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\$12⁰⁰ Entry Fee

9:00 – 10:00 AM
(Ages 5–7 years)

10:00 – 11:00 AM
(Ages 8–10 years)

11:00 – 12:00 PM
(Ages 11–16 years)

DATE	TIME	AGE	LEVEL	COST
July 1 – 5	6:00 – 7:30pm	6 - 9 years	Beginner/Novice	\$100.00
	7:30 – 9:00pm	10 - 16 years	Beginner/Novice	\$100.00
July 15 – 19	1:30 – 3:00pm	6 - 9 years	Novice/Intermediate	\$100.00
	3:00 – 4:30pm	10 - 16 years	Novice/Intermediate	\$100.00
July 29 – Aug 2	6:00 - 7:30 pm	6 - 9 years	Novice/Intermediate	\$100.00
	7:30 - 9:00 pm	10 - 16 years	Novice/Intermediate	\$100.00
Aug 12 – 16	1:30 – 3:00 pm	6 - 9 years	Beginner/Novice	\$100.00
	3:00 – 4:30 pm	10 - 16 years	Beginner/Novice	\$100.00
Aug 19 - 23	5:30 – 7:00 pm	6 - 9 years	Novice/Intermediate	\$100.00
	7:00 – 8:30 pm	10 - 16 years	Novice/Intermediate	\$100.00

• Note: To ensure quality instruction, programs will be limited to 8 – 10 kids per class.

• (Jr. sized Tennis Rackets and Tennis Balls will be made available) Wilson Rackets are available for purchase.

• All cheques made payable to Shawna Lalande-Weber. (For more information please call 403-990-1515)

• Lessons available these five weeks during the summer only.

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Vanessa Gillard
Alexa Takayama
news@greatnewsmedia.ca

Design | Graphics

Rosemarie Bartschak
Joanne Bergen
Marina Litvak
Freddy Meynard
Carolina Tatar

Advertising Sales

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Book Review:
How Will You Be Remembered? The Definitive Guide to Creating and Sharing Your Life Stories
 by former Calgarian - Robb Lucy

Reviewed by Karen Rigby, Foreword/Clarion Reviews

This book brings the lofty idea of legacies and their stories down to earth, showing that even seemingly small actions can have lasting effects.

How Will You Be Remembered? is a motivational manual for the boomer generation. With a journalist's talent for clarifying an often-misread subject, Robb Lucy demonstrates how legacies come in many forms and sizes, all with the aim of finding deeper significance, connection, and joy in the present while still considering the future.

The book enthusiastically re-frames the most common idea of a legacy. Wealth left behind in estate plans becomes less critical than rewarding alternatives, including recording family stories and passing down personal values, which are both achievable while one is still alive.

Emphasis on how legacies are for everyone, and not only for influential individuals, results in a call to consider unique ways to better one's community, and in some instances, the world.

Lists, brainstorming exercises, examples, and personal insights gather around a few core principles to jump start the process.

The bullet-point approach is well measured and is punctuated by apt quotations, including lyrics by Bob Dylan, proverbs from several cultures, and brief selections from famous authors that crystallize the urgency to make a difference while there is still time.

All of these enrich the topic, placing legacies and their stories within a broad context that spans history.

A section on religions, highlighting the many variations of the Golden Rule, also strengthens the view that there exists a profound human need to consider others.

Chapters provide a convincing, step-by-step guide toward self-discovery. Black-and-white illustrations of

a mountaintop guru also infuse the topic with humor. One of the strongest sections offers snapshots of adults who have found their niche.

Whether engaging in a neighborhood beautification project or turning adversity into a chance to inspire others, these individuals bring the lofty idea of legacies down to earth, showing that even seemingly small actions can have lasting effects.

Another section on charities and foundations provides useful thoughts for those who prefer to create legacies in partnership with established organizations. A general overview, which purposefully leaves out detailed financial advice, is enough to point readers in the right direction.

How Will You be Remembered? presents an uplifting view of the good that can be accomplished when people turn their focus outward. Like a lively seminar, the ideas drawn here encourage and challenge, repeat and build on each other to press the belief that every voice has a singular note to add to the larger symphony.

Yeah, you sent her a card, but did you build her a shrine?

Andrews Methodist Episcopal Church has been designated as a shrine to all mothers. The founder of Mother's Day, Anna Jarvis, attended the church in her youth and sent over 500 carnations on May 10, 1908, to be distributed to the congregation's mothers. In 1914, Mother's Day became a nationally observed holiday in the United States.





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Division 1 | Southwest Rocky View
County, Bragg Creek
403-861-7806
MKamachi@rockyview.ca



Councillor Kevin Hanson
Division 3 | Elbow Valley,
Springbank
403-463-1166
Kevin.Hanson@rockyview.ca



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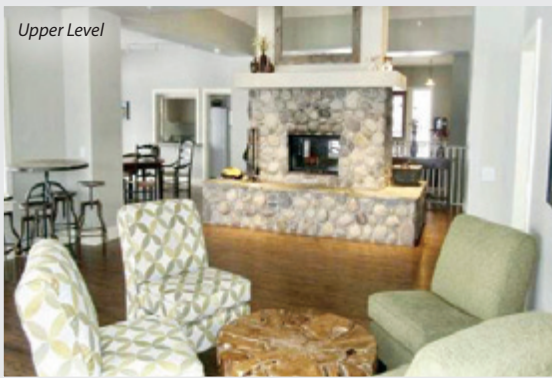


Nils Olav is a brigadier, knight, and colonel-in-chief in the Norwegian Army's Hans Majestet Kongens Garde. In 2005, a bronze statue of Nils was erected at the Edinburgh Zoo, and he was awarded knighthood by King Harald V of Norway in 2008. He is also the mascot of his unit...because Nils Olav...is also a penguin.

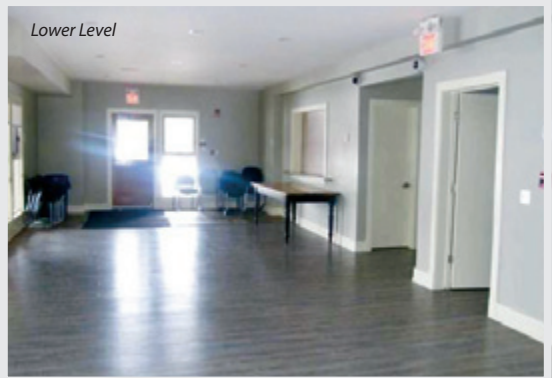
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Upper Level



Lower Level



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Children's Christmas Party



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The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).

Elbow Valley

Real Estate Stats

Last 12 Months Elbow Valley
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
March 2019	\$ 1,399,000	\$ 1,262,500
February 2019	\$ 1,650,000	\$ 1,500,000
January 2019	\$ 0	\$ 0
December 2018	\$ 0	\$ 0
November 2018	\$ 1,199,000	\$ 1,135,000
October 2018	\$ 0	\$ 0
September 2018	\$ 0	\$ 0
August 2018	\$ 1,350,000	\$ 1,257,500
July 2018	\$ 1,229,000	\$ 1,187,500
June 2018	\$ 1,199,900	\$ 1,140,000
May 2018	\$ 1,289,900	\$ 1,250,000
April 2018	\$ 1,579,000	\$ 1,475,000

Last 12 Months Elbow Valley
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
March 2019	10	3
February 2019	10	1
January 2019	10	0
December 2018	1	0
November 2018	0	2
October 2018	4	0
September 2018	9	0
August 2018	5	4
July 2018	2	5
June 2018	5	6
May 2018	7	2
April 2018	11	1

To view more detailed information that comprise the above
MLS averages please visit elb.mycalgary.com

DOLLARS & SENSE



How to Hire Outdoor Contractors

Beaming sunshine and blooming plants may kick your spring fever into high gear when it comes to re-vamping your yard. Weed out shady outdoor contractors with these BBB tips:

- **Figure out what the final picture looks like and then plan accordingly.** Will you require lawn-care, a landscape designer, a concrete or paving contractor? If you are looking to re-model your yard, maintenance up-keep or fix a problem, you will have to seek out the appropriate contractor.
- **Get it in writing.** Written documentation will hold your landscaper accountable to agreements as well as provide clarity when it comes to billing and refund policies. Contracts should include start and completion dates, costs and payment plans and warranty information.
- **Insist on an inspection before committing to a contractor.** Ask the contractor to come out and inspect your property beforehand. That way they will have a clear picture as to what you are looking to accomplish and determine if they are capable of doing the work.
- **Ask about liability insurance.** By law, contractors are not required to carry liability insurance. But, if they don't, you could end up liable for damage sustained to your property, or your neighbour's property.
- **Check licensing.** Check for city/municipal and provincial licensing. Also ask if the contractor charges deposits. If so, they must have a Pre-paid Contractors License issued by Service Alberta.

For more information, visit bbb.org.

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BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 15

IDIOMATIC 慣用句

관용적인 IDIOMATIQUE
IDIOMÁTICO IDIOMATISCH
אידיומטי IDIOMATYCZNY
ЗНАМЕНАТЛИВО XƏLJƏT MUNDRET
ΙΔΙΩΜΑΤΙΚΟΣ THÀNH NGŨ

“ Cat got your tongue? ”



Meaning: A question posed when someone is silent in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and fed them to their cats. None of these theories are substantiated, however.



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Geraniums

by Barbara Shorrock

Barbara Shorrock has been gardening in Queensland for over 40 years.

All geraniums are perennials—they are just not all perennial in our zone. They belong to the Geraniaceae family and are separated into the genus *Geranium* and the genus *Pelargonium*.

Most gardeners are familiar with the typical bedding plant or potted variety available in garden centres and retail stores everywhere in the spring. We plant them in beds, flower boxes and hanging baskets, and enjoy the blooms from June through September, until we toss them into the composter and plan for next year. These familiar “geraniums” are actually *pelargoniums*, despite the common geranium label. They grow naturally in some areas of Africa, Saudi Arabia, the Mediterranean, Australia and New Zealand. They like lots of sun, warm to hot temperatures, and a little lime in their soil. *Pelargoniums* are not frost tolerant but can be kept alive for many years if moved indoors or to a heated greenhouse during winter. The most common varieties we see here are Ivy, Scented, Regals and Zonals.

Zonal *pelargoniums* are upstanding, erect plants with stiff succulent stems, and fairly rounded leaves. They are most popular in our area and are so named because of the leaf coloration—the zone takes a uniform position around the heart-shaped leaf and is set well inside the leaf margin. The leaf may be green, white or cream, with the zone color contrasting or complementing. Flowers can be single, double or semi-double all clumped into a ball on a single succulent stem. Each individual bloom has 5 petals, although there are exceptions. Colors occur in the warm to hot ranges, from white through all the pinks and peaches to red and burgundy. Sizes include dwarf (max 12 inches in height), miniatures (max 7 inches), and a whole range of others up to shrub size. Gardeners with limited space pinch the branch tips back to encourage compact bushy growth. Easy to grow and maintain with regular watering and warm to hot sunshine, they provide a splash or a carpet of color all summer long.

Regals (most often seen labeled ‘Martha Washington’) have dramatic large flowers with wavy, fringed, pansy or simple shapes. The petals are blotched or streaked with darker col-

ors, providing an endless variety to choose from. I have not found these as hardy to over-winter as the zonals but am determined to keep on trying.

Scented varieties are chosen for the leaves, which come in such scents as rose, mint, citrus, lavender, chocolate, and even Jell-O! Ideally, you should place these plants where their leaves will be brushed in passing, releasing their perfume to be enjoyed.

Ivy-leaved varieties are most popular for hanging baskets, as they have been hybridized to emphasize a trailing habit. They will also climb, if given some help. Forgetting to water or feed can have beneficial results. The stress sometimes changes the pigments in the leaf so that attractive pinks appear in place of greens especially around the edges of the leaves.

True *Geraniums* are the real perennials here, as many of them are comfortable in Zones 3 and 4. Coming from wild species that have been toughing it out on mountain sides and forest edges, they fit very nicely into our Chinook belt. Commonly referred to as “Cranesbills”, the fruiting body has a long point that looks like its namesake. The flowers are smaller and fewer per group, although maintaining the 5-petals pattern. Colors range from white through purple, with some blues. At the base of each petal is a nectary which produces a sugary nectar. Bees are greatly attracted to these flowers and will flock to your garden if you have geraniums planted. The foliage of wild geraniums is diverse and beautiful. The leaves are mostly divided into five, each of which is much indented. They typically grow in a mound or hummock, or tall, with an open rosette at the base. Useful as a ground cover, they are known to stop weeds in their tracks. They can be naturalized in meadows and woodland gardens and will self-seed in the right conditions. The blooming period is much shorter, (late spring to midsummer) although you can encourage a second show by cutting off all the spent blooms before they set seed. In the meantime, enjoy the leaves and shapes. They can be grown in a sunny bed, or part shade under trees, with more moisture. A lime-type soil (as most of us have here) is welcome.



Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.^{1,2} Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.³ According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.⁴

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.⁵

My Health

- This month we are going to use this checklist to assess your current state of health. Answer “**Yes**” or “**No**” to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family's medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

Yes responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

Endnotes

1. Lifeline, P. (2011), *Lifeline report on Ageing in Canada* retrieved from http://www.lifeline.ca/content/english/in_the_news/report_on_aging
2. Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), *Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. Statistics Canada (2011), *Centenarians in Canada: Age and sex, 2011 Census*, http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm
4. Office of the Chief Actuary (2014), *Mortality Projections for Social Security Programs in Canada*.
5. Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), *Thinking About Aging in Place*. <http://www.seniors.gc.ca/eng/working/fptf/place.shtml>

Common Signs of Stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat
- Headache
- Stiff neck and/or tight shoulders
- Backache
- Rapid breathing
- Sweating and sweaty palms
- Upset stomach, nausea, or diarrhea

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

- Become irritable and intolerant of even minor disturbances
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason
- Feel jumpy or exhausted all the time
- Find it hard to concentrate or focus on tasks
- Worry too much about insignificant things
- Doubt your ability to do things
- Imagine negative, worrisome, or terrifying scenes
- Feel you are missing opportunities because you cannot act quickly

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at www.myhealth.alberta.ca and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.

BRAIN GAMES

SUDOKU

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

Password: Acorn1234



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

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Straight from the Unicorn's Mouth: An Overview of Unicorn Mythological History

by Alexa Takayama

This month, I decided to look at unicorns because they just feel spring-y. My research taught me two things: unicorns are one of the oldest depicted mythological creatures, and Europeans liked to write descriptions of rhinoceroses, but no one ever bothered to draw pictures to go with them. Which makes the journey of how we got from rhinoceros to glittering white, horned horses a bit of a disjointed mess. I'll do my best.

Let's get some unicorn basics out of the way: as we understand them today, unicorns are white horse-like creatures with a long, pointed horn protruding from their foreheads, sometimes with cloven hooves or a lion-like tail. Unicorns are untameable, strong, proud and haughty, and would rather die than be captured. They can only be calmed and captured by a virgin. Their horns are made out of a substance called alicorn which is believed to have magical medicinal properties, such as being able to nullify poisons and cure diseases. Some "official" measurements state a unicorn's horn is between 1 cubit and 1.5 cubits (roughly 50 to 70 cm). You know unicorns are old when we're measuring things in cubits!

We also need to talk about the monoceros, which was a creature that was conceptually related to the unicorn but was not a unicorn. At the same time, the term monoceros was used interchangeably with the term unicorn. (Which doesn't complicate things at all.) And like the unicorn, a lot of descriptions of them seem to bear a closer resemblance to rhinoceroses.

Let's talk about some of those descriptions, shall we? The oldest recorded writing describing a unicorn was in Indica, written by Greek physician and historian Ctesias the

Cnidian. He described them like "wild asses" (probably specifically the onegar, an Asiatic animal closely resembling a donkey) with a horn that is red, white, and black. In his book, *Natural History*, Pliny the Elder described a monoceros having the head of a stag, body like a horse's, the feet of an elephant, and the tail of a boar. He also said it made a deep bellowing noise and has a black horn. There is record that Marco Polo claimed to have seen a unicorn, saying they are smaller than elephants with heads like a wild boar, feet like an elephant's, rough hair like a buffalo, and a big black horn. He described them wallowing in mud and called them ugly. (Rude.) He also expressed disappointment that they were nothing like the way Europeans imagined them.

Every instance just seems to me as someone trying to describe a rhinoceros, but after the world's oldest game of telephone, we somehow ended up with our modern rendition of the unicorn.

But let's not forget about the virgins! What's up with that? Well, in the Middle Ages and the Renaissance, a book called *Physiologus* had an elaborate allegory about a unicorn, which represented the Incarnation of Christ, laying its head on the lap of a maiden, which represented the Virgin Mary. It seems from here that the idea that a unicorn can only be captured by a virgin originates from. From there, there have been many pieces of both religious and secular art showing the hunt of the unicorn. It is sometimes depicted wearing a collar with a broken chain. The unicorn is very popular in heraldry as well.

Now you have a brief overview of unicorns. There's a lot I didn't get to cover, so stay tuned for next month's article where I'll talk specifically about the unicorn's horn.



The Power of Positive Self-Talk for Young Athletes and Dancers

by Brianna Thorogood, office manager at a dance studio in SW Calgary

There is one rule of thumb that we like to follow when we are encouraging young dancers—treat yourself as you would your best friend. Sometimes we need to take a step away from ourselves, not just kids but adults too, and realize that we've got a negative radio show happening in our heads!

So, we say, "treat yourself as you would your best friend". We treat our best friends with kindness, support, and love. We try to teach our young dancers and athletes to treat themselves this way too. Be gentle and encouraging with yourself and with others. It's amazing how thinking with a positive mindset can change everything! Instead of "I can't do four pirouettes" or "I won't be able to run that far" try "I'm going to try my best to do four pirouettes" or "I can definitely run that far".

We encourage kids to train their minds as well as their bodies. You can train so hard, for hours and hours and still have something holding you back. Having a positive mindset and positive radio station playing in your head can be the difference between achieving your goals and staying where you are.

Not only can this positive self-talk help with a healthier mindset, but it can also relieve stress!

So, encourage your athlete to try something new today...encourage them to treat themselves like a best friend; try speaking kindly to themselves!

"I will try my best and lean on my teachers and teammates for support." You'll be surprised what a simple mindset shift can change.



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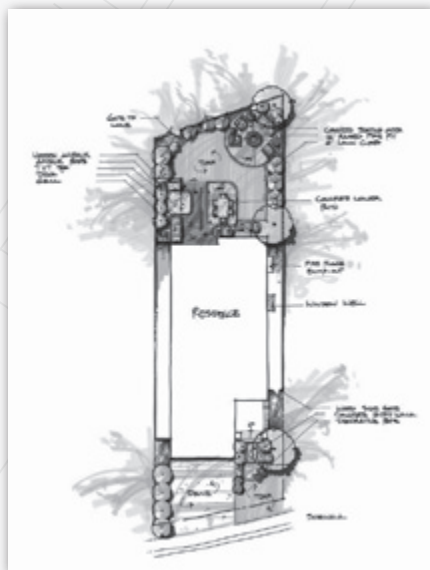


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Ask Charles

I've recently started hearing reports about radon in Alberta homes. If I'm buying a home in Alberta, is it something I should be concerned about?

You're right to be asking this question. A lot of people aren't familiar with radon, but they should be.

Radon is an odourless, tasteless, colourless radioactive gas that is the by-product of uranium decay. Uranium occurs naturally in soil and rock formations, and places with higher than normal uranium deposits, such as Alberta and Saskatchewan, have higher radon levels.

Radon seeps through the earth and into basements, where it can become trapped because of the efficient way our homes are sealed from the outside elements.

Prolonged exposure to radon can lead to health problems, including lung cancer. In fact, after smoking, radon gas is the leading cause of lung cancer.

Unfortunately, there's not much that can be done during the offer and negotiation phase of a real estate transaction because reliable radon tests take 90 days to complete. That's much longer than a typical offer to purchase timeline including time for condition removal.

However, some Alberta homeowners are having their homes tested for radon knowing what a serious health issue it is. If you find a home you're interested in, ask the seller if they've had their home tested and ask for

the test results. If the radon test showed high levels of radon (higher than 200 Becquerel), that's considered a material latent defect that **MUST** be disclosed to prospective buyers unless a radon mitigation device is installed prior to listing.

The good news when it comes to radon is that it's a solvable problem. Even if you fall in love with a home that hasn't had a radon test or the results are high, a radon mitigation device can be installed to vent radon gas outside the home from the basement. Mitigation costs vary but are often not more than \$2,000-\$3,000. Hire a Certified Radon Technician to install the device to ensure it's done properly.

If you buy a home that hasn't had a radon test done, we encourage you to proceed with a radon test within 90 days of possession. This is health issue, and radon testing, and mitigation is money well-spent. For more information about radon, go to Health Canada's website and search "radon."

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors

and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

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