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## CRANSTON COMMUNITY ASSOCIATION

11 Cranarch Rd. SE Calgary, AB T3M 0S8 cranstonca@gmail.com I www.cranstonca.com

Delivered monthly to 6,500 households and businesses for 11 years!

#### **Editorial Submissions**

mlmacken@ucalgary.ca All editorial content must be submitted by the 15<sup>th</sup> of the month for the following month's publication.

#### **Advertising Opportunities**

403-263-3044  $\mid$  sales@great-news.ca All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

#### Published by Great News Publishing

Serving Calgary communities for 28 years 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE Calgary, AB T2C 2K2

Check out our website: www.great-news.ca



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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Cranston Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## **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	

403-237-0654

Gamblers Anonymous

**CONTENTS** 

- 7 BOOK REVIEW BY BARBARA SHARROCK
- 9 CRANSTON RESIDENTS ASSOCIATION PROGRAMS
- 13 JULY AND AUGUST AT TRICO CENTRE
- 14 SOUTH HEALTH CAMPUS (SHC) WELLNESS CENTRE
- 17 REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES
- 20 AT A GLANCE
- 26 GREEN CARTS ARE COMING THIS SUMMER
- 28 BUSINESS CLASSIFIEDS













# OH, C\*NADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!





Z

## **CRANSTON RESIDENTS ASSOCIATION**

Resident

\$80.00

\$50.00

\$40.00

\$40.00

\$60.00

\$55.00

\$45.00

\$25.00

\$20.00

\$45.00

Party Package

Only

Capacity

135 dinner

50 dinner

40 dinner

35 dinner

90 dinner

80 dinner

30 dinner

15 dinner

10 seated

25 dinner

200

Hourly Rates

Brookfield

Community

\$92.00

\$57.50

\$46.00

\$46.00

\$69.00

\$63.25

\$51.75

\$28.75

\$23.00

\$51.75

Party Package

Only

Non-Resident

\$104.00

\$65.00

\$52.00

\$52.00

\$78.00

\$71.50

\$58.50

\$32.50

\$26.00

\$58.50

Party Package

Only

	Dimensions
Heritage Hall ABC 2652 sq feet	34 ft by 78 ft
Heritage A 1037 sq feet	34 ft by 30.5 ft
Heritage B 850 sq feet	34 ft by 25 ft
Heritage C 765 sq feet	34 ft by 22.5 ft
Heritage A & B 1887 sq feet	34 ft by 55.5 ft
Heritage B & C 1615 sq feet	34 ft by 47.5 ft
Vista 639 sq feet	18 ft by 35.5 ft
Legacy 369 sq feet	18 ft by 20.5 ft
Seasons 180 sq feet	12 ft by 15 ft
Riverside 534 sq feet	17.5 ft by 30.5 ft
Gym 5159 sq feet	57 ft by 90.5 ft
	2652 sq feet Heritage A 1037 sq feet Heritage B 850 sq feet Heritage C 765 sq feet Heritage A & B 1887 sq feet Heritage B & C 1615 sq feet Vista 639 sq feet Legacy 369 sq feet Seasons 180 sq feet Riverside 534 sq feet Gym

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

## **CONTACT INFORMATION**

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

Administration admin@cranstonresidents.ca

Programs & Events programs@cranstonresidents.ca

Facilities Manager rentals@cranstonresidents.ca

General Manager gm@cranstonresidents.ca

Cranston Residents: Do you have your membership cards for Century 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 vour 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.



## VIVO PLAY AMBASSADORS!

## July & August, Every Wednesday 11AM-2PM, Every Other Thursday 5PM-8PM (Starting July 13th)

Have you ever built and designed your very own cardboard fortress? Check out the Vivo Play Ambassadors at Century Hall, with their extraordinary equipment, loose parts and captivating energy! In this free access, all ages, outdoor, play based pop up, you will be encouraged to show your exhilarating personality and make the impossible possible! For more information check out: vivo.ca/pages/playedtoday.asp

## CRANSTON'S ANNUAL STAMPEDE BREAKFAST July 8, 2017 - 9:00am – 12:00pm

Calling all Cowboy's and Cowgirl's! Cranston is once again hosting its Annual Stampede Breakfast! Join us as we celebrate Calgary's Stampede with Cranston flair. Line dancers, face painters, petting zoo, activities for kids and grownups, and of course pancakes, butter, syrup and our raved about sausages! Don't miss out on Cranston's biggest event of the year!

<sup>~</sup>continued next page~





## CANADA'S 150TH IN CRANSTON

### July 1, 2017 – 1:00pm – 3:00pm

It's a milestone birthday for Canada this year! We are inviting all of Cranston to come and celebrate with us. A Canada Day celebration with Cranston style! In Cranston we will be celebrating all things "C" – Cranston, Calgary, Canada, Community, Connection with all things "C" – Cookies, Cake & iceCream. Come on out and spend the afternoon with your neighbours in the park; play some tennis, ball hockey, or get soaked at the splash park. P.S. Bring your water guns for an epic Cranston water fight! We can't wait to "C" you there! This event is free, but for planning purposes please RSVP at www.cranston-connect.com

## SUMMER CAMP REGISTRATION ON NOW!

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 wonders of fiction, create an experiment, and even go on a journey around the world! With ½ day camps for 3-5 year olds and full day camps for 6-12 year olds, our camps will be filled with fun for kids of all ages.

Week 1 Jul 4-7 Games, Games, Games Week 2 Jul 10-14 Around the World Week 3 Jul 17-21 Fabulous Fiction Week 4 Jul 24-28 Science Mix-it Week 5 Jul 31-Aug 4 Sea, Space, Sky Week 6 Aug 8-11 Holidays Week 7 Aug 14-18 Super Heroes & Spies Week 8 Aug 21-25 Science Build-it Week 9 Aug 28-Sep 1 Sport Fan-tastic!

For more information or to register visit www.cranston-connect.com

## FAMILY MOVIE NIGHTS AT CENTURY HALL

July 21, 2017 - 7:00pm – 9:00pm

Feature Movie this month will be listed at www.cranston-connect.com Your entrance fee of only \$5 per family includes admission, drinks, and popcorn for your entire family! There is

also a small concession of items available for purchase. You can't beat this price for a family night out! Everyone is welcome...we hope to see you here!



## **RESIDENT DIRECTOR NOMINATIONS:**

Cranston Residents Association Annual General Meeting will be taking place on September 26, 2017 at 7:00pm at Century Hall, 11 Cranarch Rd SE. Currently there is vacancy for five (5) Resident Directors. If you are interested in being nominated for the Board of Directors, and wish to have your name listed in the AGM package, please contact Lannie Anderson at 403-538-0651 or by e-mail at gm@cranstonresidents.ca by July 1, 2017.

## DROP-IN STORY TIME & BOOK TRUCK (0-5 YRS) Thursdays: July 6 & 20

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.

## 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

## **RIVERSTONE DATE NIGHT**

### July 22, 2017 - 5:00pm - 9:00pm

Grab someone special and join us in Cranston's Riverstone for a fun kid-free time. Enjoy a drink and some snacks in the beer gardens while visiting with your neighbours in the beautiful park at the end of Cranbrook Drive. This event is sure to be a highlight of your summer! This fun event will include Human Hamster Balls, Giant Jenga and so much more! This event is free, but space is limited.

Please RSVP on the event page of www.cranston-connect.com. For members and invited guests only

## SUMMER PROGRAMS

Join us at Century Hall for a summer filled with adventure! With all sorts of summer fun like day camps, soccer, tennis, ball hockey and more there is sure to be something here to help make the best of your summer. For more information or to register visit www.cranston-connect.com

Drop-in Rates Non-Resident Drop in Fee: \$6.00 single visit 5x Pass: \$27.40 10x Pass: \$50.00 ~ continued next page~

## DROP IN COFFEE & PLAY DATE (0-5YRS & THEIR CAREGIVERS)

#### **Returning in the Fall**

Come and join us Tuesday and Wednesday mornings for a playdate without needing to pull out your vacuum! For the price of a coffee, this unstructured and unsupervised craft & play time is perfect for caregivers to bring their little ones out to meet new friends and get creative. This new play date time features toys and mats that are baby friendly, along with some craft supplies for the older ones. Coffee & tea will be available for the parents and a small kidfriendly-mom-approved snack will be provided for the children. Grab a friend and come on over!

# ADULT CARD AND SOCIAL AFTERNOON

#### **Returning in the Fall**

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.



Drop-in Rates Non-Resident Drop in Fee: \$6.00 single visit 5x Pass: \$27.40 10x Pass: \$50.00

## SAFE & SOUND

# The Mustard Seed Prepares for the Hot Months Ahead

**Calgary, Alberta** – The Mustard Seed is gearing up for the heat and counting on the generosity of Calgarians to provide life-saving bottled water to more than 3,000 individuals facing homelessness this summer.

Those of us who have easy access to shelter indoors have experienced the effects of rising temperatures - an occasional headache, inability to sleep and unquenchable thirst. For those experiencing poverty and homelessness a heat wave is much worse, becoming a matter of life or death. The unpleasant, but mild effects the general population experience during a heat wave easily turn into heat exhaustion, heat stroke and sometimes death for those lacking basic resources and shelter.

"During hot days, when it's 25+ degrees, we give out bottled water to just about every guest that comes in, so that's probably around 130+ bottles a day during those days," says Josiah Swaim, Street Level Team Lead at The Mustard Seed's 102 building downtown.

Staying hydrated and seeking cool shelter are key in preventing heat-related health problems, yet they are the biggest challenges people face in the summer months while living through homelessness. Between walking long distances to find shelter, heavy labour jobs and having to carry all their possessions wherever they go – drinking enough water just isn't a priority for most guests that go through The Mustard Seed.

This is where Calgarians have the opportunity to make a real difference. A donation of bottled water today will help The Mustard Seed meet the basic needs of our most vulnerable citizens during potentially harmful heat waves.

"When we can give a bottle of water to someone who comes to our door or someone on the streets, it gives them one less worry on a hot day," says Josiah Swaim. "It's all part of treating people with compassion, which is what we strive to do here at The Mustard Seed."

Offering a bottle of water goes beyond providing relief from the heat – it builds hope and wellbeing for people seeking help at The Mustard Seed and connects every day Calgarians to its vision of supporting individuals experiencing homelessness toward sustainable life change. It's a way to show love, respect and value to those who need it most.

Water donations can be dropped off at The Mustard Seed downtown location.



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.

## July and August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are familyfriendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

#### **Cool New Summer Program for Kids**

Not everyone goes away in the summer! Check out the amazing new fun programs for kids.

- Rhythmic Gymnastics, 3-5 years, 6-12 years, July 9 August 20, 12-1:30pm
- Tumbling, 6-12 years, July 10 August 21, 6:15-7:15pm
- Circus Arts, 6-12 years, July 10 August 21, 5-6pm
- Musical Theatre, 6-12 years, July 13 August 17, 6-7:30pm
- Ultimate Frisbee Rec League, 11-13 years, 14+ years, July 11 August 17, 6-7:30pm
- CrossCountry, 8-13 years, July 10 August 5, 6:15-7:15pm
- Badminton Club, 10-14 years, July 6 August 24, 6:45-7:45pm
- Dodgeball, 10-14 years, July 5 August 23, 6:55-7:15pm

#### Day Camps

- Summer day camps now on: ages 3 to 14; full day and half-day camps, early care and late care. Affordable quality camps!
- Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

### Children & Youth

Summer swim lessons, all ages, Monday to Friday day-



time for 1 week or Monday to Thursday evenings for 2 weeks

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina (3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or www. tricocentre.ca for details.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 years, adult & child) and powerskating/hockey (7-12 years.)

#### Adults/Older Adults

Stay fit over the summer!

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, Myofascial Stretch and Release, Stroller Fit.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.





## South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at www.ahs.ca/ shcwellness or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

EMOTIONAL WELL BEING Meditation Drop-in Every Tuesday 5:00-5:45pm

**Drumming Up Wellness** Every Friday 1:30-2:30pm

Happiness Basics (4-Week Series) Begins July 5 4:30-6:30pm

**Mindfulness Practice Sessions** July 20 6:30-7:45pm

SUPPORT GROUPS SupportWorks Wednesdays 6:00-8:00pm

Alcoholics Anonymous Wednesdays 8:00-9:00pm Narcotics Anonymous Thursdays: 8:15-9:15pm Saturdays: 6:30-8:00pm Sundays: 7:00-8:00pm

Smart Recovery: Sundays: 3:00-4:30pm

PARENTS/PARENTS TO BE Feeding Your Baby July 4 9:30-11:30am

Healthy Eating for Pregnancy July 10 6:30-8:00pm

Story Time & Play Date July 21 or 28 10:00-11:30am

FOOD, NUTRITION & COOKING Kids Summer Cooking Camps: (Note: Fees apply.) **Culinary Masters:** July 5 or 19 9:00am-4:00pm

Science in the Kitchen: Plants We Eat: July 6 or 20 9:00am-4:00pm

Science in the Kitchen: Chemistry: July 12 or 26 9:00am-4:00pm Farm to Fork: July 13 or 27 9:00am-4:00pm

**The Truth About What Works in Weight Management** July 26 5:30-8:00 pm

**Canning: Jellies with a Twist:** (*Note: Fees apply.*) July 20 6:00-8:00pm

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939. Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



The "dog days of summer" refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.



Name	Age	Contact	Course
Alex	14	403-719-0734	Yes
Alli	31	403-836-6380	Yes
Allison	20	403-890-6057	Yes
Amélie	13	403-988-8568	Yes
Andrea	21	403-466-3664	No
Angie	20	587-896-4712	Yes
Ashley	13	403-698-2378	Yes
Dakota	17	403-993-7525	Yes
Emily	16	403-257-5069	Yes
Faith	13	403-860-4670	Yes
Hassan	14	403-475-4662	No
Heather	30	403-966-5233	Yes
Jace	14	403-201-1177	Yes
Jayden	15	403-809-6034	Yes
Marissa	24	403-993-3054	Yes
Mia	15	403-922-6004	No
Mila	23	403-703-4076	No
Mykayla	12	403-305-7045	Yes
Myrian	18	403-680-0652	Yes
Natalie	14	403-477-0749	Yes
Olivia	13	403-703-4404	Yes
Paige	15	587-353-0366	Yes
Robyn	23	403-968-8106	No
Savannah	17	587-876-9169	Yes
Shayna	14	587-702-6921	Yes
Stephanie	15	403-726-1475	Yes
Sumel Kaur	19	587-707-2720	No
Sydney	14	403-257-5849	Yes
Calling All BABYS		Calling All PAF	

choose the Calgary communities

**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.

you would like to babysit in.

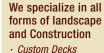
find available babysitters in

and around your community.



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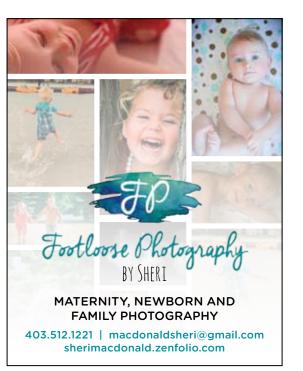
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JesusHouse.ca

Wednesday Mahagany Beach House 29 Masters Park SE Mahagany, Calgary 7:00PM - 8:00PM





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## **FIND SOLUTION ON PAGE 24**

Friends of Reader Rock Garden Society Invite you to join us at **Our Annual Garden Stroll** In conjunction with the 2017 Historic Calgary Week Saturday, July 29, 2017 1:00 - 3:00 PM We'll have into neurisms about the Garden, light whethments harpoin book sale, enviring draw prizes a mainte place gooles and hours at the adjoining Daise Courtery loc. two administers and parking, or take the C-Ivain. Aust adopt away from Eriton Station Reader Rock Garden Camer of 21<sup>th</sup> Avenue 12 & Manada Trail 1. South of Error Station pris Toport Lincols mit all deresting in



I want to buy a resale condominium, but I'm worried about rising fees and possible assessments. How can I ensure the condominium is a good one?

Condominiums can be a great housing option, and with some due diligence, you can find one that is well suited to your needs, and a financially-sound purchase.

Condominium refers to a type of ownership that includes the individual ownership of a unit and shared ownership of common property with other unit owners. Condominiums can be apartment-style, townhouses, attached, or detached.

Condominium owners typically pay monthly condominium fees to cover their share of expenses for the common property, and some of this payment goes into the condominium corporation's reserve fund.

The reserve fund is used to pay for major capital repairs and replacements. All condominium corporations must have a reserve fund. As a buyer, you want a condominium corporation that has a healthy reserve fund because it reduces the likelihood of a special assessment. Special assessments occur when a condominium corporation has major work to do and there isn't enough money in the reserve fund. The corporation assesses an amount owing to the owner of each unit.

So how can you find out if the corporation you're thinking of buying into is a healthy one? A good place to start is a condominium document review.

Condominium documents relate to the operation of the condominium corporation, which you want to ensure is financially stable and well managed. Condominium documents include but are not limited to:

- current reserve fund study (5 years old or less) and 25year reserve fund plan
- current operating budget and fee schedule
- current balance sheet
- registered bylaws

When buying a condominium, you can hire a professional to review your condominium documents. They can provide you with a summary of the documents, and identify areas about which you might have concerns. Reviewing condominium documents can uncover financial difficulties, bylaws you find unacceptable (for example, restrictions as to size, number, or type of pet), upcoming necessary maintenance, or even discussion in Board meeting minutes about water issues.

Even a healthy reserve fund and a review of condominium documents can't guarantee you won't have a special assessment or that your fees won't go up. In fact, you should expect your fees to go up a small amount each year, from factors such as inflation or rising utility costs. However, reviewing the condominium documents will give you a good idea of the health of your condominium, and if it's the right one for you.

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

## **RESIDENT PERSPECTIVES**



## Book Review by Barbara Sharrock

Are you at a place in your life where you are facing a new path? Has a new path been chosen for you by the loss of a job or change in your health? Has there been an event in your family – a new baby or loss of a loved one? Outgrown your house? Want to downsize? Move to Mexico? Is it time once again to step back and do some serious thinking about the next chapter? Richard Leider and David Shapiro have written Repacking Your Bags: Lighten Your Load for the Good Life with you in mind.

This book is for students, homemakers, businesspeople, professionals and retirees. It is about making choices, after having a courageous conversation with yourself (and perhaps others). Consider these questions:

What's next for me? Why doesn't all this make me happy? What do I want to be when I grow up? How can I find my life's work? How shall I reimagine my life?

We have a long life span, and the career and relationship choices we made in our youth may have served us well for our whole lives, but chances are some of them have been discarded for new adventures along the way. Imagine you have a backpack crammed with all the stuff you have in your life, including people. Is your stuff weighing you down? "The Packing Principle" states that we keep adding things and responsibilities until we get to a point where we cannot carry them anymore. It is time to lighten your load. Cleaning out the closet and donating to charity helps. Going through the pantry and discarding unused and out-of-date food is easy. Putting your home on the market and buying a different one may be appropriate. Or not. It isn't what we have, it's how we have it. The challenge is to match our values today with our stuff, so that what we have is what we want, both literally and figuratively.

What is The Good Life? It is a life that gives an authentic sense of joy. Here is Leider and Shapiro's definition: Living in a place you belong, with the people you love, doing the right work...on purpose.

We reimagine over and over again as circumstances change. Our lives do not proceed in a tidy straight line, but contain hills and valleys, switch-backs, and unexpected zig-zags. A little help is sometimes required. In this wise and practical guide, the authors offer the reader exercises and stories to assist with the challenging work of examining what is in the backpack and determining what should be kept and what should be left, this time, at this junction in the road.

Barbara Shorrock is a reader, writer, gardener, traveler, ESL coach and retired realtor. She can be found most first Wednesdays at the Queensland Garden Club, which welcomes all gardeners, new and experienced. We don't care where you live.



## TRICO SUMMER DAY CAMPS CANADA 150 PLAY LIST ACTIVITIES IN EVERY CAMP!

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The history of our national anthem has more to it that one might think! For example, did you know that the lyrics were first originally French and that the official English version we use today is actually the second translation of those lyrics? Though the music was originally composed in 1880, the song was not officially recognized as our national anthem until 1980. And our anthem might have inadvertently plagiarized of Mozart's "March of the Priests" from his opera The Magic Flute. Google it and give it a listen-the resemblance is remarkable!

#### In addition to the

official English and French renditions, our anthem has been translated into many different languages, both official and not. In the sheet music here, you'll see that the bottom language is the lyrics in Inuktitut. Two years ago, celebrating Canada's 148<sup>th</sup> birthday, the Canadian Arab Institute released a video

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of Miriam Khalil, an opera soprano, singing the anthem in Arabic. Following suit, the Huffington post released an article with links to videos hiahliahting thirteen different performances of the anthem in various languages, including Ojibwe, Punjabi, Cantonese, Tagalog, Cree, and even American Sign Language.

> Canada's cultural diversity is one of its most celebrated attributes, and one of the ways that it is highlighted is in the many languages people have given the anthem voice to. Canada is a nation made up of many cultures, faiths, and creeds

living together and accepting our differences. The common language of music has transcended barriers that separate us and created a mutual understanding between us. Our anthem is one of the many characteristics that makes our country so exceptionally extraordinary.

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### CALGARY INTERNATIONAL BLUES FESTIVAL – SHAW MILLENNIUM PARK, JULY 31 – AUG. 6

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



#### TOUR DE BOWNESS – 6501 BOWNESS RD. N.W., AUG. 5 - 7

This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: tourdebowness.com.



### GLOBALFEST – ELLISTON PARK, AUG. 15 – 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.



# YOUR COMMUNITY/CITY EVENTS

#### Captain's Cruises – Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

#### Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 – Aug. 4 – 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most actionpacked stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmorestampede.com.

#### Taste of Calgary – Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.

#### Puppies and Prosecco-Dining with Your Dog – Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-and-prosecco-vin-roomtickets-33841948178.

#### West Side Story – StoryBook Theatre, Aug. 19 – Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.



## Art Out-of-Doors

Summer is here, and I'm sure many of us are looking for ways to experience the arts out-of-doors, in the sunshine (hopefully not in the rain!) Like the warming rays of the sun give us vitamin D, helping to improve our mood and overall personal well-being, so does listening to music, viewing art, or seeing live theatre. According to the Canadian Council of Chief Executives, "the quality of a community's cultural infrastructure has a direct impact on quality of life."

Fortunately for us in Calgary, there are some fabulous opportunities to get our happy on and enjoy the arts outside during the month of July. Kick off your summer season with the free Canada Day celebration on Olympic Plaza with music, parades, and of course, fireworks! Among many other exciting events that day, Arts Commons and The City of Calgary are inviting 1,500 musicians to perform *Four Strong Winds* together with legendary Alberta musician, Ian Tyson – for free! To view the full lineup of Canada Day activities, you can visit Calgary.ca/Canada150.

Also happening in July, Music in the Plaza returns to Heritage Park, giving you a great opportunity to introduce your kids to a music performance without the pressure of having to sit still, and Theatre Calgary's Shakespeare on the Bow is back for another year with *As You Like It* at Prince's Island Park. Then, of course, there's the everpopular Calgary Folk Music Festival where you can stroll from stage to stage enjoying an all-star lineup of folk musicians carefully selected for your listening enjoyment. What better way to enjoy your summer months than to combine the arts and fun in the sun?

For a full list of Calgary's festivals this summer, indoor and outdoor, you can visit todocanada.ca/festivals-incalgary.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.

## YOUR CITY OF CALGARY

# Call 311 to request an accommodation or service for a City event or meeting

The City of Calgary is committed to ensuring that all Calgarians, including anyone living with a disability, are welcome to participate and enjoy City events, services and programs.

Services like captioning, sign language interpreters, assistive listening devices and other services are available to accommodate your needs.

Contact 311 to request an accommodation or service for any City event, including public meetings, open houses or engagement sessions. Please provide at least two weeks' advance notice so we can coordinate the service.

We're committed to providing a barrier-free municipal experience for all Calgarians. Visit calgary.ca/ accessibility for more information.



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Thanks for all your help, Sincerely, Laura Owner of Buds and Blooms

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## Helping Your Children with Social and Emotional Skills for Kindergarten

Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Emotional regulation is a crucial skill for kids to learn. They are beginning to learn to have a clearer sense of self. They learn about rules and values that tell them how to behave at school and in the community. They are forming relationships with teachers, peers and other adults. Learning how to manage their emotions when they can't have their way is important as they are learning to take turns and be nice to someone else when they win.

Talk to your child about "telling" and "tattling". This aids with teaching the child about rules about how to behave and how to handle situations when the rules are broken.

Telling is when a child reports a problem to the teacher or parent. It's essential to teach a child to "tell" and try to solve the problem. Three steps to teach "telling":

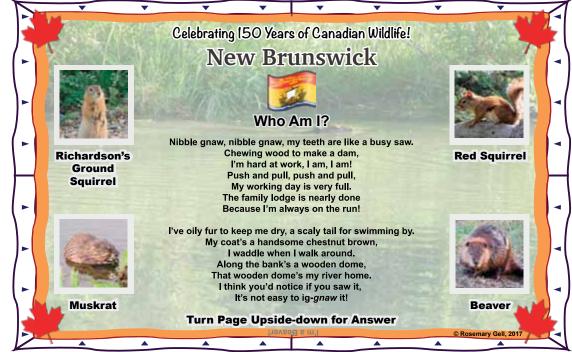
 Use "I statements": I am having a problem with Jimmy.
 Name the problem: The problem is I'm not getting my turn.

3. Say what you need: I need some help with this problem.

Tattling is when we place blame on someone else and doesn't solve the problem. Instead tattling asks a parent or teacher to find fault and/or punish the other person.

Another great way to help emotional regulation is to name the feeling. Each feeling has a name such as happy, sad, etc. If needed, you can give each feeling a colour (happy is yellow) or you can make/print out pictures to help associate the feeling with the name. Expand vocabulary and use names such as pleased, delighted, upset, anxious, etc.

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge.



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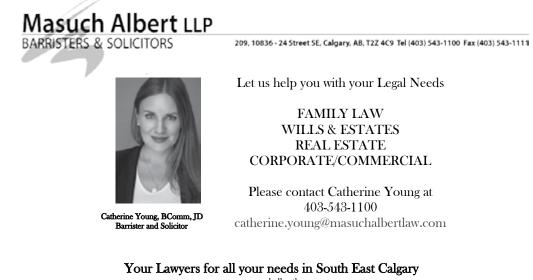
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YOUR CITY OF CALGARY

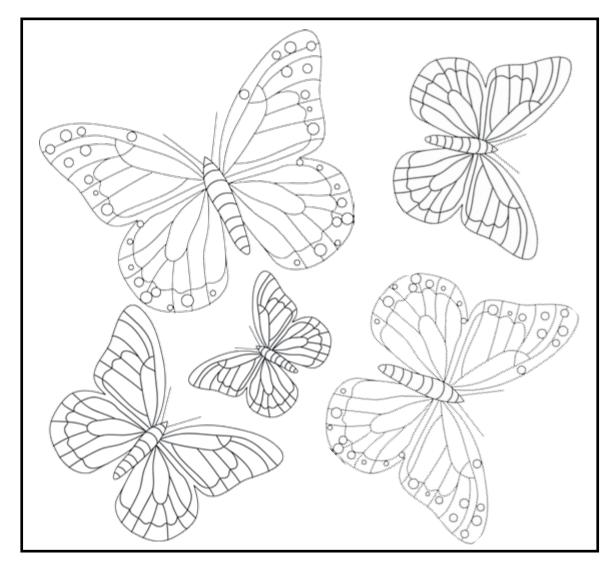
## Free Tours of Reader Rock Gardens

The Annual Friends of Reader Rock Garden Society's Stroll will take place on Saturday, July 29, 2017 in association with the Chinook Country Historical Society's Calgary Historic Week. This free event will be held between 1:00 p.m. to 3:00 p.m. at the historical gardens, located at the corner of 25<sup>th</sup> Avenue SE and Macleod Trail South. Free on-site parking or only steps away from Erlton C-Train Station. Enjoy tours of the garden and light refreshments or purchase unique glass garden art and perhaps a gardening book at the used book sale. Event will be held rain or shine. More information on the gardens at: www. readerrock.com or email Diane at info@readerrock.com.



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## YOUR CITY OF CALGARY

## **Green Carts are coming this** summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

#### Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
SW	June 5 - July 15	Week of July 17
NW	July 3 - August 12	Week of August 14
NE	August 7 - September 2	Week of September 4
SE	August 28 - September 30	Week of October 2

#### Three things to do when your cart arrives

#### 1. Bring your cart up to your home.

Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).

#### 2. Look inside the green cart.

Everything you need to get started is inside the cart. This includes:

• Kitchen pail and sample compostable bags.

• Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.

- Instruction guide and collection schedule.
- 3. Consult your collection schedule.

The collection schedule inside your cart explains when green cart collection starts in your guadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at calgary.ca/collection.

(right next to Sobeys)

Calgary, CA T3M 0S9

To learn more, visit calgary.ca/greencart.



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## my**YYC** Time has flown by!

The Calgary Airport Authority is celebrating its silver anniversary! July 1 marks 25 years since we assumed the management, maintenance, and development of YYC. This year we're going above and beyond by giving a little something back to our community. Throughout 2017, we are taking our passion for giving back to the next level with a campaign focused on participating in activities that benefit our surrounding community, including:



Airport activities, like reading to our tiny travellers while they wait for their flights, or welcoming Calgary Marathon runners to our beautiful city.

## Partner activities, helping

great organizations such as Habitat for Humanity, the Calgary Rotary Challenger Park, and the Alzheimer Society of Calgary in their initiatives.

# Community activities,

supporting our neighbours in their community garden builds, community fairs, and festivals with our Crew's time, passion, and expertise.

CALGARY INTERNATIONAL

Is there a volunteer opportunity in your community that could use some additional assistance? Email us at community@vvc.com



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- · STI testing, Contraception, Prenatal Care.
- · Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- Welcome to Dr. Laura Huber who is now accepting patients in her family practice.

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~continued next page~



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## SAFE & SOUND

## **EMS: Heat Related Illness**

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

## Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

## Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

## First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
  Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

## Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote *de*hydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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#### GREATNEWS 28 PUBLISHING 28 Did you know that your restaurant can put a menu in our newsletter?











Councillor, Ward 12 Shane Keating ▲ 403-268-1698 ▲ CAWard12@calgary.ca ♀ www.calgary.ca/ward12

#### Ward 12 Newsletter Update

Canada Day feels a little bit more special this year. This year Canada turns 150 years old – that calls for a celebration! Check out Calgary.ca/CanadaDay to see some of the exciting events that should be fun for the entire family.

#### ActivateYYC

ActivateYYC is a new program that will provide microgrants – averaging \$750 – to organized groups and businesses that are looking for temporary local projects and events that motivate Calgarians to walk, play and be neighbourly. There are a number of community safety groups in Ward 12 that have already expressed an interest in applying for funding. This is a great opportunity to build partnerships, engage volunteers and make a meaningful difference in your communities. Visit calgarycommunities.com/activateyyc for more details.

#### School's out for summer!

School being out for the summer should mean some increased traffic throughout the day at many of our community playgrounds. We have a collective responsibility to make sure that the summer is a time for fun, but also a time when everyone gets home safely. Please be sure to respect all playground zones in our communities, especially with more kids in our parks over the next few months.



We can deal with all pest issues. We are a partner of Wounded Warriors Canada and donate a percentage of our profits to them.



## Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$499,900	\$490,000
April 2017	\$499,700	\$480,150
March 2017	\$459,450	\$454,375
February 2017	\$519,900	\$508,000
January 2017	\$514,900	\$501,250
December 2016	\$434,900	\$425,000
November 2016	\$504,900	\$491,500
October 2016	\$422,450	\$410,000
September 2016	\$490,000	\$477,000
August 2016	\$459,900	\$445,000
July 2016	\$439,900	\$431,500
June 2016	\$439,800	\$429,000

## Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2017	56	43
April 2017	55	38
March 2017	45	30
February 2017	33	19
January 2017	18	10
December 2016	16	13
November 2016	18	18
October 2016	31	30
September 2016	38	23
August 2016	30	23
July 2016	27	34
June 2016	38	29

To view more detailed information that comprise the above MLS averages please visit **cranston.great-news.ca** 



#### MLA, Calgary-South East Rick Fraser Suite 202, Building D, 5126 126 Av SE Calgary, AB T2Z 0H2 S 403-215-8930 S Calgary.southeast@assembly.ab.ca f RickFraserYYCSE ○ rickfrasermla S RickFraserYYC

Standard & Poor's announced it is downgrading Alberta's credit rating yet again, this time by two notches, from AA to A+. While this latest downgrade comes as no surprise, considering the NDP government's complete and total mismanagement of our economy and finances, we are incredibly concerned about the consequences that higher interest rates and skyrocketing debt will have on our ability to fund vital public services in the future.

In the two short years since the NDP took office, this government has destroyed our sterling AAA credit rating, taken us from a \$1.1 billion surplus to an \$11 billion deficit, and put Alberta on track to owe an astonishing \$94 billion by 2020.

Our caucus has repeatedly called for modest spending restraint and each time has been met with fearmongering, hyperbole, and false choices from the NDP. The truth is that prioritizing frontline services, while exercising restraint in non-essential areas, will not lead to deep cuts or public sector layoffs. Nor will borrowing tens of billions on the backs of our children and grandchildren lead to economic recovery now or long-term prosperity in the future. We are disappointed to see this government continuously fail to make the tough choices Albertans sent them here to make.

#### **Events and congratulations:**

Cranston School Arbor Day Celebration and tree planting
Calgary Economic Development Report to the Community

## **CALGARY SECURE RV STORAGE**

New, family-owned RV storage business **Opening August 1st, 2017!** 

Conveniently located off Stoney Trail at 88th Street (east side of Mahogany); only a few minutes east of Deerfoot.

Call us today and receive a discount off of our already low prices.

WWW.CSRVSTORAGE.COM | 403-852-3295

Auburn Bay House Wellness and Safety Fair

- Hike for Hospice
- Spoke at Red Deer Lake (Grade six class)
- Bow Valley College 22<sup>nd</sup> Annual Premier's Scholarship
- Find Your Stripes Panel (spoke to high school students at William Aberhart High)
- North Silverado Development Open House
- Calgary Board of Education Forum on Bell Times and Busing changes
- Mahogany Family Fun Run
- Cranston Residents Stampede Caravan Breakfast
- Kits for Kids (backpacks for school children)

### Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in fiveyear intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' questions.
- Our office provides free notary service to constituents. Please call to book an appointment.

I am available to attend constituency events. Please contact my office to schedule.

If you have any questions, concerns or are in need of assistance, please contact my office.









OFFER ENDS AUGUST 10 2017



#### Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth. this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family

Contact in confidence (fees paid by client) info@divinematchmaking.com divinematchmaking.com | 403-456-4870

## GARDEN **HELP WANTED**

Are you looking for seasonal employment but don't want to be stuck inside all summer?

## **Buds & Blooms**

is looking for a full-time landscape/gardener for seasonal employment starting immediately until early September.

### **Duties Include:**

• Bed Maintenance such as weeding, pruning, edging beds, turning mulch, and tidying

- Tree, shrub, and flower planting
- Disposal of yard waste to landfill • and other tasks as necessary

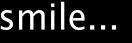
For more information and job requirements, please visit, www.budsnblooms.ca/home/job



CRANSTON

DENTAL CENTRE

**¤** White Fillings **¤** Teeth Whitening **¤** Children of All Ages Welcome **¤** 



<sup>¤</sup> New Patients Welcome

<sup>a</sup> Direct Insurance Billing

<sup>a</sup> Evening Appointments Available

<sup>a</sup> Same Day Emergency Appointments



## Cranston's Most Trusted **Carpet Cleaner**

- Low moisture
- Stain removal/carpet deodorizer/carpet protectant (no additional charge)
- Dry when we're done
- Green/environmentally friendly
- Child and Pet Friendly
- We also do upholstery and mattresses

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Dr. Neal Baker, DDs

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