

JULY 2016

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**AUBURN BAY RESIDENTS  
ZEBIAN FAMILY  
PROFILE INSIDE**





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



**Marquis De Lorne  
Community Assoc.**  
6 Copperstone Way SE  
Calgary, AB T2Z 0E7  
Phone:(403) 532-8864  
Fax:(403) 532-8874  
info@mdlca.ca | www.mdlca.ca

**Elected Officials**



**Councillor Shane Keating  
Ward 12 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2478  
Fax: 403-268-8091  
Email: ward12@calgary.ca  
Web: www.calgary.ca/ward12



**MLA Rick Fraser  
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Calgary, AB Canada T2Z 0H2  
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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
<b>UPPER LEVEL BANQUET ROOMS</b>						
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
<b>LOWER LEVEL MULTI-PURPOSE ROOMS</b>						
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	
<b>GYMNASIUM</b>						
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	
<b>PICNIC SHELTER</b>						
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](mailto: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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Whether it is formal gourmet dining to impress your friends, family or associates or a casual backyard gathering in your home, we will satisfy your needs.



Our full service restaurant at the Big Rock Brewery is **Open Daily for Lunch Monday to Friday from 11am to 2.30pm**. Closed on Weekends and Holidays. We do however cater in the evenings for closed functions.

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**AUBURN BAY  
RESIDENTS ASSOCIATION**



### Auburn House Summer Programs

#### Make a Summer Splash at Auburn House!

Don't miss out this summer on a variety of great youth summer camps – half day and full day camps available! Plus, many popular adult fitness classes all here at Auburn House to keep you and your entire family fit and having fun all summer long.

Registration is currently open and is ongoing – Check out all our programs available in the Summer Program Guide & Events Calendar on AuburnBay-connect.com.

#### Youth Summer Full-Day Camps

- Tennis Camps
- Basketball Camps
- Bricks for Kidz Camps
- Sports Camps
- Dance and Theatre Camps
- Stand Up Paddle (SUP) Board Lessons
- Paddle Fit
- Cardio Kickbox
- Beach Body Blast
- Strollersize
- Stand Up Paddle Yoga
- Yoga on the Beach
- Plus More!

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 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!



**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
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
June 2015	\$534,900.00	\$523,000.00

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

	No. New Properties	No. Properties Sold
May 2016	37	30
April 2016	33	27
March 2016	40	23
February 2016	32	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
June 2015	41	35

### Community Newsletter Ad Sales



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To view the specific SOLD Listings that comprise the above MLS averages please visit [auburn\\_bay.great-news.ca](http://auburn_bay.great-news.ca)

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## Prince of Peace School

We continue to expect Prince of Peace School to open September 1, 2016. Check the construction updates that will be posted on July 15, July 29, August 12, & August 19 on our website [www.cssd.ab.ca/schools/princeofpeace](http://www.cssd.ab.ca/schools/princeofpeace)

Based upon continued growth in the Auburn Bay community, it is anticipated that Prince of Peace School could be near or at capacity within a few years of opening. In order to assist us in planning for the future and anticipating growth as much as possible, Catholic parents of children not yet attending the school and not yet preregistered with the school are asked to register their child after the child's first birthday. All children preregistered with the school will be placed on a waitlist in the order the preregistration is received.

While preregistering your child does not necessarily guarantee placement at the school should the need for restricted enrolment develop, it does afford the district the opportunity of more accurately predicting enrolment pressures in a fast growing community.

If you have not yet preregistered your child, please contact the school at (403) 500-2125.



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## IN & AROUND CALGARY



### Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4<sup>th</sup> Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

Visit [calgarycommunities.com/events](http://calgarycommunities.com/events) to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

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.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com) or (403) 244-4111 ext. 204.



# Fostering Friendship with **The ZEBIAN FAMILY**

Photos by Kathryn Linton Photography

The two pillars of the Zebian family, Zee and Helena, met on an online dating site, back before it was the cool thing to do. They got married in 2005 after a short three month engagement. Around the time that they got engaged, they had relatives from Australia and England coming to Canada for vacation and so they decided, "why not throw a wedding in, too!" They tell the fond memory as a great day that ended up being one of the hottest days on record. Their wedding day also happened to fall on Stampede Parade Day, so now Stampede also kicks off their anniversary celebration.

Zee is a born and raised Calgarian. He grew up in the southeast with his brother, Jamil, who now lives in Australia with his wife and three children. Helena was born in England. Her aunt and uncle, who already lived in Calgary, bought Helena her first plane ticket to Canada and she moved to Calgary in 1999. Since she was young, Helena had always wanted to be in Calgary because of its open spaces, friendly people, and new opportunities.

Zee and Helena originally settled down in Marda Loop and moved to Auburn Bay five years ago. They chose to move to Auburn Bay because it offered them high value and they have family that lives close by. Since both Zee and Helena work from home, they had the flexibility of choosing which community to live in, since there were no commute constraints to consider. Their new home is aptly situated close to the new public school.





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occasionally bumping into each other. When they are not hard at work or on vacation, Zee and Helena spend their time together relaxing on the deck and enjoying a nice glass of wine while they watch their daughter, Phoenix, playing with her friends at the nearby park.

The real reason they moved so close to the Auburn Bay public school is their pride and joy: Phoenix. Their beautiful seven year old is full of personality and smiles. Phoenix just finished grade two at Andrew Sibbald School and she can't wait to start grade three at the new school next fall. She is looking forward to taking a quick walk home for lunch when she wants to. At the moment, Phoenix aspires to be a full-time "You-Tuber" as she is quite outgoing and loves the spotlight. Along with trying to become a superstar, Phoenix also plays piano. She takes lessons in Mahogany with her fabulous teacher, Jamie-Lynn Rawson. She just completed her second recital in June.

The final member of the Zebian family is tiny Tuco. This little Chihuahua, named after the super villain from



Zee has worked in the real estate industry since 1999 and has had his real estate license since 2011. He is currently marketing real estate with real estate builders and has been involved in the growth of many new communities through high-rise condo developments all over Alberta.

Helena is a Registered Massage Therapist and spa owner since 2008. She has a successful home based spa, right here in Auburn Bay called Gelous Spa (<http://www.gelousspa.ca/>). The entire basement floor of their home is renovated as a dedicated spa that provides a serene and professional spa experience. The spa offers a large variety of services with the availability to easily book online.

Since they each have their own home-based business, Zee and Helena have to work as a team. With frequent visitors to their home, they always have to be on their game. However, the easy commute from the living room to the office as well as the vacation flexibility makes it all worth the stress of two home-based businesses

Breaking Bad, is a mere three pounds. Zee was very sceptical at getting a dog at first, since he is more of a cat person, but Tuco is much smaller than any cat and so everyone wins! He doesn't get outside much but he gets a lot of attention because he's so small. Being a Chihuahua, he barks at almost every leaf that falls, but is friendly and just wants a lot of cuddles when he meets new people.

In their spare time the Zebian family loves to travel. Their favourite way to travel is via Cruise. They find it is the best way to see so many different countries in a short period of time. They also love that everything is taken care of for them throughout the vacation. They want to travel all over the world and have already been on cruises to Europe and the Caribbean. In celebration of their upcoming 40th birthdays, the family is going on an Asian cruise soon. Phoenix loves cruising, too, as the kids' clubs are so much fun for kids and she makes great friendships along the way.

When they first moved to Auburn Bay, they hardly knew anyone else in the community. They actively changed that by growing the local digital community. Zee started the Auburn Bay & Mahogany Buy/Sell Facebook groups.



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He wanted to give the community a way to connect through social media and the groups have been outstanding for the area. He says it just “makes a lot of sense to just sell and buy locally”. He knows many people that have met through the Facebook page and created great friendships for both the parents and their children.

A few years back Zee and Helena also founded the first “Auburn Bay Wine Tasting Event”. They plan to do another event this summer to support the K-4 fundraiser for a new playground at the school.

The Zebian’s are a great addition to the Auburn Bay community. They are both local business owners who are incredibly and actively involved in this community. After moving from the downtown lifestyle, they were a bit worried that they would miss the upbeat lifestyle as well as the services that established communities offer, but they found that Auburn Bay didn’t disappoint. Auburn Bay offers everything they need: nearby amenities, lots of home-based services, and friendly neighbours. Zee and Helena originally planned to move back to the inner city, but couldn’t imagine leaving the suburbs now. They are such great people and Auburn Bay is lucky to be able to keep them.



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](mailto:ABM@great-news.ca)

**KATHRYN LINTON**  
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**CRANSTON**  
 RESIDENTS ASSOCIATION

**CONTACT INFORMATION**

Telephone: 403.781.6614  
 Fax: 403.781.6655  
 Email: [info@cranstonresidents.ca](mailto:info@cranstonresidents.ca)  
 11 Cranarch Road, S.E.  
 Calgary, AB T3M 0S8

**Facebook:** CranstonCenturyHall  
**Twitter:** Centuryhall  
**Instagram:** Cranstoncenturyhall  
**Century Hall Administrative Office Hours**  
 Monday to Friday  
 9 am to 5 pm

**Century Hall Park Hours**  
 Monday to Sunday  
 9 am to 10 pm

**Administrative Manager**  
 Marcie O’Rourke  
[admin@cranstonresidents.ca](mailto:admin@cranstonresidents.ca)  
**Recreation Manager**  
 Amber Sessford  
[programs@cranstonresidents.ca](mailto:programs@cranstonresidents.ca)

**Facilities Manager**  
 Al Proctor  
[aproctor@cranstonresidents.ca](mailto:aproctor@cranstonresidents.ca)

**General Manager**  
 Lannie Anderson  
[gm@cranstonresidents.ca](mailto:gm@cranstonresidents.ca)

**Cranston Residents:** Do you have your membership cards for Century Hall? All residents over the age of 12 are now required to have a membership card for entry to the new Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA). Pre-enter your membership card request form available at [www.cranston-connect.com](http://www.cranston-connect.com) and then drop by Century Hall to pick up your card. **\*\*IMPORTANT\*\*** Please use the front entrance only to gain access to the facility.



**Cranston’s Annual Stampede Breakfast**

Saturday, July 9, 9:00AM - 12:00PM (Pancakes ends at 11:00AM)  
 Grab your cowboy hats and head down to Century Hall for Cranston’s largest event of the year! Complete with everything to entertain your family this fine stampede day: face painting, petting zoo, bouncy castles, line dancing, professional ropers, music, and of course an unlimited number of pancakes! This event is free of charge and is open to the public. RSVP is not required, however; we do remind you that this event is first come first serve. Food lines will be cut off at 11am.

**Family Movie Nights At Century Hall**

Enjoy a family movie night, at Century Hall every third Friday of the month from 7-9pm, for the low cost of \$5/family! This price includes admission, drinks, and popcorn for your entire family! You can’t beat that price for a family night out! Movie selections will be advertised every month on our website: [www.cranston-connect.com](http://www.cranston-connect.com). Everyone is welcome...we hope to see you here!

**July Movie Night** – July 15, 7:00PM – 9:00PM  
 Our July movie is The Jungle Book

**Big Thank You to Cedarglen Homes for their ongoing support of this monthly event!**

**Drop-In Story Time & Book Truck (0-5 Yrs):**

Hosted in partnership with Calgary Public Library you are invited to come and spend time with other parents and children while participating in a 30 minute story time. You can also use this opportunity to sign our and exchange books from the library.

**The Book Truck will be available from 10:00AM – 12:00PM with story time at 10:30AM.**

**Thursdays: July 7 & 21**


**Summer Program Registration is on Now**

There are some amazing offerings this summer including Glass Blowing, Tennis & Basketball Camps, adult fitness programs, children’s art programs and of course some amazing summer camps for all ages.

Call us today at 403.781.6614 ext. 0 to register!

~continued next page~






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**Century Hall Summer Camps!  
Space Is Limited!**

Join us at Century Hall for a summer filled with adventure! With a new adventure each week, your child is sure to have a blast. Explore the Wild West, create an experiment, you can even go on a journey with dinosaurs! Our camps will be filled with fun for kids of all ages.

**Camp Rates & Registration schedule  
Right on Time Rates:  
June 1, 2016 and Onward**

<b>Full Day</b> (5-6yrs, 7-9yrs & 10-12yrs)	
Resident: \$190.00	Non- Resident: \$200.00
<b>Half Day</b> (3-5yrs)	
Resident: \$105.00	Non- Resident: \$115.00

**Drop-In To Century Hall**

Come spend the day with us! With a great selection of activities, bring your family for a day of play. Whether you're outside on the tennis courts or inside in the gym, we've got something for everyone! View all schedules by heading to our website [www.cranston-connect.com](http://www.cranston-connect.com)

**New Drop In Rates (effective April 1st)**

Non-Resident Drop-Fee: \$6.00 single visit  
5X Pass: \$27.50  
10X Pass: \$50.00

**your COMMUNITY  
business of the month**

**Soma Hammam and Spa**  
Seton Community

Soma Hammam and Spa is affordable relaxation close to home. Soma is new to the developing area of Seton but began its roots in the heart of downtown. With 5 years of spa experience under their belt, Soma has catered to thousands of client's skin and body concerns. Health is, "the general condition of the body or mind with reference to soundness and vigour." Commonly, the public would consider proper diet integrated with consistent exercise is all that affects one's health. However, Soma firmly believes taking the time to relax, refresh, and reconnect is an integral part to one's own health and happiness. Soma has created an environment where clients can release themselves from daily stressors and find balance to better tackle life's obstacles

**Treatments:**  
Soma houses Calgary's ONLY Hammam. If you're not familiar with a Hammam, it is a traditional Turkish cleansing ritual which Soma has given a modern twist. Using a heated stone slab as the focal point, Soma has created relaxing treatments to rejuvenate and rebalance the body. A Hammam is experienced with Registered Massage Therapists and Certified Aestheticians who understand the priority of cleansing and healing. Clients lay on top of the heated stone table set at 40 degrees Celsius and will first receive a foam wash, followed by exfoliation; constant rinsing; hair and scalp cleanse and massage therapy. This full body treatment will leave your skin feeling soft, and your body and mind feeling refreshed and relaxed. At Soma they have encompassed the importance of heat and detoxification, and transformed the Hammam experience.

**What is a Spa Studio?**  
Soma is a spa studio with the intention to create a space for clients to relax, refresh and reconnect. Our spa was built with inspirations of minimalistic textures, modern design and accents of Turkish patterns. Visit our website [www.somacalgary.com](http://www.somacalgary.com) in the gallery section to see our beautifully curated space.

**What other Treatments do you offer?**  
We offer a range of skin and body treatments from manicures, pedicures, facials, full body massages and our Hammam.

**Are your RMT's Certified?**  
Yes- All of our RMT's are 2200 hour certified so insurance policies cover RMT services.

**Do you do group bookings?**  
We definitely do! We welcome small parties (8-10 people) for birthdays, bachelorette parties, and more. Food and beverages can be purchased as well.

You can call Soma Hammam & Spa at 587-471-2496 or email [info@somacalgary.com](mailto:info@somacalgary.com) to book.



*Soma Hammam and Spa*

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Name	Age	Contact	Course
Kelly	13	403-617-1141	Yes
Tiana	13	587-432-7282	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

**Calling All BABYSITTERS** Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS** Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## KEYBOARD SHORTCUTS

**SENDING E-MAIL MESSAGES**  
 Use the following keys (if you are emailing a document or a message) when the insertion point is in the email header. To move the insertion point into the email header, press **SHIFT+TAB**.

**ALT +S**  
 Send the active document or message.



# SHC Wellness Centre

## July Highlights

Are you staying in town in July and looking for some things for you and/or the kids to do? Find out how we can help at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness). A few of our FREE programs are highlighted below:

**Healthy Eating for Pregnancy**  
**July 4 OR 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.

**Introduction to the New Journaling**  
**July 5 6:00-7:30pm**

Learn about new trends in journaling that are helping people around the world with self-growth, healing and life management. Certified Journal to the Self® Instruc-

tor and seasoned writer Sharon McLeay MA will go through the practical benefits of keeping a journal, 8 basic steps to a satisfying journal practice and 2-3 of the new journaling techniques.

**Art Therapy with Heart: Creative Writing & Vision Boards**

**July 6 10:00am-12:00pm**

Creative expression helps patients & families with the feelings that come with diagnosis/treatment of cancer. Adults who are receiving or moving beyond cancer treatment will engage in a creative writing activity to stoke personal images of resilience. You will create a vision board reminding you of your capacity to 'bounce back'.

**Mindfulness**

**July 8 OR August 5 12:00-1:00pm**

**July 21 6:30-7:30pm**

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.

**The Truth about What Works in Weight Management**

**July 20 5:30-8:00pm**

In this session you will evaluate what you are eating and strategies that can help lower your calories. You will also learn how meal patterns, food choices and portion size affect calorie intake and about which foods can help you manage your weight.

**Most programs require registration. See our program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or 403-956-3939.**



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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](http://www.tricocentre.ca) to find out more.

### July 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.)

### Membership Specials while the Pool is Closed

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety compo-

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nents. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES\*

### Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check [www.tricocentre.ca](http://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) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

### Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

### Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

# PET INSURANCE



## is for everyone, including Vets

Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assesses every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.





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## IN & AROUND CALGARY



### Going on a Holiday?

A message from the Federation of Calgary Communities

#### Building Safe Communities Program

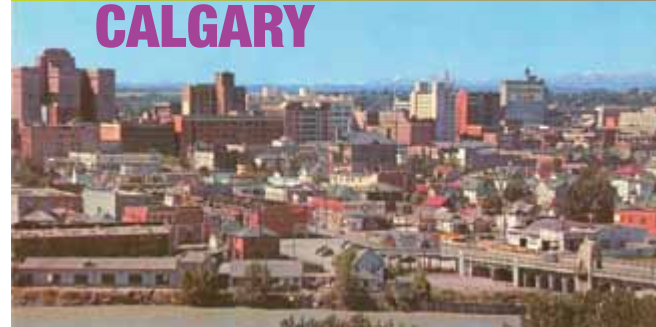
Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

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 and visit the Virtual Resource Centre.

## IN & AROUND CALGARY



### Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: [www.chinookcountry.org](http://www.chinookcountry.org) for the program list.

### Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

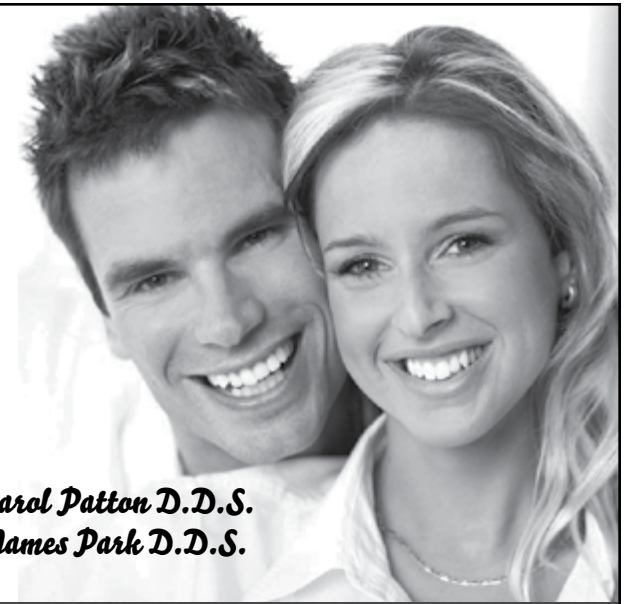
### Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit [Calgary.ca](http://Calgary.ca) and search taxi stands.



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## IMPORTANT CHANGES TO TAX-EXEMPT 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

**LOCATION:** Canada's Sports Hall of Fame  
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**RSVP:** Kara Weber  
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## IN & AROUND CALGARY

### Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

**All food, yard and pet waste is accepted in the program.**

**Unlimited quantity.** Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

**Green and blue carts** will be collected on the **same day every week.**

**Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

**Green carts go beyond backyard composting**

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

**Why we need to keep food and yard waste out of landfills**

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit **calgary.ca/greencart**.

Submitted by *The City of Calgary Waste & Recycling Services.*



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## Calling All Neighbours!



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](mailto:ABM@great-news.ca)



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Calgary.southeast@assembly.ab.ca

Welcome to Summer! My office and I are thrilled to be participating in the many Stampede community breakfasts and BBQ's this July. It is always a pleasure to engage directly with constituents, and a big thank you to both the Community Associations and Resident's Associations for planning these events.

As some of you may have heard Alberta Parks will be implementing user fees at Sikome Lake this summer. The fees will allow Sikome to expand its capacity, upgrade facilities and extend the swimming season into early September. Alberta Parks will invest the new facility fees in consistent public access to the full lake, additional aquatic safety staff and a season that extends through Labour Day. Infrastructure investments will include interior and exterior renovations to buildings on site, including washroom and shower facilities.

Facility fees will range from \$2 to \$10 for a day pass, including the option of a family day pass at \$10 for one or two adults with children living in the same household. Season passes range from \$25 to \$100 for a family pass for unlimited access. Group rates for day cares, day homes and day camps will also be available. The new fee structure includes reduced rates for persons with disabilities and both the Cultural Access Pass and the Calgary Fee Assistance Card will be accepted at the gates.

For up-to-date information from my office on the constituency and province, please visit my Facebook page at RickFraserYYCSE.

If you'd like me to attend a community event, please send an e-mail to calgary.southeast@assembly.ab.ca.







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**SETON DENTAL AND AUTHENTIC ORTHODONTICS**

Come join us for our 3<sup>rd</sup> Annual Free Stampede Breakfast in the parking lot.  
19489 Seton Cres. SE

When: July 11th  
Time: 9:00am to 11:00am

*There Will Be Food, Fun And Music For Everyone!*

## 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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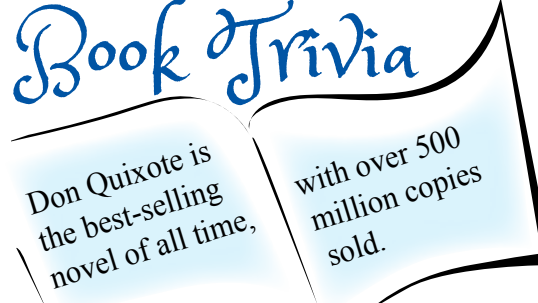
## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**FLC SENIORS CLUB – TAI CHI 55+** Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). [www.flcseniors.ca](http://www.flcseniors.ca).



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