

MAY 2016

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CRANVERSATIONS



CRANSTON
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER





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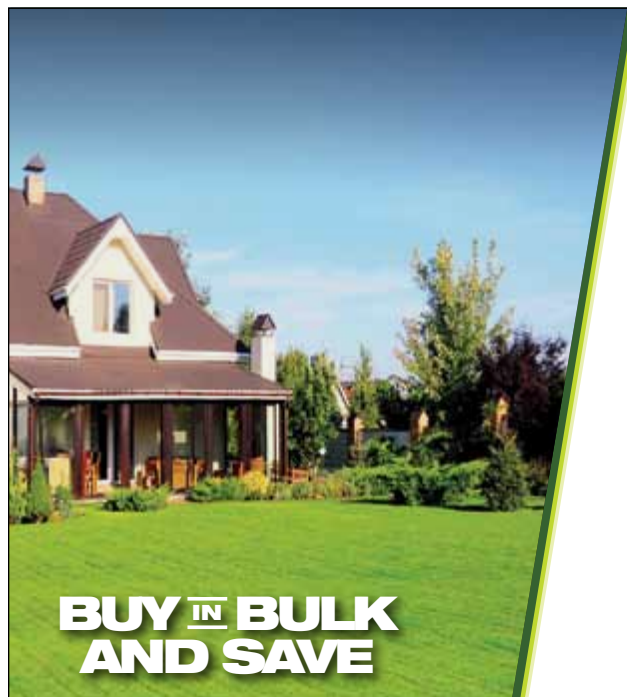
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Dr. Amrit Kahlon-Chana
Dr. Desmond Eau Claire

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🌐 www.cranstonmarketdental.com



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AND WE'RE PROUD
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It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

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work for you

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



Cranston Community Association
11 Cranarch Rd
Calgary, AB T3M 0S8
cranstonca@gmail.com | www.cranstonca.com

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PRESIDENT'S MESSAGE

Michelle MacKenzie, President
Cranston Community Association

The Cranston Community Association held our AGM on Tuesday, April 12. The meeting was very well attended (it is an AGM, after all) and I am excited to share that for the first time since the CCA was officially formed in 2010 that we have a completely full Board of Directors.

Did you know that before the Cranston Community Association formed in 2010 the residents of our Cranston were represented by the Marquis de Lorne Community Association? Cranstonians are the experts on issues, concerns and happenings affecting our neighbourhood, and it is therefore important that we are represented by those individuals, not our neighbours from a community across the highway. Without the Cranston CA and its volunteers, debate, discussion and decision on development permits, proposals, traffic concerns, community issues and more would fall upon a group of people who do not live in Cranston. I encourage you to become more involved in your community by becoming involved.

I am so encouraged by all of the interest shown by new members and I am excited for the direction of the board over the next few years. Volunteers from the community are at the heart of what we do as an association and we could not accomplish any of the work we do without the passion and talents of our volunteers. I would like to extend my sincere appreciation to everyone who attended and especially those who put their name forward for a position on the board.

I would like to welcome the following new members of the board: Eileen Ferneyhough (secretary), Palam Vinai (treasurer), Joe Katongole (director), Margaret Moore (director), Mark Labrecque (director) and Tamara Duffy (director).

Are you a Cranston CA Member Yet?

The Cranston CA is funded solely through the purchase of community memberships. For \$20/year you will be supporting the voice of your community. Membership has its perks. We have partnered with a variety of local businesses to provide you with great discounts just by showing your card. Purchase your membership by mailing in a Membership Application (found in this month's newsletter) or visit www.cranstonca.com and click "Become a Member".

Note: For inquiries about Century Hall schedules, fees, programming information or hall bookings, please contact the Cranston Residents Association at 403-781-6614 (www.cranston-connect.com).

DID YOU KNOW?

The Alberta Government is discontinuing mailed vehicle registration renewal notices. There are several options available to sign up for e-notifications or other reminders. Check out www.servicealberta.ca/renewal-reminders.cfm?utm_medium=Social&utm_source=Facebook&utm_campaign=2016RegRenewals

Street sweeping in Cranston is scheduled May 8-12. Avoid a ticket or tow by making arrangements for your vehicle on these days. Visit www.calgary.ca/sweep for more information

You can be featured in an issue of Cranversations. Simply email cranstonca@gmail.com with a story, photo, anecdote, etc of "your" Cranston and you can see it published in one of the next issues of our community newsletter.

cranstonca@gmail.com
Editorial Content DEADLINE
1st of each month for the next month's issue

CRANVERSATIONS

Cranston Community Association

Board of Directors

President	Michelle Mackenzie
Vice-President	Jason Gordon
Secretary	Eileen Ferneyhough
Treasurer	Palam Vinai
Director	Roger Ferneyhough
Director	Stacey Nestruck
Director	Joe Katongole
Director	Margaret Moore
Director	Mark Labrecque
Director	Tamara Duffy
Past President	Shane Byciuk

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Cranston Community Association

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CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES

rentals@cranstonresidents.ca

			Hourly Rates	
	Dimensions	Capacity	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

Weekday rentals between 9:00am and 4:00pm (excluding holidays) receive 10% discount
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

Acting Administrative Manager

Amber Sessford
admin@cranstonresidents.ca

Recreation Manager

Maren Tryon
programs@cranstonresidents.ca

Facilities Manager

Al Proctor
aproctor@cranstonresidents.ca

Acting General Manager

Marcie O'Rourke
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.

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!

May Movie Night – May 20, 7:00PM – 9:00PM

Thank you Cedarglen Homes for their ongoing support of this monthly event!

Thank You to Our Easter Eggstravaganza Sponsors!

On March 26th, we hosted our annual Easter Eggstravaganza. We had nearly 600 people in attendance and the event was a huge success in large part to our great sponsors. Special thanks goes to: Sobeys Cranston, Shopper's Drug Mart – Seton, Spruce It Up Garden Centre, Southwinds Church, and Out of Chaos. We couldn't have done it without you!



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 out and exchange books from the library.

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

Thursdays: May 12 & 26

Drop In Craft & Play Time (0-5yrs)

Come and join us Wednesday mornings! This unstructured and unsupervised craft time is perfect for caregivers to bring their little ones out to meet new friends and get creative. Using a variety of craft supplies, you are able to create to your hearts content. The Deep South Coalition will join us the third Wednesday of each month to bring different games and activities focusing on different aspects of early childhood development. This will be in addition to the craft times.

Wednesdays, May 4,11,18,25 2016 9:30AM – 11:30AM Fee: \$2.00/visit
Deep South Coalition Play Dates: May 18 – Social Competence

~continued next page~



CRANSTON RESIDENTS ASSOCIATION



Adult Card and Social Afternoon

Wednesdays, May 4, 11, 18, 25 2016 1:00PM – 3:00PM

Fee: \$2.00/visit

Are you at home during the day and looking for a way to meet new people in the community? If so, join us at Century Hall every Wednesday to enjoy coffee, tea, snacks, games and great company! We look forward to seeing you soon.

	Early Bird: May 1 – May 31, 2016	Right on Time: June 1, 2016 and Onward
Full Day (5-6yrs, 7-9yrs & 10-12yrs)	Resident: \$170.00 Non- Resident: \$180.00	Resident: \$190.00 Non- Resident: \$200.00
Half Day (3-5yrs)	Resident: \$90.00 Non- Resident: \$100.00	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

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Spring Session 2 Starts May 2 Register Today!

We have a great selection of programs for all ages and we are excited about a great lineup of new adult fitness programs including:

- Pre-Natal Yoga
- Pilates Fusion
- Cize Live
- Legacy Bootcamp and so much more!

Call us today at 403.781.6614 ext. 0 to register!

Century Hall Summer Camp Registration Is On Now

Camp Rates & Registration Schedule

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, even go on a journey with dinosaurs! Our camps will be filled with fun for kids of all ages.

New Drop In Rates (effective April 1)

Non-Resident Drop-Fee: \$6.00 single visit

5X Pass: \$27.50

10X Pass: \$50.00

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Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

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AUBURN BAY RESIDENTS ASSOCIATION

Auburn House Spring Programs

We're gearing up for Summer, however, don't miss out on the last of our offerings for our Spring programming season! Registration for our Spring season is still open and we have a few more programs scheduled to being this month.

Don't miss out on these great classes! Register early!

- Emergency First Aid (age 14+)
- Tennis Lessons (adult beginner)
- Youth Pedalheads

View the Spring Program Guide & Events Calendar online at AuburnBay-connect.com for all the details on these great classes. Register online 24/7 at AuburnBay-connect.com. Walk-in and phone registration available – call 403.537.2605 or 403.537.2606.

Auburn House Summer Programs

Beach weather is almost here and we're gearing up for a fantastic Summer at the Lake!

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.

Here are just a few programs coming to Auburn House this summer – 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
- Cardio Kickbox
- Beach Body Blast
- Strollersize
- Yoga on the Beach
- Plus More!

Registration for our Summer season opens online for Auburn Bay residents May 4! Visit AuburnBay-connect.com. Walk-in, phone, and non-resident registration begins May 11. Stop in at Auburn House or call 403.537.2605 / 403.537.2606. 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 House - Follow us on Instagram!

Find us at 'Auburn House'



Auburn House - Follow us on Facebook!

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Auburn House - Follow us on Twitter!

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IN & AROUND SCHOOLS

Special activities in May for École St. Cecilia School students

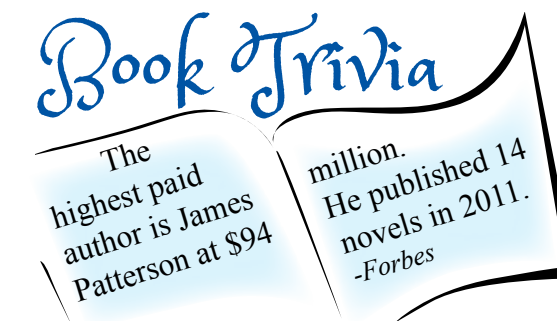
In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.



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



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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 to find out more.

May 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, 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 Refurbishment

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 components. **The target reopen date is August 15, 2016.** Check



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- Ms. Michele Black
 - 403-873-5206
 - Michele_Black@southviewchurch.com

our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.
- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

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.



What to Look For from a Financial Advisor

Kevin O'Hagan, PFP, FMA, CIWM

There's a lot to know about investing, so it's a good idea to get some professional help. But with so many financial advisors out there, how can you choose one that's right for you?

You may have to interview several prospective financial advisors before deciding on one. When you talk to them, see if you can get a sense of how they might work with you. Specifically, try to answer the following questions:

Does this financial advisor ...

... *Understand you?* Perhaps above all else, you want a financial advisor who will take the time to get to know you and your family, your goals and what's important to you.

... *Clearly explain investing?* Once you enter the investment world, you will likely be curious about it. Why is diversification important? What's a market correction? How do interest rate movements affect different investments? You will want to work with someone who will make the effort to educate you on investment topics and answer all your questions.

... *Know your investment style?* Obviously, you'll want someone who will recommend only those investments that are in your best interest and that can help you make progress toward your goals. Therefore, the person you choose needs to understand your investment personality – that is, whether you are an aggressive, moderate or conservative investor.

... *Have a certain investment philosophy?* You may have your own investment style and preferences – and so do many financial advisors. In fact, some financial advisors have an overriding investment philosophy that governs

many of their recommendations. You need to find this out before you start working with someone.

... *Communicate frequently?* The most knowledgeable financial advisor in the world won't be of much help to you if he or she is not a good communicator. You need someone who will regularly let you know if you're on track or make suggestions if you're not – even if you aren't scheduled to meet for a while. And, speaking of conferring with your financial advisor, you'll want someone who will meet with you when it's convenient for you, whether it's in person or over the phone.

... *Avoid making big promises?* You want a financial advisor with the expertise and experience necessary to help you decide what is right for you. And you'll want someone committed to your success. But there's a big difference between someone who promises to do the best possible job for you and someone who promises big results. Be wary of financial advisors who claim they can consistently achieve high returns for you – there are very few guarantees in the investment world.

... *Explain how he or she will be compensated?* Financial advisors get paid in various ways, often in some combination of fees and commissions. Ask all potential financial advisors how they get compensated; any reputable professional will be upfront about his or her charges.

By finding the answers to these key questions, you should be able to find a financial advisor who is well-suited to work with you. So take the time you need to gather enough information to feel confident in your choice. After all, you're enlisting the help of someone who can have a big impact on your financial future.

IN & AROUND CALGARY

SHC Wellness Centre

Healthy Albertans
Healthy Communities
Together
Find out how we can help at www.ahs.ca/shcwellness

A few of our FREE programs are highlighted below

Chronic Pain Management Workshop

May 10 6:30-8:30pm

This single, two-hour program focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.

Managing Your Emotional Eating

Begins May 12 (3 sessions)

Would you like to know more about emotional eating and managing it? You will learn what influences your

food choices, how to build awareness of your own emotional eating, & to build skills and tools to help with your emotional eating.

Compounded or Confused? Bioidentical Hormones for Menopausal Health

May 13 1:00-2:00pm

Hot flashes are real. Today, more women are experiencing symptoms which may be adversely affecting their lives. Mistrust of prescription drugs has led many to search for that perfect product to improve symptoms. SHC Academic Family Medicine Clinical Pharmacist Joe Tabler will explain bioidentical hormone therapy and evidence regarding efficacy and safety.

Parenting Anxious Children & Teens

May 16 6:30-8:00pm

Come learn more about anxiety and children. Participants will learn to recognize anxiety in children and adolescents, gain an understanding of different anxiety disorders, and acquire knowledge of parenting strategies to help reduce the effects of anxiety.

Fermented Foods: Sauerkraut

May 19 6:30-7:30pm

Join SPUD for a hands-on session in the Wellness Kitchen on fermented foods. We will be talking about why they are good for you and your gut! You will learn how to make tasty, nutritious sauerkraut from scratch. Please bring a large mason jar with lid so you can take your delicious creation home.

Supporting Healthy Relationships with your Kids

May 26 5:30-7:30pm

Want to know how you can support your children in healthy relationships? We will review healthy and unhealthy relationships, social pressures on children and strategies in coping with these pressures. It will also give you useful tools and conversation starters to have meaningful discussions with your kids.

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

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Visit our website at www.thesundanceclinic.com

The Sundance Clinic

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MAY MOON CALENDAR



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EMS: Window & Balcony
Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca.

Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge!

Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.



Cranston Real Estate Update

Last 12 Months Cranston
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$489,900.00	\$485,000.00
May 2015	\$439,900.00	\$435,000.00
April 2015	\$399,900.00	\$395,000.00

Last 12 Months Cranston
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	48	23
February 2016	45	14
January 2016	34	12
December 2015	13	15
November 2015	12	13
October 2015	28	25
September 2015	38	22
August 2015	31	25
July 2015	49	32
June 2015	31	33
May 2015	32	37
April 2015	38	31

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

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IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant 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.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.



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IN & AROUND
CALGARY

Don't forget basics of river safety

With warmer weather on the horizon, make sure everyone has fun and stays safe by remembering to have the proper knowledge and equipment needed for boating, rafting or paddling on Calgary's rivers.

The Calgary Partners for Water Safety, a coalition of the Calgary Fire Department, Calgary Police Services, Calgary Community Standards and Recreation, want to make sure citizens know the basics of water and river safety.

"Where there is water, there is risk, so we want to remind anyone planning to boat or raft on Calgary rivers or waterways, to always wear a properly fitting life jacket," says Carol Henke, Public Information Officer for the Fire Department. "Not only is this a bylaw, but it can also save your life."

Anyone considering going on the Bow or Elbow Rivers as well as any Calgary waterways, should always SCOUT, ASSESS and DECIDE from shore, before going on the water. SCOUT the river for potential hazards and check the weather, water temperature and visibility. ASSESS the level of danger. Check if there are advisories in effect and assess the swimming and paddling skills of your crew. DECIDE if it is safe to raft or boat.

"You should always be alert when boating or rafting, especially on Calgary's rivers which can be fast moving and constantly changing due to weather and water conditions, and refrain from drinking alcohol. Being intoxicated while on the water is illegal as well as a bad decision," says Staff Sergeant Kyle Grant, Calgary Police Service.

Before planning to go on Calgary rivers always check the water and weather conditions as well as visit www.calgary.ca/riversafety to learn about any river safety advisories.



Get Out and Walk!

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

- 1. Tell someone where you are going, which route you are taking, and when you will be back.
- 2. Be aware of your surroundings.
- 3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
- 4. Walk facing the traffic.
- 5. Stay away from shrubbery, darkened doorways, and alleys.
- 6. Avoid using headphones so you are aware of the sounds around you.
- 7. Wear colours that are bright and reflect light.
- 8. Walk in well-lit areas.
- 9. Bring a friend or your dog with you for company.
- 10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgarycommunities.com.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 40

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\$19,000	\$9,500	50%
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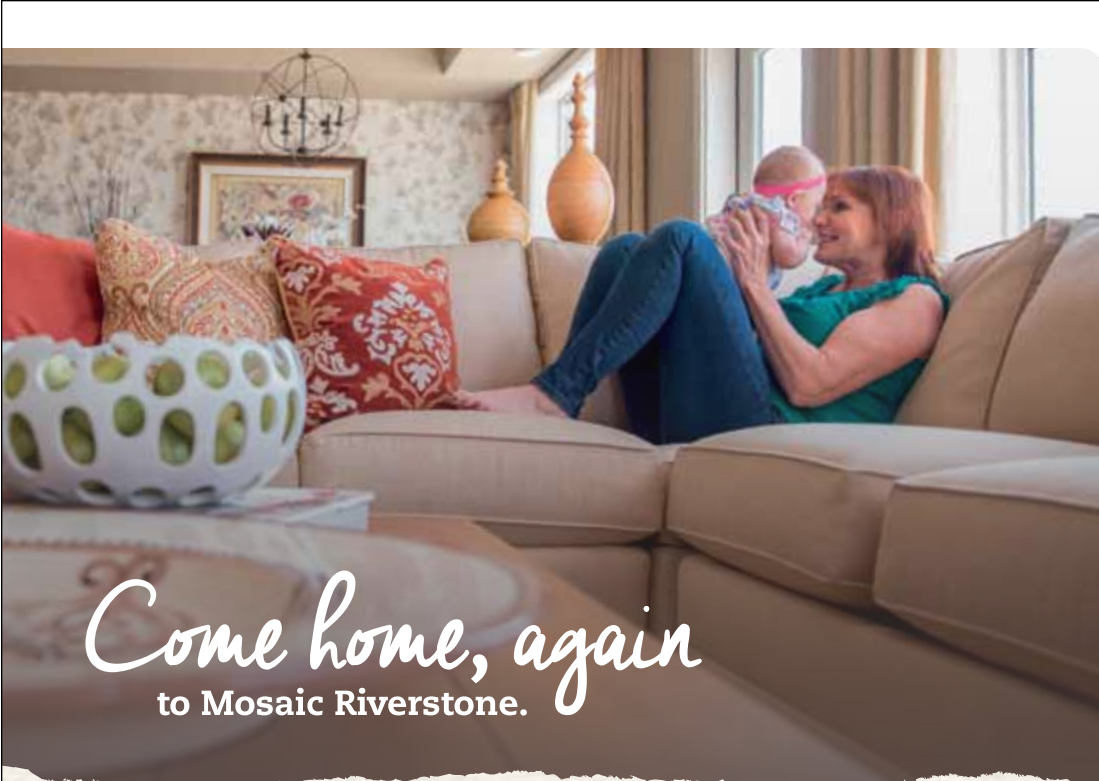
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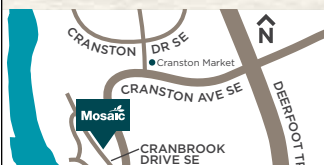
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IN & AROUND CALGARY

Planters are NOT Ashtrays!

A May safety tip from your Calgary Fire Department:

Today's potting soils contain large volumes of peat moss. When peat moss gets too dry, it becomes highly flammable. On top of that, you'll often find shredded wood, bark, Styrofoam, vermiculite, and fertilizer in potting mix. Like peat moss, all of these ingredients ignite easily under dry conditions.

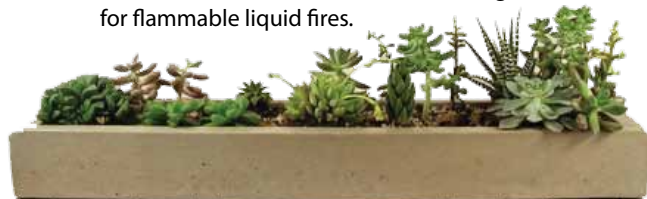
Over the past number of years we have received numerous 911 calls from citizens who have witnessed potting soil fires on the exterior of homes. These fires are typically attributed the careless disposal of smoking materials.

If any of your friends or family smoke, ensure that you have an appropriate, non-combustible container to place the cigarette butt in. Cigarette butts that have been disposed of in a planter can smoulder for hours and may cause a fire when you least expect it...possibly when you're asleep!

A few simple precautions will help to keep your home safe:

- Do not butt out cigarettes in **any** potted planters
- Make sure smokers have a safe place to dispose of their butts, indoors and outdoors, so they aren't tempted to use your pot of geraniums instead.
- Keep potting soil and potted plants away from other combustible materials such as firewood, stacks of old newspapers, aerosols, paint solvents, gasoline and cleaning products.
- Make sure the soil around your potted plants stays moist. Keep in mind that the soil in pots dries out more quickly than soil in garden beds, so plan on more frequent watering.

Did you know? Our engines carry 550 gallons of water for immediate fire attack, as well as 30 gallons of foam for flammable liquid fires.



Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

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.

The Feline Mystique



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something

better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.



Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong “pre-shot routine” and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only “glancing” at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as “full turn back and finish in balance”
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on “auto pilot”.

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY3S4aMzgXY&feature=fv
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada

IN & AROUND CALGARY

Citizen Dashboard

pilot gives Calgarians insight into City performance and Calgary's quality of life

The City of Calgary's Citizen Dashboard is an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at calgary.ca/citizendashboard, the tool displays performance measures and data using interactive graphs, charts and maps.

“The Dashboard provides citizens with easy access to City performance measures, provides explanations of what those measures mean and what we are doing to improve service,” said Mac Logan, General Manager, Transportation and Chair of a committee designed to oversee and champion customer service and digital innovation at The City. “We look forward to hearing from Calgarians during the pilot as they explore the tool.”

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays performance measures for:

- 311
- Transit Safety & Security
- Building Regulations
- Roads: Summer Maintenance
- Water Sustainability
- Calgary Transit Access
- Waste Management

Additional services and performance measures continue to be added on a regular basis.

Calgarians can check out the Citizen Dashboard and provide feedback at calgary.ca/citizendashboard.



City of Calgary Map Gallery

The Official City of Calgary Map Gallery is a collection of online maps that show locations and information for City parks, recreation centers, flood recovery efforts, drop-off locations, landfills and much more. Based on citizen feedback over the last several years, this collection of maps is now organized by categories, allowing easy navigation throughout the gallery. In addition, we've improved functionality of our maps by hosting multiple custom-made maps instead of only one generic map. There are over 30 maps available in the gallery, and each tells its own customized story. There is much information to discover in The City of Calgary Map Gallery, available from your personal computer or mobile device.

To use the Map Gallery, simply go to calgary.ca and click on the map link from the home page. Browse through the several categories available, and then click on the map of your choice.

See what services are available in your community or take the Historical Downtown Calgary Walking Tour – the Map Gallery has it all.

Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit calgary.ca/myhome.

JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



JUNE 24 TEDxYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyc.ca



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- 2
- 3 • **June 2 – 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- 4
- 5 • **June 2 to 4 – Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- 6
- 7 • **June 3 and 4 – As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- 8
- 9 • **June 4 – 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- 10
- 11 • **June 4 and 5 – Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- 12
- 13 • **June 4 to August 28 – Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- 14
- 15 • **June 17 and 18 – Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- 16
- 17 • **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com
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FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier va-

rieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

Walking the Walk

I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I’m a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don’t view walking as ‘exercise’. As movement specialist Katy Bowman says, “Walking is a superfood. It’s the defining movement of a human.” Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it’s all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.


Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.

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Article by J. Turner
Photo by Andrea S. H. Hunt

Musk rats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Musk rats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

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

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Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other

gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.



Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.

Getting a tax refund? What now?

Suzanne Smith-Demers – Consultant

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
4. Set up a Registered Education Savings Plan (RESP) to fund your children's future education costs. Contributions to investments within an RESP can grow tax-deferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of dollars in interest payments.
6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.

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Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, “Hey, let’s have a race and see who can run the fastest” and we both started to run. After a few seconds, he stopped dead in his tracks and said “Mom, why are we racing?”

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded “Good question, we’re not going to race anymore.” Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn’t serving me well.

How often did this happen, before it occurred to me? I’d hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won’t miss anything. Trust me, I know from experience.



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Amélie	12	403-988-8568	Yes
Alex	13	403-719-0734	Yes
Sydney	13	403-257-5849	Yes
Stephanie	14	403-726-1475	Yes
Mia	14	403-922-6004	No
Natalie	14	403-477-0749	Yes
Paige	14	587-353-0366	Yes
Emily	15	403-257-5069	Yes
Dakota	16	403-993-7525	Yes
Allison	19	403-890-6057	Yes
Andrea	20	403-466-3664	No
Marissa	23	403-993-3054	Yes
Izzy	25	403-703-4076	Yes
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BRAIN GAMES SUDOKU

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



Healthy Posture Improves Brain Function

Dr. Alma Nenshi, Family Chiropractor

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, “90% of the stimulation and nutrition to the brain is generated by the movement of the spine.” He goes on to state that only 10% of our brain’s energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body’s relationship with gravity, ie. posture.

How is the spine the motor of the brain?

The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry’s work are far reaching. It supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, for-

ward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It’s like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren’t able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

You have the power within you to re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking, being in nature, belly laughter, deep delta sleep and of course, proper chiropractic care.





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Photo Credit: Alberta Guide Dogs

Snacks for Healthy Eyes

Canadian Association of Optometrists

Eat your leafy greens – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

Hummus – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

Fish – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



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Investing in Public Education

The Calgary Board of Education believes that public education is one of the best investments that we as tax payers make. We know that successful students become successful citizens who contribute their ideas, passion and economic energy to society. Our future leaders, community builders, innovators and entrepreneurs are in our classrooms and schools today.

For our students to be successful, we need to protect public education. To us, this means our students and schools receive the funding they need. Our system must be funded not only for today, but to grow as we continue to welcome more students and open more schools.

The CBE is responsible for public education in Calgary. We accept all students and celebrate their individual abilities and gifts. Our system is diverse and a reflection of our city and our communities. This diversity comes with opportunities, but also challenges. Each student requires unique support, and this support requires resources.

Public education is important to all of us, and we all share the responsibility of building and protecting our excellent education system. The CBE Board of Trustees, administration, school staff, families, community members and the government share a common goal – creating a school system that supports student success.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca.

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Managing Urban Stormwater in Established Areas"

So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

The Answer – capture all that precious rainfall and keep it on your lot!

Rain barrels are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See www.shop.greencalgary.org

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: www.alidp.org/uploads/files/s2s_rain_garden_bltz_story_annotated.pdf

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

Limit the amount of impervious surfaces on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

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The Starry Night is an oil on canvas by the Dutch post-impressionist painter **Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
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City of Calgary Posts Surplus in 2015

Council was recently informed of a surplus from the 2015 operating budget.

The total surplus is \$86M. Of this, \$54M in savings was found through corporate initiatives and \$32M was found through savings identified at the business unit level.

A number of key factors contributed to this surplus:

- The City decided to not fill a number of job vacancies;
- Low fuel prices made refuelling City vehicles less costly;
- Increased revenues from various fees and fines;

In June Council will decide what happens with the \$54M in savings found through corporate initiatives. The options are:

• **One-time rebate to tax payers:** Many Calgarians are hurting right now. Calgary is feeling the brunt of rising unemployment rates, and some folks are having difficulty making ends meet. In 2016 Calgarians are scheduled to see a 3.5% increase to their property taxes. Offering a one-time rebate to tax payers would nearly eliminate this increase for the following year. Each property tax bill would see a reprieve of roughly \$100 in 2017.

• **Shovel-ready infrastructure projects:** There are a number of infrastructure projects that are ready to begin construction, but do not currently have funding. \$54M in funding could certainly help kick some of these projects off. This could translate into the creation of many construction jobs in 2016 for a market that badly needs more employment opportunities.

• **City of Calgary "rainy-day" fund:** This fund is where the funds are currently sitting. The City has a fund called "the financial stability reserve (FSR). Currently this fund sits at \$374M. The City may draw on this fund during times of economic hardship to continue delivering the services Calgarians depend on.

A few thoughts on these options:

Tax Rebate

- Tough economic situation for many Calgarians
- Especially difficult for folks on EI or fixed incomes
- Relief would be a one-time rebate, but my hope would be that efficiencies will also be found in future years
- Hopefully by 2018 the local economy begins to show sounds of improvement

Infrastructure

- Good time to build infrastructure: availability of construction labour, lower costs, low interest rates
- Spending on projects could provide savings in the long run
- \$54M could fund several projects that could begin construction in 2016

FSR

- This is The City's "rainy-day fund"
- I would argue that it is currently raining and adding to this fund would not be the best use of tax dollars at this time

Let's Hear From Calgarians

These funds belong to tax payers. While your elected official can share a number of ideas of what could be done, your voices must be at the table for this important decision.

I look forward to Council's debate on what to do with the surplus.

I turn the question over to Calgarians: What would you like The City to do?

Coffee With Your Councillor

Over the next number of months I will be hosting a series of small open houses. Ward 12 residents are welcome to join me for a cup of coffee to discuss issues that matter to them. Here is the 2016 schedule for Coffee With Your Councillor:

- **Tuesday, June 21st – 7:30-8:30 pm. New Brighton Residents Association: 2 New Brighton Drive SE**
- **Tuesday, September 27th – 7:00-8:30 pm. Auburn Bay Residents Association: 200 Auburn Bay Boulevard SE**
- **Tuesday, November 29th – 7:00-8:30 pm. Cranston Residents Association: 11 Cranarch Road SE**

Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my quarterly E-newsletter at calgary.ca/ward12.



211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>

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Alberta Health Care	403.310.0000
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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
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ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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Contact news@great-news.ca

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

GIGANTIC INDOOR GARAGE SALE: Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.

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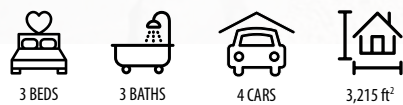
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