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**Auburn Bay
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Calgary, AB T3M 0A4
Phone (403) 390-2554
auburnbayca@gmail.com



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6 Copperstone Way SE
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info@mdlca.ca | www.mdlca.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
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Fax: 403-268-8091
Email: ward12@calgary.ca
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**GREAT NEWS PUBLISHING HAS BEEN
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AUBURN HOUSE RENTAL RATES

Room Size	Room Capacity	Hourly Rate Prime Time	Hourly Rate Non-Prime Time	Weekend Day Rate 9am to 1am	Weekday Day Rate 9am to 4pm	Security Deposit
UPPER LEVEL BANQUET ROOMS						
Grande Hall A & B (1,628 sq ft)	85 - Dinner 100 - Theatre	\$50.00	\$45.00	\$425.00	<i>Not available</i>	\$500.00
A (1,162 sq ft)	60 - Dinner 70 - Theatre	\$40.00	\$35.00	\$325.00	<i>Not available</i>	\$500.00
B (466 sq ft)	25 - Dinner 30 - Theatre	\$30.00	\$25.00	\$225.00	\$150.00	\$500.00
LOWER LEVEL MULTI-PURPOSE ROOMS						
Multipurpose A & B (591 sq ft)	35 - Dinner 45 - Theatre	\$30.00	\$25.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
A (276 sq ft)	15 - Dinner 20 - Theatre	\$20.00	\$15.00		\$500.00	
B (315 sq ft)	20 - Dinner 25 - Theatre	\$25.00	\$20.00		\$500.00	
GYMNASIUM						
Full Gymnasium (5,345 sq ft)	200 - Standing	\$55.00	\$50.00	<i>Full day bookings not available due to registered and drop in programs.</i>		\$500.00
1/2 Gymnasium (2,673 sq ft)	100 - Standing	\$35.00	\$30.00		\$500.00	
PICNIC SHELTER						
4 Available	Up to 25 Non Resident Guests	\$15.00	\$15.00	<i>Maximum 3 hour rental on all picnic shelters.</i>		

Looking for a great venue to host your next event? Auburn House is a 13,390 square foot contemporary lodge featuring a grande hall, a multi-purpose room, a gymnasium as well as picnic shelters available for rental. Auburn House offers ample room for everything from community events to weddings and birthdays.

For more information contact a Bookings Coordinator at 403-537-2670 Monday to Friday 9am to 4:30 pm or email admin@auburnbay.org to book your function.



AUBURN BAY RESIDENTS ASSOCIATION

CONTACT INFO

Auburn Bay Residents Association

c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4

Office Tel: (403) 537-2601, Office Fax: (403) 537-2670

E-mail: **Administration**

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait programs@auburnbay.org

General Manager

Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake & Park Hours

Monday – Sunday 9:00 am – 10:00 pm

Auburn House Regular Office Hours

Monday – Friday 9:00 am – 5:00 pm

Closed for lunch 12:30 pm – 1:00 pm



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AUBURN BAY RESIDENTS ASSOCIATION



Auburn House Summer Programs

Make a Summer Splash at Auburn House!

Soak up the last bit of your Summer at the Lake! Summer camps and programs at Auburn House are still underway and registrations are still available for classes beginning in August. Don't miss out on these great programs and youth camps!

- Stand Up Paddle Board Lessons
- Swim to Survive
- Youth Summer Full-Day Camps
- Youth Mini & Half Day Camps
- Tennis Camps
- Basketball Camps
- Bricks for Kidz Camps

Register online at AuburnBay-connect.com, stop in at Auburn House, or call 403-537-2606 / 403-537-2605. View the Program Guide & Events Calendar online at AuburnBay-connect.com.

Auburn House Fall Programs

Cottage Country Fall Fun at Auburn House!

As summer winds down we're gearing up for a great Fall season at Auburn House! Don't miss out this upcoming season on a variety of fantastic adult and youth programs all here at Auburn House to keep you and your entire family fit and having fun. Here are just a few programs to look forward to this Fall – Check out all programs available in the Fall Program Guide & Events Calendar on AuburnBay-connect.com available in early August.

- Yoga
- Strollersize
- Zumbini
- Adult Fitness
- Cardio Kickbox
- Kung Fu
- Youth Ball Hockey
- Youth Basketball
- Multi Sport
- Bricks 4 Kidz
- Tennis
- Youth Dance programs
- Plus Many More!

Fall program registration opens online August 10 – register at AuburnBay-connect.com. Walk-in, phone and non-resident registration will be available beginning August 16. View the full Program Guide & Events Calendar online at AuburnBay-connect.com.

Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!

news@great-news.ca

Editorial Content DEADLINE 1st

of each month for the next month's issue



Auburn Bay Community Association
c/o Auburn House, 200 Auburn Bay Blvd. S.E. | Calgary, AB T3M 0A4
Phone (403) 390-2554 | auburnbayca@gmail.com

Last 12 Months Auburn Bay MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$484,900.00	\$465,000.00
May 2016	\$502,450.00	\$491,000.00
April 2016	\$548,000.00	\$531,000.00
March 2016	\$549,900.00	\$536,000.00
February 2016	\$529,900.00	\$516,000.00
January 2016	\$422,400.00	\$419,500.00
December 2015	\$584,450.00	\$570,750.00
November 2015	\$529,900.00	\$512,500.00
October 2015	\$482,450.00	\$475,000.00
September 2015	\$540,200.00	\$525,000.00
August 2015	\$492,450.00	\$484,500.00
July 2015	\$444,900.00	\$450,000.00

Last 12 Months Auburn Bay MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	34	29
May 2016	31	30
April 2016	31	27
March 2016	38	23
February 2016	31	25
January 2016	42	16
December 2015	14	8
November 2015	17	20
October 2015	24	14
September 2015	23	24
August 2015	34	24
July 2015	28	35

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

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SHC Wellness Centre

August Highlights

Are you staying in town in August and looking for some things for you and/or the kids to do? Find out how we can help at www.ahs.ca/shcwellness.

A few of our FREE programs are highlighted below:

Mindfulness: Body Scan & Breath Practice August 5 12:00-1:00pm

Mindfulness is an approach to self-care that can help you to deal with stress, pain, anxiety & illness by being more present to the moment. It's about finding a way to relate to your life's challenges by encouraging you to remain present so you can let go of the past & worry less about the future.

Healthy Eating for Pregnancy August 8 6:30-8:30pm

Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby, which vitamins and minerals are important, what foods to avoid, and how to manage nausea & vomiting, heartburn, and constipation? An AHS Registered Dietitian will help guide you in setting your personal nutrition goals.

Family Peer Support Group August 9 or 23 6:00-8:00pm

Family and friends often have a difficult time coping with a mentally ill relative or friend and wonder how best to help. The Family Peer Support Group provides

caring support and specific information and resources to aid individuals in maximizing their ability to assist those affected by mental illness while staying balanced in the process.

Resume Writing 2-day series August 13 & 20

Do you want more interviews? Are you interested in writing a high-impact resume that identifies your abilities, skills and accomplishments?

Don't forget about our weekly meditation session. This runs every Tuesday from 5:00-5:45pm and is running throughout the summer!

JOIN US! In the Kids Zone at South Health Campus Family Fun Run.

September 10, 2016 9:30am-1:00pm

Save the Date for this fantastic **FREE** family-friendly event at Calgary's newest health campus.

For more information, please visit www.ahs.ca/shcwellness.

Most programs require registration. See our program guide and learn how to register at www.ahs.ca/shcwellness or 403-956-3939.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 29

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Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, "Everything is Energy." But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: "We are all connected." In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is "The Big Secret." It is also a universal law. Mastering your own frequency will turn you into a manifesting genius and you will truly astonish yourself and those around

Everything Is Energy...

cont'd

you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aid you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart — it is the best indicator of what is the right thing to do for you.



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IN & AROUND CALGARY



Going on a Holiday?

A message from the Federation of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.



Name	Age	Contact	Course
Tiana	13	587-432-7282	Yes
Kelly	14	403-617-1141	Yes
Quinn	14	403-990-2570	Yes
Lynda	15	587-229-9118	No
Crystal	16	403-903-8938	No
Ema	16	403-466-5171	Yes
Kennedy	16	403-463-9800	No
Deseray	17	587-437-0833	Yes
Louise	19	587-439-1255	Yes
Abby	19	587-439-7017	Yes
Mehgan	21	587-434-3798	No
Sujitra	31	587-284-1984	No
Rosemarie	36	403-708-5759	No
Annie	37	587-968-6504	Yes
Trina's Dayhome	43	587-432-2527	Yes

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

IN & AROUND CALGARY



Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit calgarycommunities.com for more information or to register today!

SOUTH CALGARY & OKOTOKS KARATE
OPENINGS FOR BEGINNERS



McKenize Lake School
Mondays 4:30 - 5:30pm Ages 6 - 12 years

Deer Run Community Centre
Saturdays 9:30 - 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 - 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 - 6:30pm Ages 7 - Adults
Thursdays 5:30 - 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com





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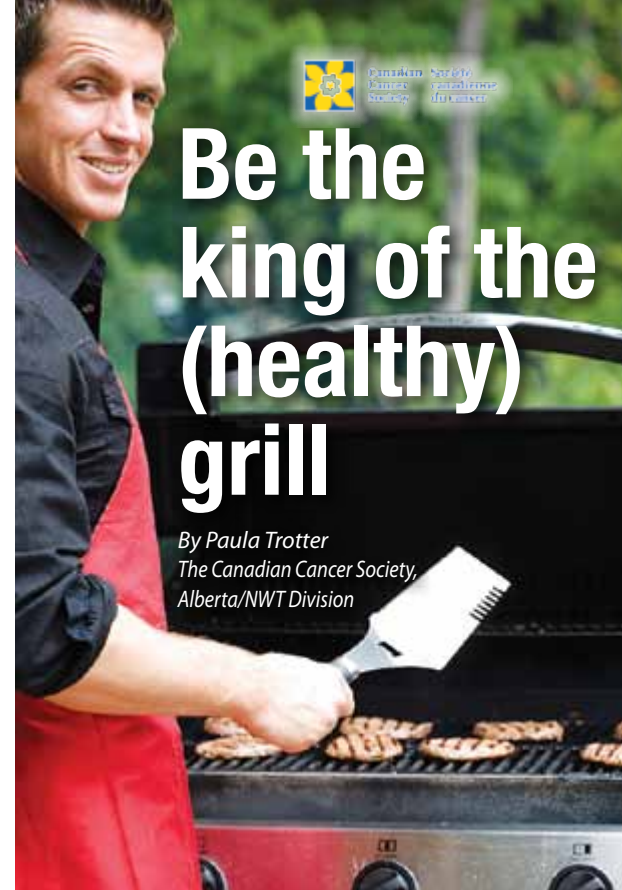
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Be the
king of the
(healthy)
grill

By Paula Trotter
The Canadian Cancer Society,
Alberta/NWT Division

Canadians love to grill.

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

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high tem-

peratures may increase your risk of developing certain cancers, such as colorectal cancer.

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

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

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

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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

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

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

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

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

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

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

Jennifer L. Scott, D.V.M.

Children and Dog Safety

How to say Hi to a Dog

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

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



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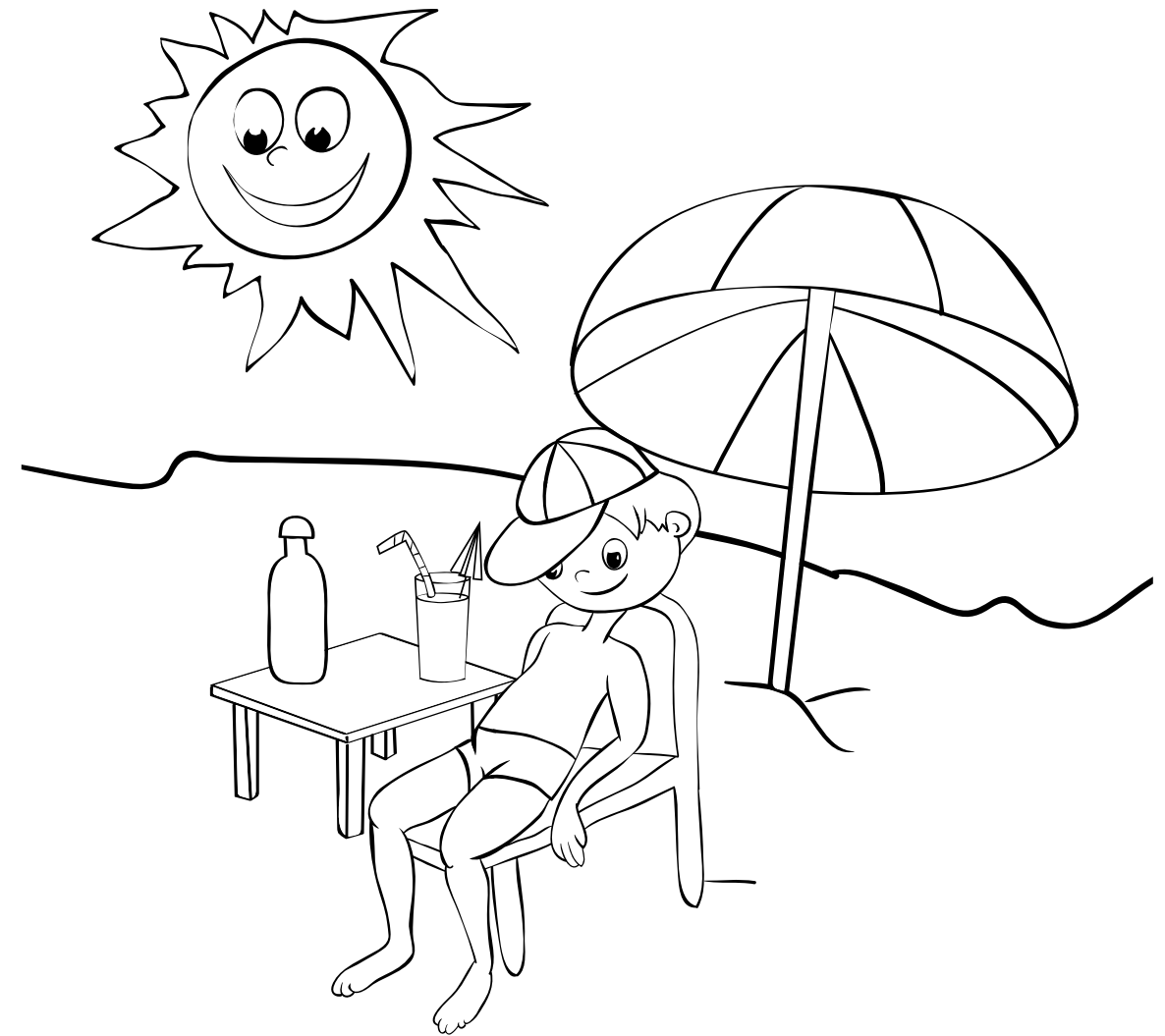
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At South Trail Chiropractic, we are on a mission to create the healthiest patients in Calgary. We want to empower you to take your health and that of your family into your own hands and start living to your fullest God given potential. Health promotion can be defined as anything you do that moves you toward better health. Chiropractic is a perfect example of this. All you have to do is look at the very basics of human physiology: 1) The human body is a self-healing, self-regulating organism (that means that your body was designed to heal and to know exactly how to respond to stresses placed upon it); 2) the nervous system is the master control system of the body (in order for you to self-heal, self-regulate or to do ANYTHING, your nervous system must be functioning well); 3) your spine was designed to protect the extremely important nervous system (it is essential to have a properly aligned and properly functioning spine in order for your nervous system to be properly protected); 4) Subluxations (misaligned vertebrae) interfere with the nervous system making it impossible for your body to heal and regulate itself properly. All this, regardless of symptoms!

This means that your nervous system keeps you alive and healthy. As long as your nervous system is functioning properly, you will get and stay healthy. Since it is your spine that keeps your nervous system protected, if your spine is healthy, your nervous system is healthy, which means...YOU ARE HEALTHY! Keeping your spine healthy by getting checked for and correcting subluxations on a regular basis is actually keeping YOU healthy. If your spine is unhealthy, you are unhealthy...whether you FEEL it or not. And I must stress here that you CAN have a subluxation and not feel it. In fact, most people you know have subluxations and cannot feel the effects of them for months or years later. Keeping your spine healthy now is much easier than waiting until it hurts later. There is a big difference between making you feel better and actually CORRECTING your spine. Correction takes TIME!

But it's not just Chiropractic that keeps you healthy. There are a plethora of long term, scientific studies that show a direct correlation between a healthy lifestyle (eating right, exercise, lowered stress, Chiropractic, and decreased toxicity) and prolonged life and the prevention of pain, illness, and disease. We hear it all the time from patients who ended up in a health crisis, "**why didn't I take better care of myself?**" You can spend a little now on health promotion or a lot later on disease treatment. Unfortunately, there are no "cures". Today, disease treatment is nothing more than "symptom management". Preventing disease is the only real answer.

So it pays to stay healthy! The healthiest and happiest people we know take the time and spend the money necessary to keep their bodies healthy and prevent disease. The current financial crisis was created due to the shortsightedness of many people. Unfortunately, we are also in the middle of a health crisis. Today, the healthiest people have a vision and take a long term approach to their health. They see the care of their body as something that needs to be taken seriously and done regularly if they are to stay healthy and have an above average quality of life for years to come. So you decide, are you going to be shortsighted and opt for pain relief only or are you going to grab a vision for your health that is long term and focused on health promotion? We are absolutely dedicated to helping you achieve all your dreams through regular Chiropractic care and teaching you about lifestyle choices that must be addressed if you are to live a long, happy, and healthy life.



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 round-worm 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.



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To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to ABM@great-news.ca

The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wing-tips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition

to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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**SEPTEMBER 3
CALGARY HIGHLAND
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
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Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



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

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- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

**IN & AROUND
CALGARY**

**Backyard Fire Safety tips
from your Calgary Fire
Department**

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

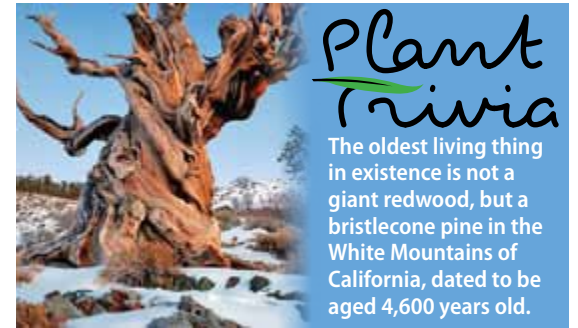
1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

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THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, sidewalks and tree removal. References available. Thank you for all your calls, Wendell at 403-613-6807.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

IN & AROUND CALGARY

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

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

Backpack Safety

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

Healthy Posture

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

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

Proper Footwear

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

Other Healthy Tips

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

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

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

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

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

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GUEST SPEAKERS:



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



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



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

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

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

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

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Hall of Fame Gallery & Museum Tour

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