calgary: Honour Canada's fascinating past by spending its birthday at the historic Fort Calgary. 403-290-1875 / www.fortcalgary. com/visiting/events
- July 1 Canada Day Calgary Art Walk: Take a walk down Stephen Avenue to admire local art and meet the artists behind the work. 403-993-2672 / www.artistsforthepoor.ca
- July 1 Dominion Day at Heritage Park: Calgary's largest picnic, performances by First Nations dancers, marching bands and a parade through the village are just a few of the many activities that will take place over the course of the day. 1-403-268-8500 / www.heritagepark.ca
- July 1 to July 5 Spruce Meadows North American: The five-day competition will play host to the best equestrians in the world with dozens of show jumping events. 403-974-4200 / www.sprucemeadows.com
- July 1 to August 30 Rumours & Dreams: A Tribute to Fleetwood Mac: Paying tribute to one of the greatest bands of all time, Rumours & Dreams takes audiences back to the heyday of rock band Fleetwood Mac. 403-243-6642 / www.stagewestcalgary.com
- July 2 to August 29 Last Train To Nibroc: A cheeky tale about an unpredictable romance and the places it can go. Rosebud Theatre 1-866-987-2999 / www. rosebudtheatre.com
- July 6 33rd Annual Cowboys vs Firefighters Charity Pole Climb: Ten Pro-Rodeo contestants of the Calgary Stampede race against Ten Calgary Firefighters in a timed flag pole climb. Ranchman's Cookhouse and Dancehall 403-253-1100 / www.ranchmans.com
- July 8 to August 26 Music in the Plaza: This popular series of free concerts is back for another season, featuring some of Alberta's finest musical talent. Each concert opens with an outstanding young performer from the Stampede Talent Search. Heritage Park 1-403-268-8500 www.heritagepark.ca
- July 19 Creekfest 2015: Friends of Fish Creek celebrates water at its annual Creekfest water festival. 1-403-238-3841 / www.friendsoffishcreek.org
- July 23 to July 26 2015 Calgary Folk Music Festival: This year, 70 artists from 14 different countries perform in Prince's Island Park. The headliners include artists such as Patrick Watson, Shakey Graves and Buffy Sainte-Marie. 403-233-0904 / www.calgaryfolkfest.com

Manage your mortgage to save

Suzanne Demers - Consultant

Low interest rates may have you thinking about moving to a new home or refinancing your existing home. If so, knowing what's what with mortgages can save you money now and in the future. Here are some of the mortgage details you should be aware of.

Rate-ability A fixed-rate mortgage locks in your interest rate for the full term so you have the security of an unchanged regular payment. The interest rate of a variable rate mortgage generally lower, but is tied to various market conditions that can increase or decrease your interest rate and mortgage payments at any time.

Flexibility A flexible mortgage includes the ability to change your payment frequency, increase the amount of your regular payments, or apply an additional lumpsum payment without a fee – allowing you to pay off your mortgage faster and save on interest costs.

Portability Mortgages usually have an amortization period of 25 years and a locked-in term of five years - however life is not always that "typical". A portable mortgage gives you the option of moving your current mortgage from one property to another without changing the contract.

Assumability In the event that you need to sell your property before your mortgage maturity date, an assumable mortgage allows you to transfer your mortgage term to the new property owner (subject to standard credit approval) – thus saving on prepayment charges.

Re-advance-ability A re-advancable mortgage allows you to re-borrow, the paid-down portion of your mortgage, up to the original registered mortgage amount. This cost-saving feature can save you money on the legal fees that are normally associated with a traditional mortgage refinance.

There is never a bad time to look closely at your mortgage options to ensure you're getting the best solution for your situation.



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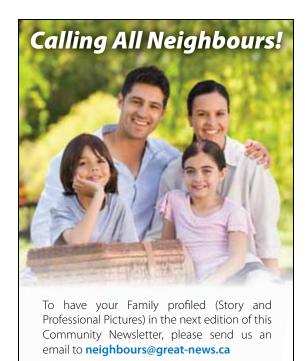
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OME GARDENING WITH BARBARA

TREES

First time visitors to Calgary often remark on how beautifully treed our city is, and our urban forest is a source of pride to our citizens. Except for the river valleys, Calgary is built on rolling grassland; left to Mother Nature alone, we would see pretty much what covers Nose Hill and Tom Campbell Hill. Of course we don't leave everything to Mother Nature as we create our city, communities and personal spaces, and in fact we often do a much better job than she would when we choose vegetation for our yards and gardens.

A high-quality tree, when planted and cared for correctly, is a long-lasting asset to your property. It is a structure that will provide shade, wind protection and beauty for decades and often beyond, depending upon the species planted. Take a tour through some of our older neighbourhoods and note the trees planted 50-100 years ago by home owners with vision to the future. We may not have the maples and oaks that distinguish Eastern Canada and the USA (I visited Minneapolis last October and was in awe of the variety of colours displayed by the maples as they put on their annual show) but we have an increasing choice of tree types that thrive in our Chinook climate. Conifers such as fir, spruce and pine provide solid structure and habitat for birds and squirrels (love them or hate those cute furry rats, they are part of our urban family) as well as serious wind protection when situated on the north and west side of the house. Deciduous trees come in such a wide variety that the gardener must do some thoughtful research before choosing what to plant. Our nurseries offer much selection and advice. The biggest mistake made by inexperience is planting a tree too close to house or sidewalk and not thinking decades ahead to take into account the size it will reach at maturity. Be sure to measure distance from overhead power lines if you are in an area that still has these. I had to remove, at great expense, a mature Griffin Poplar because 20 feet from the power pole turned

out to be just the right distance for the tree to touch the lines during a July storm and darken the whole neighbourhood. It seemed far away when I planted it, but two decades later it was stately and majestic and absolutely in the wrong place. In that space now is a Toba Hawthorne that will never grow beyond 20 feet in height or width; the power lines are safe.

As trees mature and age, sometimes we find ourselves with decisions involving pruning or removal. The tragic snowfall last September created such damage that our local arborists are still working to remedy Mother Nature's mistake (sorry, ma'am, you just do stupid things sometimes). If your decision is to remove a tree, particularly from your front yard, please please, please put another in its place. I know that too many spruce were planted in some communities in the 1970's and the city gave away Northwest Poplars to every homeowner for a while until it came to its senses, but trees are ASSETS and grass is not. Property value can be influenced as much as 10-20% by curb appeal, and that means what you see when you stand on the street, and I am not referring to the colour of your front door. The streetscape in some areas is just stunning, when mature trees canopy over the avenue, providing shade and colour and an ambience unachievable any other way. The City of Calgary knows this, and plants boulevards wherever possible increasing our urban forest by thousands of trees a year as our growth sends us sprawling over more grassland and farmland. You have a responsibility as a home owner to enhance your community as well as your own property. Plant a tree.

The Queensland Garden Club meets the first Wednesday of each month at Queensland Community Centre. New members are welcome and it doesn't matter where you live.

Barbara Shorrock

STRATEGICALLY PLAN YOUR COMPANY'S SUCCESSION

Ask an Expert



Sheri MacMillan. Senior Trust & Estate Practitioner. CEO of MacMillan Estate Planning Corp. and Host of The Strongroom on QR77

I am considering succeeding my business to my son, what things should I consider prior to doing this?

Remarkably, seventy percent of family-owned businesses in Canada fail to succeed to the next generation. In order to avoid a company's demise, it is prepare an effective business exit plan. Proactively taking the right steps now will help to ensure a smooth transition, leading to greater financial security for retirement.

Business owners often avoid planning due to the number of motionally charged issues that are associated with passing on the torch; however, retiring from a business does not have to be a difficult experience. By consulting with an expert, a business owner can determine the best approach within the scope of his or her unique circumstances.

Lacking the correct knowledge, many owners will unintentionally make choices that are to their companies' detriment. When a business owner gives shares of a company directly to a successor, that owner is putting their fnancial security in harm's way, especially if he or she is relying on the revenue generated by the company for retirement. However, by giving a successor shares, by way of a Trust, a business can be effectively protected against bankruptcy, divorce or a lawsuit. I recommend that a Trust be used in conjunction with an estate freeze, when both mechanisms are utilized within a succession plan, not only are assets protected, but unnecessary taxes may also be deferred or avoided completely.

Succeeding your business requires very strategic planning, I recommend consulting a professional before making any decisions.

MacMillan Estate Planning Corp. will be hosting a complimentary Wine & Cheese Seminar on Wednesday, June 17th at 7:00 PM

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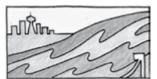
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Save PASKAPOO Slopes



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

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

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

SaveTheSlopes.org











VOLES

What are Voles?

The vole, also called a Meadow or Filed Mouse, is a stocky little rodent about 6" long from nose to tail. Usually dark grey to brown. The nose is not as pointy as the nose of a house mouse and the eyes are somewhat bulging. It is kind of cute but don't get fooled by how it looks. The vole can be very destructive to your vegetation around the home. They also breed very quickly, so ignoring the pest will not help.

How do I know I have a vole problem?

Most home owners will see the first sign of vole damage after the snow melts. Shallow surface runways or tunnels are noticed across the grass. Maybe some piles of nest like dead grass. That is where they lived over the winter, under the snow. Most of the time they get disrupted during the winter, especially here in Calgary when the snow melts during a chinook. In 2013-14 however the snow did not melt all winter and in the spring severe damage could be observed. I saw yards that were destroyed. When the snow melts, the voles look for another suitable protected area. They will move under the deck, shed, walk or driveway, porch and steps. From there they move onto the lawn during the night and feed on the grasses. You will see holes appearing along the edges where they live.

Can voles kill my trees?

Not only can voles destroy your lawn but they can kill your trees and shrubs as well. They do not burrow underground and feed on the roots, but the voles "girdle" the tree trunk. They eat the bark around the tree trunk close to the ground and that, especially a young tree will kill it.

How can I prevent voles in my yard?

There are some modifications that can prevent damage from voles. Young tree damage can be prevented by installing a hardware cloth sleeve at the bottom of the trunk. You can make sure there is no access to voids under











driveway shed etc. Make sure the grade is even with the driveway path for example. Gravel is also a great rodent barrier. Trapping is also an option, but because they breed so fast and trapping is very labor intensive, it usually proves to be fruitless. The best option is using poison bait. Absolute Pest Control has many customers that have successfully kept voles off the property with our vole control programs.

Vole Control

Absolute Pest Control has a lot of experience with this type of rodent control. We developed control programs to suit individual situations and that can be adjusted to what you need and want. Our control procedures has proven to prevent vole damage during the year and especially in the winter under the snow.

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- Exceptional views with rooftop verandas
- Luxury finishes for tile, cabinetry and appliances
- Overlooking the central courtyard at Valour Park in Currie Barracks
- Private elevator access to all floors
- Private parkades within each townhome
- Optional garage or carriage homes

