

AUGUST 2016

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THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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Editorial Content DEADLINE

1st of each month for the next month's issue

SOUTH CALGARY & OKOTOKS KARATE OPENINGS FOR BEGINNERS



SOUTH CALGARY WADO KAI KARATE BEGINNER TO BLACK BELT

McKenzie 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





Save the Date!

The Cranston Community Association community clean-up is on September 3, 2016. If you still have residual supplies/waste from a summer construction project, or just need an excuse to do a "fall clean", join us for this free event. The City of Calgary Waste & Recycling services will be on hand, in addition to some recycling and donation partners.

Visit www.cranstonca.com for more information, and a list of accepted (and not accepted) items.

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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES rentals@cranstonresidents.ca

	Dimensions	Capacity	Hourly Rates	
			Resident	Non-Resident
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft	135 dinner	\$80.00	\$104.00
Heritage A 1037 sq feet	34 ft by 30.5 ft	50 dinner	\$50.00	\$65.00
Heritage B 850 sq feet	34 ft by 25 ft	40 dinner	\$40.00	\$52.00
Heritage C 765 sq feet	34 ft by 22.5 ft	35 dinner	\$40.00	\$52.00
Heritage A & B 1887 sq feet	34 ft by 55.5 ft	90 dinner	\$60.00	\$78.00
Heritage B & C 1615 sq feet	34 ft by 47.5 ft	80 dinner	\$55.00	\$71.50
Vista 639 sq feet	18 ft by 35.5 ft	30 dinner	\$45.00	\$58.50
Legacy 369 sq feet	18 ft by 20.5 ft	15 dinner	\$25.00	\$32.50
Seasons 180 sq feet	12 ft by 15 ft	10 seated	\$20.00	\$26.00
Riverside 534 sq feet	17.5 ft by 30.5 ft	25 dinner	\$45.00	\$58.50
Gym 5159 sq feet	57 ft by 90.5 ft	200	Party Package Only	Party Package Only

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Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 10pm and 1:00am.
After Hours Teardown fee applies for rentals ending between 9:30pm and 1:00am.
SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
\$500.00 damage deposit cheque and proof of insurance is required for all rentals.

Revised April 2016 - prices subject to change



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

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

CranstonCenturyHall
 Centuryhall
 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

Recreation Manager
Amber Sessford
programs@cranstonresidents.ca

Facilities Manager
Al Proctor
aproctor@cranstonresidents.ca

General Manager
Lannie Anderson
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 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 Riverstone: Date Night

Take a break from the everyday, and join us for a night under the stars. Bring your favourite person to enjoy some tasty desserts and beverages while enjoying a movie on a warm summer evening. This is the perfect way to spend a summer night in your extended back yard. This event is for adults only. Please RSVP on the event page of www.cranston-connect.com. In the case of bad weather, this event will be moved to Century Hall.

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. Everyone is welcome. We hope to see you here!

August Movie Night – August 19, 7:00PM – 9:00PM

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: August 4 & 18

Programs at Century Hall

There are some amazing offerings this August including tennis camps, adult fitness programs, a yoga workshop, children's art programs and of course some amazing summer camps for all ages. Call today to make sure you don't miss out!

Registration for Fall Programs begins August 2 for Cranston Residents. Check out www.cranston-connect.com for our full program guide. There is so much to choose from, including dance, art, karate, ball hockey, basketball, yoga and so much more!

~continued next page~



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CRANSTON

Century Hall summer camps! Space is limited!

Camp Rates & Registration Schedule

	Right on Time Rates: June 1, 2016 and Onward
Full Day (5-6yrs, 7-9yrs & 10-12yrs)	Resident: \$190.00 Non- Resident: \$200.00
Half Day (3-5yrs)	Resident: \$105.00 Non- Resident: \$115.00

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.

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

New Drop In

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

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Insects & Technology

Fleas Knees
Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.
Discovery Magazine

"We Care"
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Because you value your Community, be sure to purchase your Cranston Community Association Annual Membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

Memberships are \$20.00 per family for Cranston residents and \$30 per family for non-residents. Memberships are valid for 1 year from date of purchase.

Name: _____ **Spouse Name:** _____

Address: _____ **Postal Code:** _____

Contact Phone: _____ **Email:** _____

Number of children: _____ **Age(s) of children:** _____

Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to the following address:

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8

Cranston Community Memberships can also be purchased at the front desk at Trico Leisure Centre, 11150 Bonaventure Drive SE.



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Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$439,800.00	\$429,000.00
May 2016	\$439,450.00	\$430,750.00
April 2016	\$510,000.00	\$500,000.00
March 2016	\$429,900.00	\$426,000.00
February 2016	\$482,450.00	\$468,000.00
January 2016	\$429,950.00	\$426,250.00
December 2015	\$435,000.00	\$440,000.00
November 2015	\$479,900.00	\$470,000.00
October 2015	\$499,900.00	\$490,000.00
September 2015	\$463,950.00	\$455,000.00
August 2015	\$425,000.00	\$425,000.00
July 2015	\$479,950.00	\$468,500.00

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	45	29
May 2016	43	30
April 2016	37	29
March 2016	36	23
February 2016	41	14
January 2016	28	12
December 2015	12	15
November 2015	12	13
October 2015	28	25
September 2015	38	22
August 2015	31	25
July 2015	49	32

To view the specific SOLD Listings that comprise the above MLS averages please visit cranston.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 33



Ainsley Vieira, B.A., J.D. Family Law Consultations



Questions about a Family Law issue? Ainsley has comprehensive experience in all areas of Family Law.

Call Sheena at 403-767-5951 or Ainsley at 403-767-5955 today to book your consultation.

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**SEPTEMBER 3
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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
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

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





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.



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 shoed 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.

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.

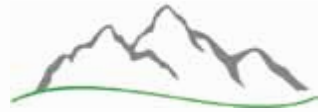
Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

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.



Matt Grigg is a licensed mortgage professional serving the Alberta community.

With a primary focus on customer service, Matt provides expertise in arranging mortgage financing for residential purchases, refinancing and renewals

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The values driving Matt Grigg's quality lending services also drive him in his everyday life. He is passionate about building trusting relationships, serving his community and helping individuals reach their real estate goals by getting ahead of the process.

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- Matt will provide proactive solutions to help find a competitive mortgage that works for YOU.
- YOU can have confidence and trust in the results of YOUR unbiased mortgage options.
- Matt will work as YOUR intermediary between YOU and the lender (bank) to negotiate mortgage loans.
- Matt will continue to support YOU beyond the home buying purchase.

WHY UTILIZE A MORTGAGE PROFESSIONAL?

- Benefit from an unbiased advisor. Rather than working for one financial institution, Matt deals with many financial institutions on a daily basis. This allows him to offer YOU more choices and highly competitive options.
- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.



TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

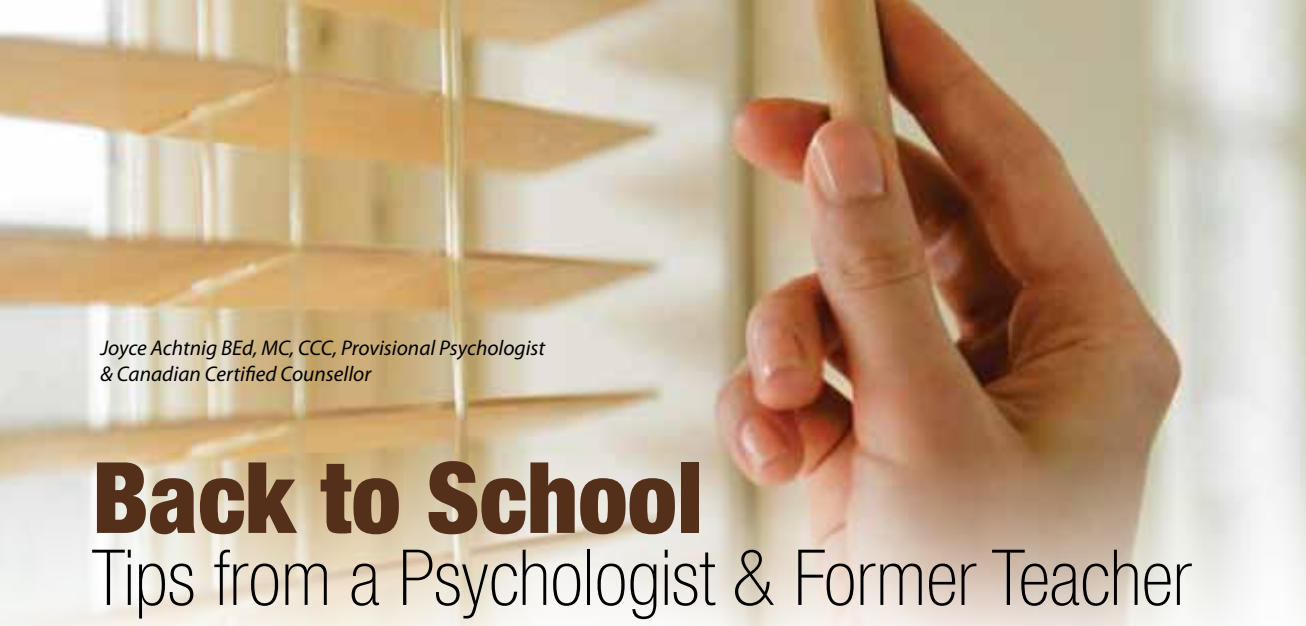
Kyla Workman



MATT GRIGG
Mortgage Professional

403.863.3997 | matt@mattgrigg.com | www.mattgrigg.com





Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour count-down to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.

Cottage Hand-off

Suzanne Smith-Demers – Consultant

The hand-off. It's the simplest play in a football coach's playbook. But as any sports fan knows, even the simplest play can go wrong for any number of reasons. The same could be true of your family cottage hand-off.

To help you avoid potential obstacles like excessive taxation and maybe even some surprising opposition, here's how to perform a cottage hand-off that ensures it will stay in your family's hands for a long time.

Call the right play

A successful hand-off starts with everyone on your "team" being on side. Talk to all of your family to see if there are those who do not want ownership responsibilities, you can help avoid future family squabbles by solving them now.

Elude potential blockers

Plan now to manage future tax liabilities. When you die, you're deemed to have disposed of your capital assets at fair market value – meaning that your heirs could face significant tax on the appreciation of the cottage.

A less-taxing hand-off

Transfer the property to your kids while you are alive, either as an outright gift or by selling it to them at fair market value. Payments can be made receivable over a five year period and claim the capital gains reserve, so that only 20% of the capital gain is taxable in any one year. Also, consider using the principal residence.

Alternatively, transfer the property to a trust to trigger an immediate capital gain. Future capital gains on the property will then accrue and not be payable until the property is sold.

Insure your hand-off

Cover cottage capital gains – and other estate debts – with permanent life insurance. A tax-free death benefits can provide an essential source of cash so your family won't be forced to sell assets, such as your cottage.



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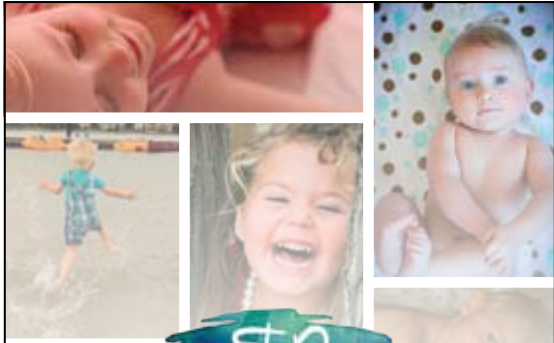
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EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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.



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!


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stmu.ca/ghost

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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.



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.

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!

Cranston mybabysitterlist

Name	Age	Contact	Course
Amélie	12	403-988-8568	Yes
Alex	13	403-719-0734	Yes
Sydney	13	403-257-5849	Yes
Natalie	13	403-477-0749	Yes
Jace	13	403-201-1177	Yes
Mia	14	403-922-6004	No
Stephanie	14	403-726-1475	Yes
Paige	14	587-353-0366	Yes
Emily	15	403-257-5069	Yes
Dakota	16	403-993-7525	Yes
Sumel Kaur	18	587-707-2720	No
Allison	19	403-890-6057	Yes
Andrea	20	403-466-3664	No
Julienne	21	403-702-1238	No
Mila	22	403-703-4076	No
Marissa	23	403-993-3054	Yes
Heather	30	403-966-5233	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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.

CALGARY



WILDLIFE

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 wingtips (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).

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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.

IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Cranston. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

HIRING: Small cleaning business looking for someone to clean with us. No weekends or holidays, daytime work. Phone Jackie at 403-256-3611.

RENOVATIONS - DECKS, GARAGES, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

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CODERAD ELECTRICAL LTD: Over 13 Years' Experience, Quality service & Installation for a fair price. Certified Master Electrician. Fully Insured & WCB Compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

WANNA SING? JOIN THE BIG ROCK SINGERS! A music experience you will never forget as you laugh, sing, and make friends, all while raising money for charity! Visit www.bigrocksingers.com for information and registration details. Our new singing season starts September 7th.

TRAVELLING PIANO TEACHER: Sharon Cameron has taught piano for the past 20 years and loves working with all ages and levels. She is happy to teach in your home or her studio. She brings with her the highest level of music education from The Royal Conservatory of Toronto with her ARCT designation. Call: 403-797-9889.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yarbusterslandscaping.com.

LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kinds of interior, exterior painting, staining, or spraying. Please call Eric at 403-870-0326. Thank you.

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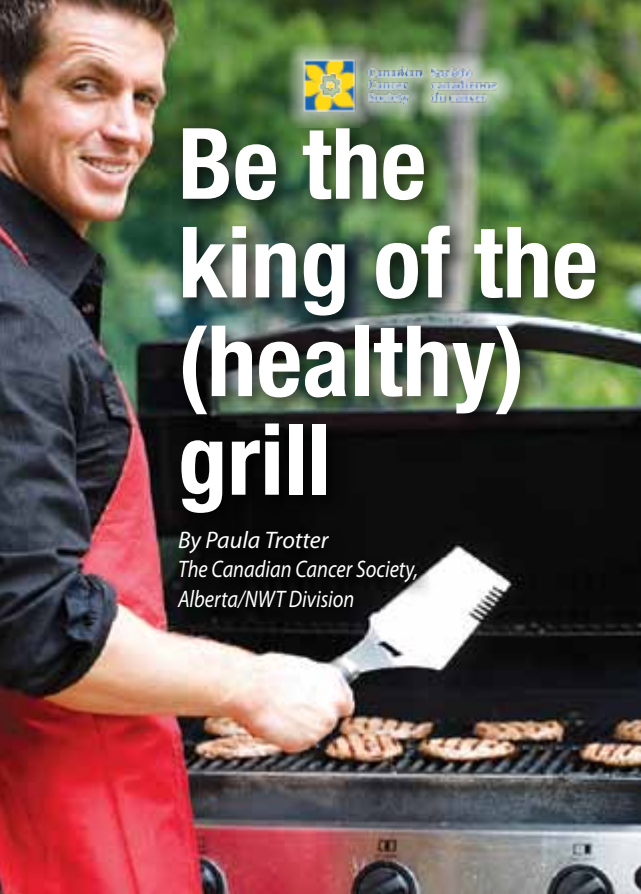
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Be the king of the (healthy) grill

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 temperatures 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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Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca

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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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

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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
8	9	2	7	6	1	4	5	3
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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
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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.)

Refreshments will be provided
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 Includes access to interactive sports,
 Hall of Fame Gallery & Museum Tour

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