

JUNE 2017

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THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER





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CRANSTON COMMUNITY ASSOCIATION

11 Cranarch Rd. SE
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 cranstonca@gmail.com | www.cranstonca.com

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

Editorial Submissions

milmacken@ucalgary.ca
 All editorial content must be submitted by the 15th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

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 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Cranston Community Association.

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	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

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

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

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

Name: _____ **Spouse Name:** _____

Address: _____ **Postal Code:** _____

Contact Phone: _____ **Email:** _____

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

Yes, please contact me about volunteering

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

Cranston Memberships
11 Cranarch Road SE
Calgary AB T3M 0S8

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



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TWITTER - @centuryhall

INSTAGRAM - www.instagram.com/cranstoncenturyhall/



Article by J.G. Turner
Photo by Jamie Dutcher

The cougar, Alberta's biggest cat, can be found in wild areas along the full length of western North America, and Mexico, Central America and South America. Adult males can weigh up to 90 kg while females average 45 kg. Adults are well camouflaged with tawny to grey-brown fur and black tips on their tails and backs of their ears. Their heads are small and round and their eyes are brown with large pupils.

Fun Facts:

- Despite their wide distribution, cougars are seldom spotted by humans.
- Cougars are apex predators and are excellent hunters.
 - Cougars have a killing bite with sharp teeth to tear off chunks of meat and a rough tongue to clean traces of meat off their prey's bones.
 - Their hind legs are longer than their front ones to give better spring to pounce of their prey, their claws are razor sharp for bringing down their prey and climbing trees and their skeletons bend easily for jumping, stretching and twisting.
 - These cats have an excellent sense of smell and their large pupils help them see their prey in dim light.
 - Cougars are hunt-and-wait predators, meaning they watch their prey silently in trees or rocks and pounce when their prey is feeding.
 - Cougars hunt moose, elk, caribou and deer.
- Cougars are solitary animals unless they are with their young.
- When a female is ready to give birth, she finds a den in rock piles, caves or under a deep brush of fallen trees.
 - Cougars will occasionally use human built structures such as doghouses, sheds or hunting cabins for their dens.

Cubs develop their hunting skills by hunting at their mother's side and stay with their mother until they can hunt for themselves which is typically between 13 and 24 months.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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Valid June 1 - 30, 2017. See staff for details.



CRANSTON RESIDENTS ASSOCIATION

CENTURY HALL RENTAL RATES
rentals@cranstonresidents.ca

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

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

CenturyHallCranston
 Centuryhall
 Cranstoncenturyhall

Century Hall Administrative Office Hours

Monday to Friday
9 am to 5 pm

Century Hall Park Hours

Monday to Sunday
9 am to 10 pm

Administrative Manager

Marcie O'Rourke
admin@cranstonresidents.ca

Recreation Manager

Amber Sessford
programs@cranstonresidents.ca

Facilities Manager

Al Proctor
aproctor@cranstonresidents.ca

General Manager

Lannie Anderson
gm@cranstonresidents.ca

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



PARADE OF GARAGE SALES

JUNE 3, 2017

Seating 1: 10:00am – 12:00pm, Seating 2: 1:00pm – 3:00pm

Saturday June 3rd may be the day you find that special treasure you've been looking for. Grab your phone and follow the map from one garage sale to the next! If a paper copy is your preference, just stop by Century Hall to pick one up before heading out.

The map can be found at www.cranston-connect.com or at Century Hall.

CRANSTON CELEBRATES DADS

June 17, 2017 12:00pm – 2:00pm

Calling all Dads! Let someone else do the grilling for you and come join us for an afternoon of family fun. Go station to station enjoying summer games and sports, including soccer, basketball, a variety of picnic games and so much more! Hot dogs, and burgers will be cooked to perfection just for you! This event is free but space is limited. Please RSVP on the event page of www.cranston-connect.com.

~continued next page~





CRANSTON RESIDENTS ASSOCIATION

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 6 Aug 8-11 Holidays

Week 2 Jul 10-14 Around the World

Week 7 Aug 14-18 Super Heroes & Spies

Week 3 Jul 17-21 Fabulous Fiction

Week 8 Aug 21-25 Science Build-it

Week 4 Jul 24-28 Science Mix-it

Week 9 Aug 28-Sep 1 Sport Fan-tastic!

Week 5 Jul 31-Aug 4 Sea, Space, Sky

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

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FAMILY MOVIE NIGHTS AT CENTURY HALL

June 16, 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!

Notice: 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 COFFEE & PLAY DATE (0-5YRS & THEIR CAREGIVERS)

Tuesdays & Wednesdays: 9:30AM – 11:30AM

Fee: \$5.00/household

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 kid-friendly-mom-approved snack will be provided for the children. Grab a friend and come on over!

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NEW DROP IN RATES
(effective April 1st)
Non-Resident
Drop-Fee: \$6.00 single visit
5X Pass: \$27.50
10X Pass: \$50.00



ADULT CARD AND SOCIAL AFTERNOON

Wednesdays: 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.

DROP-IN STORY TIME & BOOK TRUCK (0-5 YRS)

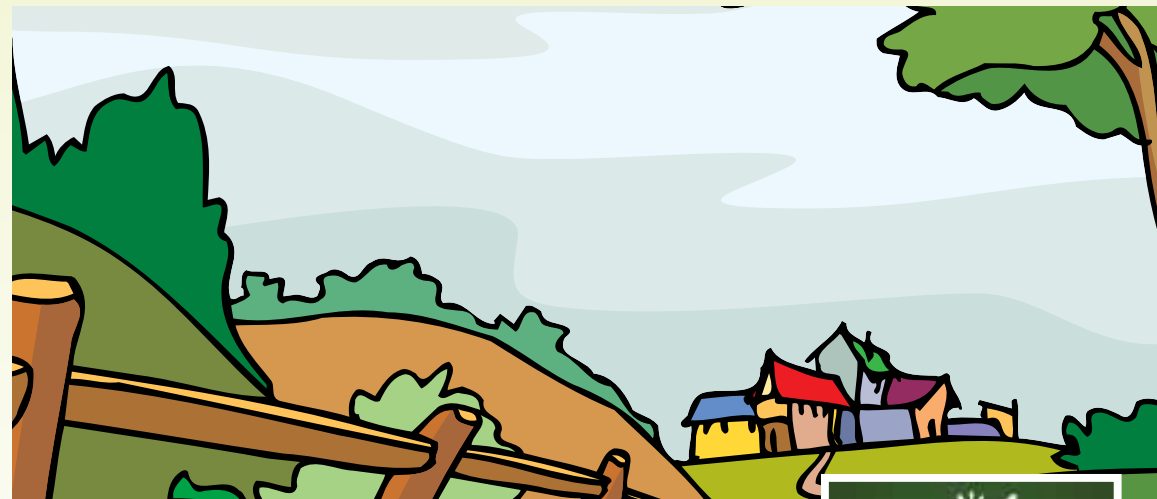
Thursdays: June 8 & 22

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.

DROP-IN TO CENTURY HALL

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



NEW DROP IN RATES

(effective April 1st)

Non-Resident

Drop-Fee: \$6.00 single visit

5X Pass: \$27.50

10X Pass: \$50.00



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.



June 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 family-friendly. 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.

June 8: Senior's (60 Plus) Event at Trico Centre

Trico Centre's fitness centre is senior-friendly! If you have never been to our fitness centre, we invite you to drop by anytime on Thursday, June 8 to have a snack and see what we have to offer for those aged 60 and older. All of the below are offered in celebration of Alberta Senior's Week (with no obligation to purchase.)

- Coffee, tea, and fruit in the fitness centre.
- Trico Centre staff will be available to provide tours of the fitness centre and let you know what services we have available.
- 12-1pm: 15-minute demos of Chair Yoga, Older Adult Fitness Class, Balance Building.
- Register for a free 45-minute personal training session with an older adult specialist (approximately \$80 value; training session will be held at a later date; free session available to those aged 60 and older and new to Trico only; training must be completed by July 31; limited quantity of sessions available.)
- Pick up two free passes to come back to the fitness centre or a drop-in fitness class. (Those aged 60 and older and new to Trico Centre only.)

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care. 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 yrs: 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 registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 yrs, 3-5 yrs, 6-8 yrs), Dance with Me (2-3 yrs with parent), Gotta Dance (3-5 yrs), Little Ballerina 3-5 yrs), Kinder Gym Kids (4-6 yrs), Sportarama (3-4 yrs), Explorasport (4-6 yrs), DANCEPL3Y Kids (6-12 yrs.) See Spring Summer Program Guide or www.tricocentre.ca for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 yrs, adult & child) and powerskating/hockey (7-12 yrs.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See www.tricocentre.ca for details.

Adults/Older Adults

- 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, and Myofascial Stretch and Release.
- Wilderness and Remote First Aid: June 3 and 4, get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- 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

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

New this Spring 2017: South Health Campus YMCA Sports Court

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use.

For 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

HeartMath
May 25 6:00-8:30pm

Mindfulness Practice Sessions
May 25 6:30-7:45pm

Understanding the Experience of Grief
May 29 6:00-8:00pm

Employment & Financial Management Skills Resume Writing
2-part series begins May 6 9:00am-4:00pm

Assured Income for the Severely Handicapped (AISH) Workshop
May 18 11:00am-12:30pm

Health Management Sleep Well Tonight – Improving Sleep
May 16 6:30-8:30pm

Blood Pressure Basics
May 30 1:00-3:00 pm

Eating Well with Fatty Liver Disease
May 24 9:00-11:30am

Living Well on Prednisone: Nutrition & Side Effects
May 30 10:00am-12:00pm

Caregiver Support Family Peer Support Program
May 2, 16 & 30 5:45-8:00pm

Parents/Parents to Be Feeding Your Baby
May 11 10:00am-12:00pm
Nutrition for New Moms
May 17 10:00am-12:00pm

Story Time & Play Date
May 19 or 26 10:00-11:30am

Healthy Eating for Pregnancy
May 29 6:30-8:00pm

Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note \$Fees apply)
May 4 5:30-7:00pm

I Know I Should Eat Healthy, But How?
May 20 9:00-11:30am
Eating Well for Good Health (2-part series)
May 8 & 15 5:30-7:30 pm

Edible Container Gardening:
(Note \$Fees apply)
May 10 6:00-7:00pm

Managing Emotional Eating
3 - 2.5hr. sessions)
May 11, 18, & 25 1:00-3:30pm

The Truth about What Works in Weight Management
May 20 1:00-3:30pm

Eating Away from Home during Special Occasions
May 24 1:00-3:30pm

Healthy Cooking: Basics and Techniques (Hands-on)
May 24 5:00-7:00pm

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.

Cranston mybabysitterlist

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	12	403-698-2378	Yes
Dakota	17	403-993-7525	Yes
Emily	16	403-257-5069	Yes
Faith	13	403-860-4670	Yes
Hassan	13	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
Natalie	14	403-477-0749	Yes
Olivia	12	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
Sydney	12	403-452-5238	Yes
Sydney	12	403-452-5238	Yes

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

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

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

RESIDENT PERSPECTIVES



Cycling Safety

The nice weather is here and that means it's time to ride. But wait! Before you take your bike out of storage, here's a few reminders on how to stay safe on two wheels.

- Make sure your bike is in good working order (especially the brakes).
- Have front and rear lights on your bike if you ride at dusk, night, or in low visibility conditions (rain, fog).
- Keep a safe distance from the curb and parked cars.
- Ride predictably, in a straight line
- Use proper hand signals to indicate turns and lane changes.
- Stay off the sidewalk.
- Dogs are not to be on a leash and run beside a cyclist.
- Stop for stop signs and red lights, and always yield to pedestrians.
- Be alert and careful at intersections, where most collisions happen.
- Always ride with traffic, on the right side of the road.
- Use your voice, a bell or horn when passing pedestrians or other cyclists.

Calgary has one of North America's largest pathway systems. Pathways are a relatively safe place to ride as there are no vehicles, however you do share the pathway with pedestrians. For this reason, it is important that you indicate to the pedestrian that you are behind them with your voice ("on your left!") or a bell. Note that the speed limit on the pathway is 20km/hr.

Bicycles do not have the right of way over vehicles when crossing a street like a pedestrian. If you dismount and walk your bike across the street, you are a pedestrian and have the right of way. If you ride your bike across the street you are considered a vehicle.

For further details on cycling safety refer to the links below.

<http://www.bikecalgary.org/safety>

<http://www.calgary.ca/Transportation/TP/Pages/Cycling/Cycling-Education-and-Safety/Pathway-laws-and-etiquette.aspx>

Safe & Happy Cycling everyone, see you on the pathway and remember, **RING THAT BELL AND RING IT LOUD!**

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Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and

- swimming areas, and other areas prohibited by signs.
 - Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
 - Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
 - Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
 - Dogs must have and wear a City of Calgary licence when the dog is three-months-old
- When we respect the bylaw, we contribute to a safer and healthier community.
Thank you for being responsible dog owners and valued community partners.
For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.

YOUR CITY SECTION

Check out these important updates from The City of Calgary

- Calgary Recreation is celebrating Seniors Week (June 6-12). As a token of our appreciation, we are offering free fitness classes for seniors. For drop in times and locations visit Calgary.ca/Recreation.
- The Youth Passport is coming this summer! Unlimited swimming, skating, and gym activities for only \$50. Calgary.ca/YouthPassport
- It's skateboard season! For information on lessons, day camps, skate jams, locations of our mobile skateparks or the locations of our new permanent skateparks, visit Calgary.ca/Skateparks.
- Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available. Calgary.ca/ParksGuide
- Neighbour Day (June 17) is an opportunity for neighbours to come together to celebrate our strong community spirit. Calgary.ca/NeighbourDay
- Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more. Calgary.ca/Accessibility
- We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting. Calgary.ca/Accessibility



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YOUR CITY OF CALGARY

Project Updates and Upcoming Events Near Your Community: South Shaganappi Study – Join us for June events

The City of Calgary is continuing to conduct a transportation corridor study to explore the future design for the south end of Shaganappi Trail.

As part of **Phase 3: Preferred Concept Selection**, we are presenting the draft recommended short- and long-term plans for the study area. Join us for June events and provide input to help us refine and finalize the plans.

For a complete list of engagement opportunities, visit calgary.ca/southshaganappi or call 311.

Please note: an open house for residents living in the adjacent communities of Montgomery, Parkdale and Point McKay has been scheduled in June. This invite-only event provides those with homes and businesses in close proximity to the study area an opportunity to participate in the same event with others who may share similar perspectives.

16th Avenue and Home Road N.W.

In response to community input about sidewalks, crosswalks and intersection traffic flow, The City is improving the 16 Avenue and Home Road area to make it safer and more vibrant for people who live and travel in the area.

The planned improvements are meant to improve traffic operations by directing vehicles to follow designated traffic lanes, increase the safety of pedestrians trying to cross 16 Avenue N.W. at Home Road, and prevent motor vehicle and pedestrian accidents from occurring.

Construction on these projects will begin this summer. To learn more, visit calgary.ca or join us at the following in-person session:

What? Community Improvements Information Session
When? Wednesday, June 7 from 5-8 p.m.
Where? Montgomery Community Association (5003 16 Avenue N.W.)

YOUR CITY OF CALGARY

Chip in Fore Communities on Friday, August 11!



GOLF WITH US!
WELCOME
Friday, August 11
calgarycommunities.com

Are you itching for a fun game of golf that includes lunch, 18 holes in a power cart with goodies along the way, a delicious dinner, a fantastic foursome competition, and the opportunity to win amazing prizes, while also supporting a great cause? If so, register today for the Federation of Calgary Communities 5th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 11, 2017 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, 18 holes of golf in a power cart, and dinner.

There are 152 community associations in Calgary who need a support organization that understands their needs. The Federation of Calgary Communities is that organization. This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Help us help them by golfing with us on Friday, August 11! Visit calgarycommunities.com/events to register today.

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

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YOUR CITY OF CALGARY

Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at the Inglewood Bird Sanctuary and Ralph Klein Park. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

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Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at www.calgary.ca/SeniorsWeek.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 24

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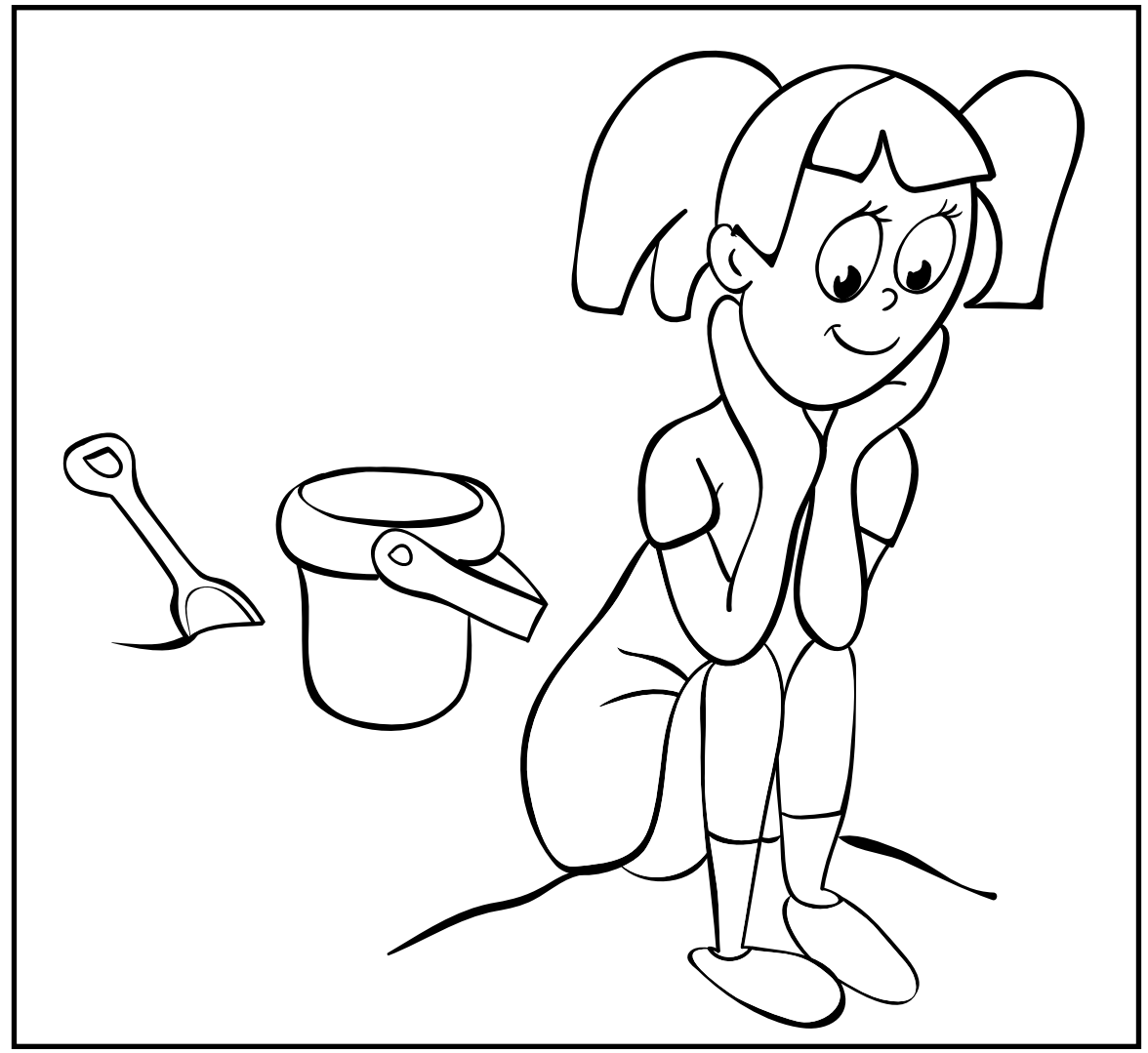
BRAIN GAMES **SUDOKU**

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

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Steep earthen banks, banks on the outside curve of a river bend and shallow-rooted (i.e. Kentucky bluegrass) vegetated banks are most susceptible to the erosive forces of water.

If concerned about your real estate floating down the river assess the health of your stream bank.

Streambank Riparian Health Checklist (adapted from Cows & Fish – Alberta Riparian Management Society - <http://cowsandfish.org>)

1. Is 85% of your riverbank covered with vegetation of any kind?
2. Is 50% or more of the plants on the riverbank taller than knee height?
3. Are willow, dogwood and/or silverberry (wolf willow) growing along the stream edge?
4. Is there a diversity of ages among trees and shrubs on the riverbank?
5. Is Kentucky bluegrass less than 15% of the bank vegetation?

6. Are weeds (thistles, scentless chamomile, knapweed and dandelions) less than 15% of the bank vegetation?
7. Are there exposed and eroding soils or slumping banks due to recreational activities?
8. Are there no retaining walls, riprap or bank stabilizing features (i.e. man made structures)?
9. Are there wildlife sightings or fish present in the water?
10. Are plants vigorous and healthy, producing plant litter and potential foraging opportunities?

If you answered yes to 7 or more questions it is likely that your riverbank is healthy. The tangled mass of plant roots is holding on to the soil. Above ground the vegetation is slowing the water dissipating its erosive energy. In addition, the vegetation is trapping and filtering contaminants from runoff, water quality is improved, important habitat for birds, insects, animals and fish is provided and resiliency of the riverbank to recover from floods, droughts and/or human-caused disturbance is increased.

If you answered yes to less than 5 of the questions it is likely that your streambank is in poor health and your real estate (i.e. land) might be at risk. So plant your riverbank and reap the many benefits from one single action. Your bank will thank you in so many ways.

Robin McLeod

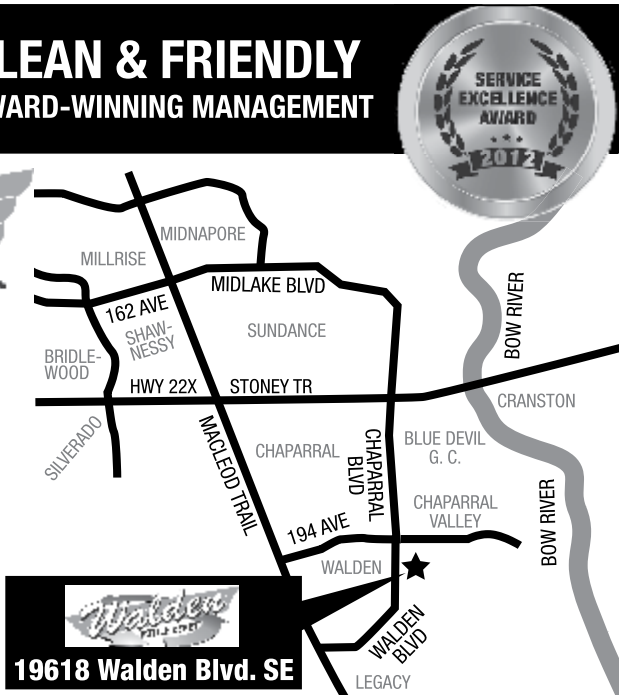
Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network, email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

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- ◆ Forty word limit

27TH ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS: August 26-27, 2017. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E. Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. Bring along your pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

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Cranston Real Estate Update

Last 12 Months Cranston MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$499,500	\$476,500
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
May 2016	\$439,000	\$427,500

Last 12 Months Cranston MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	58	39
March 2017	46	30
February 2017	33	19
January 2017	19	10
December 2016	16	13
November 2016	18	18
October 2016	32	30
September 2016	41	23
August 2016	30	23
July 2016	27	34
June 2016	38	29
May 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 ☎ 403-215-8930
✉ Calgary.southeast@assembly.ab.ca
f RickFraserYYCSE
📷 rickfrasermla 📺 RickFraserYYC



Again and again, our MLAs are hearing how the government continues to make the lives of everyday Albertans harder. At a time when more than 200,000 Albertans are out of work, the government seems intent on doing everything possible to attack our job creators with multiple tax hikes and increased regulation.

I will continue to tirelessly work to hold the government to account, and stand up for Alberta families. This is especially important as the government seems intent on ramming through heavy-handed labour reforms with little consultation with employers. We fear these reforms will add to the heavy burden the government has placed on small- and medium-sized business owners in Alberta and cost even more mortgage-paying jobs.

Events and congratulations:

- Attended Opening Ceremonies of FIRST Robotics Competition Western Canada Regional
- Nando's Mahogany Grand Opening
- The 100th Anniversary Parade commemorating the Battle of Vimy Ridge
- SAM (Homebuilders) Awards
- Congratulations to Copperfield School Fundraiser Pub and Silent Auction for raising over \$5555 for their school
- New Brighton Residents Association Wine with the Board Evening
- Spoke at Copperfield School Council Meeting
- Attended the Calgary Public Library Volunteer Appreciation Ceremony
- Spoke at Strathcona-Tweedsmuir School Diversity Week
- Spoke at Our Lady of the Rosary Dedication and Blessing
- Spoke at Dr. Martha Cohen School - Official Opening
- Spoke at Dr. George Stanley School - Official Opening
- Attended the Women's Centre of Calgary AGM and our office took donations from constituents
- Attended MP Tom Kmiec's Budget and Alberta Job

- Open House and Discussion
- Attended Silverado Community Clean Up

Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year 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.

As your MLA, I am the conduit between you and the government. My job exists to champion your voice and I do so with humility and respect for each and every one of you. I believe that my constituents don't want to hear political rhetoric. They want solutions and answers. I have a job because I was elected to serve everyone in our constituency.

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

Accountant
Stanley Doherty, CPA, CMA
#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
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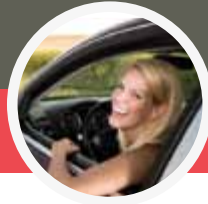
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