

MAY 2017

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THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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## DEER RUN COMMUNITY ASSOCIATION

2223 146th Avenue SE, Calgary, AB T2J 6P8  
Phone 403-278-3117

info@deerruncalgary.com • www.deerruncalgary.com

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### Editorial Submissions

stefansydor1@hotmail.com

All editorial content must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

### Advertising Opportunities

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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

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

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Check out our website:  
[www.great-news.ca](http://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 the Deer Run Community Association and Great News Publishing.*

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

*The Deer Run Community Association and Great News Publishing do 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	511	
Gamblers Anonymous	403-237-0654	



## UPCOMING EVENTS

### Parade of Garage Sales

May 13  
9-4  
Register @ 403-278-3117  
Or [deerruncalgary.com](http://deerruncalgary.com)



### Jelly Bean Dance

May 26th  
5:30 – 7:30  
Grades 3 – 6



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“An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence.”

Enform IRP 9 (Revised)  
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



## SOUTH HEALTH CAMPUS

## Fine Art, Fine Craft Sale

Wednesday and Thursday  
May 10 and 11  
from 8:30am until 3:30pm

South Health Campus, Main street, across from Good Earth

There will be ten local artists in attendance showing their wonderfully crafted items in glass, wood, metal, pottery, visual arts, fibre arts, silver and semi-precious stone jewelry.

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# Deer Run Community Association



2223 - 146th Avenue S.E., T2J 6P8  
 Phone 403-278-3117 or 403-278-4961  
 Fax 403-278-4961 [www.deerruncalgary.com](http://www.deerruncalgary.com)

## Centre Hours

Monday to Friday 9:00 am to 10:00 pm  
 Saturday & Sunday 9:00 am to 5:00 pm

**Function Rental Inquiries  
 please call 403-278-3117**

Deer Run Centre			
Manager	Susan Read	403 278 3117	info@deerruncalgary.com
Staff	Marlene, Chad	403 278 3117	info@deerruncalgary.com
The Executives			
President	Kim Semeniuk		kim@deerruncalgary.com
Vice-President	David Brooke		david@deerruncalgary.com
Treasurer	Susan Mitchell		susan@deerruncalgary.com
Secretary	Etienne Bley		etienne@deerruncalgary.com
Past President	Don Zver		don@deerruncalgary.com
The Directors			
Ways and Means	Susan Tam		susantam@deerruncalgary.com
Capital Expenditures	Terry Gallant		terry@deerruncalgary.com
Newsletter	Stefan Sydor		stefan@deerruncalgary.com
Sports Director	Brian Moule		brian@deerruncalgary.com
Social Director	Lori Froese		lori@deerruncalgary.com
Membership Director	Lydia-Ann Fox		lydiaann@deerruncalgary.com
Director at Large	Mike Isakeit		mike@deerruncalgary.com
Director at Large	Donovan Harris		donovan@deerruncalgary.com
Director at Large	Wanda Kemp		wanda@deerruncalgary.com
Director at Large	Bill Mitchell		
Director at Large	Kelly Sigethy		kelly@deerruncalgary.com

## FACILITY RENTAL RATES

403-278-3117 for bookings and inquiries • 24 Hour Cancellation Policy applies

Rooms		Outdoor Equipment	
Boardroom	\$20/hour	BBQ	\$100
Multi-purpose Room	\$30/hour - \$150 Flat rate	Fitness	
Gym	\$55/hour \$600 flat rate	Racquetball	\$6/person/hour with DRCA membership
Audio/Visual Equipment		Weight Room	\$5 drop in \$100/year with DRCA membership
Overhead Projector	\$5	• Treadmills, Stepper, Bike, Elliptical Trainer, Chin up machine, Free Weights and Bench	
TV/DVR rental	\$50 with \$25 set up		
Projector and 4x4 Screen	\$75 with \$25 set up		

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If you are interested in any of these programs please contact the centre for more info or to register 403 278 3117

## KARATE

Heather - 403 257 4638  
Sat AM  
Adult & Child

## NINPO AND JUJUTSU MARTIAL ARTS

403 816 3474  
Youth (8-15) Mon 6-7 pm, Wed 6-7 pm  
Sept to End of June

Adults (16+) Mon 7 - 9 pm Wed 7-9pm Sat 10-12 noon Year Round

## CALGARYFOOTHILLSOCCER.COM

Brent - 403 278 7620  
Mon Thurs  
Child

## ADULT VOLLEYBALL

Tracy - 403 278 6233  
Mon, Thurs PM  
Adult

## JAZZERCIZE

Lori - 403 256 6808  
Mon, Wed, Fri AM  
Adult

## YOGA

Laurie Hislop M & W 10-11:30 am & 7:30-9 pm 403-271-9045  
Gayle Parent Tues & Th 7:30-9 pm 403-271-7024  
Trish Durkin Sat 10-11:30 am 403-256-6013  
Elaine Nesta Coordinator & special programs 403-225-1444

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Cost is \$13-\$15 per class.

Elaine Nesta – Special programs & Workshops – 403-225-1444

Gayle Parent – 403-271-7024,  
Tuesday & Thursday from 7:30 – 9 PM

Laurie Hislop - www.blisswithin.ca –403-585-9045  
Monday – 1:30 – 3pm, 7:30 – 9 PM,

Tuesday – Deeper 9:30-11:15 AM,  
Wednesday – 9:30-11 AM, 7:30PM

For more information on Svaroop® Yoga, go to:  
www.svaroopayoga.org.

## PRIVATE SESSIONS: 1 hour \$50

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1 hour session: \$50, 5 for \$225, 10 for \$400 A light, hands-on healing modality, working on many levels to reduce pain, anxiety & stress, as well as to help quiet your mind. One Embodiment® session is equal to the openings of 6 Svaroop® Yoga Classes.

## OUT OF SCHOOL

Susan - 403 271 3704  
Mon-Fri  
5 -12 yrs  
dr\_oos@telus.net

## PRE SCHOOL

Michelle - 403 278 7107

## JAZZERCISE/CORE TRAINING

Patsy - 403 225 4410  
Tues 6:15 - 7:15pm

## CHILDREN'S YOGA (AGES 2-6)

403-809-1930  
www.yogabears.ca  
Tuesdays 9:30 – 11:00  
YogaBears' Kaura Grant

## BLISSFUL YOGA FOR MOMS AND TOTS

Tuesdays 1:30 to 2:30pm

## LINE DANCING

Gwen - 403-256-6519  
Wed, Thurs

## ZUMBA

Andre - www.aduberry.zumba.com  
Sunday



# CLOTHESLINE

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit [www.diabetes.ca/clothesline](http://www.diabetes.ca/clothesline).



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Hours 6:30 am to 6:00 pm

3 Comp	\$425
2 Comp	\$375
1 Comp	\$300
ECS	\$650

The lunch program will no longer be offered as a one component option.

Community Membership Mandatory  
For more information phone Susan / Debbie at 403-271-3704 or email [dr\\_oos@telus.net](mailto:dr_oos@telus.net) or [dros@deerruncalgary.com](mailto:dros@deerruncalgary.com)

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**GOSPEL MEETING:** You are invited to a series of gospel meetings at the Deer Run Community Centre (2223 146 Ave. SE) each Sunday at 5:00 pm. All are welcome. Feel free to contact Brady at 587-433-0131 for more information.

**REN LANDSCAPING:** A division of RHD Enterprises Inc. Spring and Fall clean-up, lawn and flower bed maintenance. Experienced, friendly, and affordable. Text or Call: 403-816-3058 or Email: rawb1@shaw.ca.

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**YOGABEARS PLAYSCHOOL CLASSES:** Kids' yoga, cooperative games, mindful relaxation, songs, and stories. Tuesdays 9:30-11:00am. Ages 3-5 years. Cost: \$135.00 for a 10 pass or \$15.00/class. Downstairs Deer Run Community Centre. Maximum 10 students. Please text to hold a spot for your child. More info call/text Kaura at 403-809-1930 or visit www.yogabears.ca.

**LOCAL LAWN & EXTERIOR HOUSE MAINTENANCE:** We cut lawns, clean your yard, pressure wash homes and wash your windows. We are a local company, and offer competitive prices and customer service is #1. 10% off rate for seniors. Business contact: Gordon 403-700-4150 texts are also welcome.

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- Jessica Therrien,  
former smoker  
and Run to Quit  
Champion

**RUN TO QUIT**





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91 Monthly Community Newsletters  
415,000 Households  
152 Calgary Communities



## IN & AROUND CALGARY

### EMS

National Paramedic Services Week is May 28 – June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

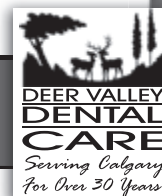
- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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FROM MAY 1 - JUNE 30, 2017

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For complete details please see in store.





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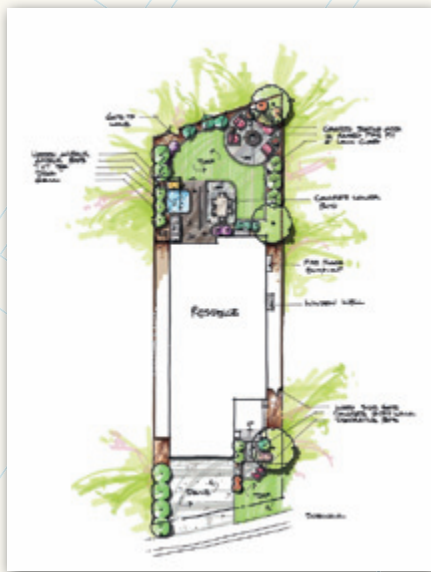


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**MICHAEL MARTIN, MBA, CFA, CFP**

Investment Advisor  
403-266-9655  
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

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

FIND SOLUTION ON PAGE 17



MLA Calgary - Fish Creek

**Richard Gotfried**

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada  
T2J 3Z5 ☎ 403-278-4444 📠 403-278-7875

✉ calgary.fishcreek@assembly.ab.ca

🌐 www.richardgotfried.ca 📺 @GotfriedMLA

📱 RichardGotfried4FishCreek

By May your Legislature is in full swing and I am knee deep in budget deliberations. The Provincial budget affects us all, so please take the time to understand the impact on you and your family. At the end of March a mailer went out to all Fish Creek area residents. If you have not had the opportunity to fill out the survey, please do so, as it gives me a clear indication of key issues and concerns in the community.

May long weekend is the unofficial start to the summer camping season. Although camping is definitely on the minds of many, snow is always a possibility in the mountains, so please plan ahead. The Boy Scout motto "BE PREPARED" still rings in my head after many years as a volunteer Scouter. Alberta Parks has many resources on their website, so please do not hesitate to take a look at [www.albertaparks.ca](http://www.albertaparks.ca). This year is also Canada's 150 and if you have not already picked up your complimentary pass for the National Parks I would encourage you to do so. Alberta enjoys Parks Canada's most popular national park - Banff National Park, but there are many national parks across our great country to explore and appreciate how blessed we are to enjoy nature's pristine beauty.

With Canada's 150 and a recent citizenship ceremony at a local school, I have reflected on what citizenship means to me and what it means to be a Canadian. Being born in Calgary and having lived in Africa as a young child taught me at a young age the blessings of democracy, rule of law, and good governance. Judge Joseph Woodard, who presided over the ceremony, spoke about what our duties and obligations are as Canadians - to give. To give of ourselves; our time and energy to our families, communities, cities, provinces, and country. The value our volunteer contributions make in supporting the fabric of society cannot be underestimated. Each of us can do something. For some it will be coaching soccer, for others volunteering at the local library or like Parkland and Bonavista Cares, making sandwiches for the Drop-In Centre or creating Birthday bags for the Food Bank. So, I will be continuing to shout out small and simple acts of kindness and contributions that make Calgary-Fish Creek better.

One huge act of goodness that happens seamlessly in Fish Creek every year are the Rink Rats. Hopefully we see no freezing weather and the white stuff until next winter, but I wanted to do a special shout out to volunteers that kept outdoor rinks in the community up and running smoothly this winter with some of the best ice in the city. The community outdoor rinks are all volunteer driven and the collective effort has not gone unnoticed. These amazing volunteers could be your next-door neighbour, long term community resident or someone who just moved in and wanted to get involved. Volunteering is good for the soul, so next winter when you are at the rink, please take a moment to say thank you!

Lastly, I would like to make a comment on appointments to government agencies, boards and commissions. While I am all for open competition for these positions, I do feel there is a level of skill, experience, and expertise that is meant to guide and protect sustainable organizations. Much of governments' role is to put in place the structure of good governance and with appropriate expectations, let the people govern themselves. Government boards and commissions' purpose is to work within their mandate in an arm's length manner, free from political interference. Unfortunately, much has been done recently that contravenes these principles of independence, transparency, and accountability and I would encourage all of you, as I commit to do the same on your behalf, to be mindful and outspoken in protecting the best interests of Albertans.

As always, your contributions to the conversation help me to effectively represent your interests. So please join me for another MLA Café on Saturday May 13<sup>th</sup> from 10-12noon at the office. Please contact the office should you require any assistance at either 403.278.4444 or [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).

**TRIVIA**

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."





## May in Fish Creek

### Parks Day & Creekfest

**Saturday, July 15, 2017 – 11:00 am – 4:00 pm**

### Bow Valley Ranch, Creek Provincial Park

Join us to commemorate the 150<sup>th</sup> anniversary of Canada and the 25<sup>th</sup> anniversary of the Friends of Fish Creek Provincial Park Society at Parks Day & Creekfest. This free one-day celebration of nature and community will feature amazing musical acts like Alberta Parks Interpretive Theatre and many others!

The Friends are seeking Youth Singer Songwriters to perform at Park Day & Creekfest on July 15! Are you 17 years of age or younger and looking for an amazing experience to be part of the Summer's greatest free family festival? Contact the Friends of Fish Creek: [info@friendsoffishcreek.org](mailto:info@friendsoffishcreek.org) and visit [friendsoffishcreek.org/event/creekfest](http://friendsoffishcreek.org/event/creekfest) and [facebook.com/CREEKFESTinFishCreek](https://facebook.com/CREEKFESTinFishCreek)

### May Fish Creek Speaker Series

#### Beavers: Nature's Engineers, Troublesome Rodents, Iconic Canadian Symbol and So Much More

Thursday, May 18, 2017 7:00 pm— 8:30 pm

Fish Creek Environmental Learning Centre

Presented by Cows and Fish, and Fish Creek Provincial Park Staff Shalane Friesen, Formal and Environmental Educator; and Ryan Hannusch, Park Conservation Officer

We call them nature's engineers for good reason. No other species other than humans has the potential to change the landscape as much as beavers do. Their industrious nature means they their work frequently brings them into conflict with humans and our infrastructure. In



## DASH THE SPANIEL

Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."

this presentation, Cows and Fish and Alberta Parks will share some of the beaver's natural history and role they play in watershed resiliency, while also discussing some ways we can manage them that will reduce conflict and may help increase our tolerance of beavers. Registration required - [friendsoffishcreek.org/event/beavers](http://friendsoffishcreek.org/event/beavers)

### Good Grief – Nature Walking through Grief and Loss

In partnership with Mount Royal University and Alberta Parks, the Friends will offer this 8-week program for those experiencing grief and loss. Good Grief provides the opportunity to take part in a series of gentle, accessible guided walks through nature, allowing you to observe, to chat, to enjoy fresh air and the natural world. Registration required - [friendsoffishcreek.org/event/good-grief](http://friendsoffishcreek.org/event/good-grief)

### 25<sup>th</sup> Anniversary Brick Program

2017 sees us celebrate the 25<sup>th</sup> anniversary of the founding of the Friends of Fish Creek. As part of our celebration, we are offering the opportunity to be part of our 25<sup>th</sup> Anniversary Legacy Brick Pathway program. Bricks are only \$250 and you will receive a tax receipt. [friendsoffishcreek.org/brick](http://friendsoffishcreek.org/brick)

### Capture Nature - Photography Contest

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31. [friendsoffishcreek.org/programs/capturenature](http://friendsoffishcreek.org/programs/capturenature)

### Gratitude for Mother (Your Own or Mother Earth)

Thursday, May 18, 2017 7:00 pm— 8:30 pm - Fish Creek Environmental Learning Centre

Yo-Qi combines yoga and Qi-Gong – and each of our monthly sessions will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and AYoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. [friendsoffishcreek.org/event/yo-qi-gratitude-for-mother](http://friendsoffishcreek.org/event/yo-qi-gratitude-for-mother)

### Jane's Walk - Fish Creek Stories: The History and Nature of Votier's Flats

Saturday, May 6 11:00 am – 12:00 noon

Did you know the area that is now protected as Fish Creek Provincial Park was once home to some of the first and most prominent settlers in Calgary's history? And that this area – now a backdrop for many different recreational activities – was at the epicenter of our city's burgeoning cattle and ranching heritage in the late 1800s? Learn more on May 6 at this Jane's Walk event. [friendsoffishcreek.org/event/janes-walk-2](http://friendsoffishcreek.org/event/janes-walk-2)



Councillor, Ward 14

**Peter Demong**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or 403-268-1653

Hi Ward 14,

The weather is changing, and that usually means some cleaning is in order. Whether it is around the house or in the yard, pretty much everyone does it this time of year, and so does the City of Calgary. So that is the theme for this month: Cleaning!

### Cleaning up our rivers

I wish I had a better track record of reminding you about the Annual Pathway and River Cleanup. It is a great event, but this year I fear you are reading this a little too late to sign up. Spots usually fill up fast, and this year it will be on May 7. Oh well, there is still a point to be made.

The pathways and rivers in this city are a huge sense of pride for Calgarians, and I find this is especially true for the people in Ward 14. We just have some of the most beautiful places in the city, and—even if you are not at the annual cleanup—there is really no reason that you can't pick up some litter to keep it that way. My wife and I make a point to do this every time we go for a walk. It doesn't take long to find a bin to put it in.

If you want to find out more about the Annual Pathway and River Cleanup visit [calgary.ca/pathwayandrivercleanup](http://calgary.ca/pathwayandrivercleanup).

### Pothole repair season

As I mentioned, the City does spring cleaning too. For over a month now crews have been sweeping the streets of everything that builds up over the winter. Although protecting your windshield from cracks, and just plain making the streets look good are big reasons they do it, there is another one too. They need clean streets to fix the potholes!

If you know of any potholes, now is the perfect time to get them in the queue for repair. I suggest calling 311, or using the 311 app (which you can get by visiting [calgary.ca/mobileapps](http://calgary.ca/mobileapps)).

### Housekeeping: Dates to be saved!

Here are some important upcoming events:

**Neighbour Day** – It will be on June 17 this year, and it is exactly what it sounds like: an opportunity to meet

your neighbours. Visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) to see how the City of Calgary can help you celebrate.

**Ward 14 Communities BBQ** – Yes, we will be having my BBQ again this year. Mark September 16 in your calendars, and if you are a non-profit organization interested in being an exhibitor at the BBQ, please email your details to [ward14@calgary.ca](mailto:ward14@calgary.ca).

**May Counciltalk** - Counciltalk will be on May 27 in the main gym at the Queensland Community Centre (649 Queensland Drive S.E.) from noon to 2 p.m. Keep in mind it will be one of only two Counciltalk sessions before the summer break. I really hope I see you at one of them.

That's all I have to say for May. Summer is just around the corner, so get out and enjoy the clean roads and rivers. As always, don't hesitate to contact me anytime!

## BRAIN GAMES SUDOKU

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





# Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family's integration into Canada, a close second is finding employment – 90% of Calgary's newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor's degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn't mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don't have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.



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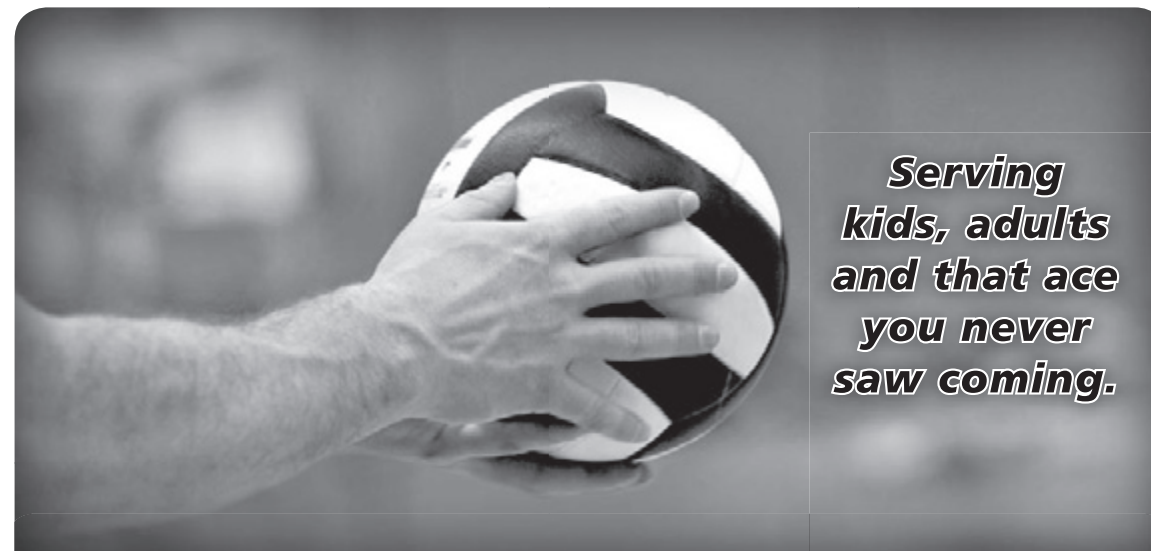
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