

AUGUST 2016

DELIVERED MONTHLY TO 4,300 HOUSEHOLDS

your DouglasdaleGlen

BRINGING DOUGLASDALE AND DOUGLAS GLEN RESIDENTS TOGETHER



MEDICAL CLINIC



PrimeCARE Health

Quarry Park
Suite 120, 109
Quarry Park Blvd. SE

Family Doctors
accepting new patients

Walk-Ins Welcome
403.930.7111

.....

Douglas Glen
Suite 123, 11420
27 Street SE

Female Doctors
accepting new patients

Welcome Dr. Dapo Olayiwola

Physical Therapy
Massage Therapy
587.318.0740

www.primecarehealth.ca



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil

GOT A PLAN?

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca



Douglasdale Glen Community Association

P.O. Box 87031
#160, 11520-24th St. SE
info@dgca.ca | www.dgca.ca

Elected Officials



Councillor Shane Keating
Ward 12 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
Web: www.calgary.ca/ward12



MLA Ric McIver
255, 11488 - 24 Street SE,
Calgary, AB, Canada T2Z 4C9
Phone: 403-215-4380
Fax: 403-215-4383
Email: calgary.hays@assembly.ab.ca
Web: www.mciver.mypcmla.ca

NEWSLETTER AD SALES
GREAT NEWS PUBLISHING  **27 YEARS**

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS



Real Estate Update	5
Trico Centre	6
At A Glance	10
Calgary Wildlife	12

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING DOUGLASDALE & DOUGLAS GLEN FOR 15 YEARS!

DISCOUNTED REAL ESTATE LEGAL FEES
KNIGHT & PRITCHETT
 BARRISTERS & SOLICITORS

Contact Tasnim Kassam for a Quote
 (403) 781-8780

Penny Pritchett Tasnim Kassam
 B.S.W., LL.B., LL. M. Family Law Senior Real Estate Paralegal

Evening & weekend appointments available upon request

600-6th Ave SW ✉ tasnim@pennypritchett.ca 403.993.3507

news@great-news.ca

Editorial Content DEADLINE 1st
 of each month for the next month's issue

ABOUT PAINTING

Interior & Exterior
 25 years experience

Professional, Reasonable & Reliable
 Power Washing Services

- All Painting
- Drywall Repair
- Wood Staining
- Stucco Painting
- Spray Painting
- Ceiling Painting

Licensed & Insured "Free Estimates & Advice"
 ALL WORK FULLY GUARANTEED
 2 YEAR WARRANTY
 SERVING CALGARY & ALBERTA

South 403-252-1366 North 403-239-9022
 Our website: www.aboutpainting.ca

IN & AROUND CALGARY

August and September in Fish Creek

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser
Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, and meet with local producers of fine beer, wine and spirits. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit www.friendsoffishcreek.org/event/autumn.

Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration Required and fees apply. For course times and to register visit www.friendsoffishcreek.org/programs/birding-course

Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

Capturing Nature: Painting Day in the Park: Aug. 20, 9:00 am – 12, Instructed by Debbie.lee Miszaniec.

Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik.

Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott.

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: www.friendsoffishcreek.org/programs/wellness-clinics.

Douglasdale Glen

Real Estate Stats

Last 12 Months Douglasdale Glen
 MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
July 2016	\$507,081.50	\$489,000.00
June 2016	\$509,900.00	\$497,500.00
May 2016	\$540,000.00	\$525,000.00
April 2016	\$479,900.00	\$469,000.00
March 2016	\$520,000.00	\$510,000.00
February 2016	\$500,950.00	\$494,500.00
January 2016	\$482,000.00	\$471,000.00
December 2015	\$434,900.00	\$428,500.00
November 2015	\$502,250.00	\$492,500.00
October 2015	\$449,500.00	\$439,500.00
September 2015	\$487,400.00	\$474,500.00
August 2015	\$554,900.00	\$545,250.00

Last 12 Months Douglasdale Glen
 MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
July 2016	21	16
June 2016	19	13
May 2016	25	11
April 2016	14	11
March 2016	19	15
February 2016	14	12
January 2016	16	6
December 2015	7	6
November 2015	12	8
October 2015	11	10
September 2015	18	16
August 2015	13	8

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

Mark Bastien
 Professional Tree Service

- Tree Pruning
- Spruce Shaping
- Tree Removal
- Stump Grinding
- Hedge and Shrub Pruning

Call 403-708-3900

Active Learning
 Programs Ltd.

French Immersion Preschool and B & A care
 for Sam Livingston, Lake Bonavista
 and Alice M Curtis Schools

Beautiful Acadia location Opening Soon

403.473.0600 | www.activelearningprograms.ca

Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to DG@great-news.ca



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

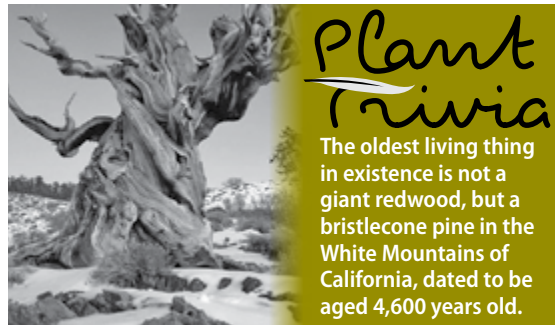
New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

It will not rust, rot or shift, and there are no seams for weeds to grow through.



Locally Owned & Operated

Free Estimates 403-875-8463



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

Reliable Tile & Marble

Calgary, Alberta, Since 1988

CAREY DEBAKKER

Quality Workmanship
All work guaranteed

403-813-5278
Free Estimates!

From kitchens to bathrooms we tile it all!

ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

www.academydenture.com



Southcentre Mall

Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

As we begin another exciting school year, we extend a big welcome to both new and returning students. Our wonderful teacher, Mrs. Killam, is looking forward to her 35th year with Mapleridge Cooperative Preschool!

September is a month of getting acquainted with the new students, rekindling old friendships and making new ones, and establishing preschool routines. Mapleridge Cooperative Preschool has a bright and cheerful atmosphere that creates a wonderful environment for learning, playing and having fun.

Parents please mark your calendar for the Parent Orientation Night: Thursday, September 6th at 7:00 pm at the preschool.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13

Cottage Hand-off

Suzanne Smith-Demers – Consultant

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

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

Call the right play

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

Elude potential blockers

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

A less-taxing hand-off

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

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

Insure your hand-off

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

IN & AROUND CALGARY

Flood Resiliency

The City is committed to making Calgary a safe, flood resilient community. The 2013 flood caused significant social and economic disruption and unprecedented damages. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000.

For more information, go to Calgary.ca/fire.

The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wing-tips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition

to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

THE **GR**OCERY **LINK**
From the Store to your Door

TheGroceryLink.com | 1-877-332-0802

10% OFF

YOUR FIRST PICK UP & DELIVERY SERVICE


ENTER PROMO CODE # PD010

NOW OFFERING PICK UP & DELIVERY FROM:

- Superstore Click & Collect
- M & M Food Market
- Bon Ton Meat Market
- Real Canadian Wholesale Club



*We take call in orders and pickup prescriptions at no extra charge



Footloose Photography

BY SHERI

MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

L.S. Electric

Electrical Installations & Repairs

587-225-3344

RESIDENTIAL COMMERCIAL INDUSTRIAL

Leslie Szentner
Certified Master Electrician

✉ lcp.s@shaw.ca

Love
to Sing?

Sweet!

Chinook Winds
Show Chorus

Check us out!

GUEST NIGHT - Tuesday
Sept. 13, 2016 - 7 pm

Scarboro United Church
134 Scarboro Ave SW
info@chinookwinds.net

chinookwinds.net



DR. MICHAEL YUN, DDS

FAMILY DENTISTRY

We offer General Dental Services, including:

Preventive hygiene program for children & adults

Restorative: fillings, crowns, bridges, etc.

Cosmetic: whitening, veneers

Tooth extractions

Root canal therapy

Direct billing available

New patients and emergencies welcome

Monday: 11:00-7:00

Tuesday: 8:00-4:00

Wednesday: 11:00-6:00

Thursday: 11:00-7:00

Friday: 9:00-5:00

Sat: By Appointment

403.278.1400

Bay 9, 3451 Douglasdale Blvd SE
www.yundental.com

10 AUGUST 2016 | Call 403-263-3044 for advertising opportunities

DOUGLASDALEGLN | AUGUST 2016 11

**SEPTEMBER 3
CALGARY HIGHLAND
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

August 26 to September 5 - Calgary Pride Parade and Festival: Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca

September 1 - Easter Seals Drop Zone: On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca

September 3 to 4 - X-Fest Calgary: This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com

September 9 - Calgary Night Market: Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708

September 10 to 11 - One Love Music Festival: The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca

September 13 to October 1 - Waiting For the Parade: Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com

September 14 to 18 - Beakerhead: Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com

September 20 - The YWCA Walk a Mile In Her Shoes: Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

CALGARY PUBLIC LIBRARY

Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

With Flipster, you can find Maclean's, MoneySense, Rolling Stone, Chatelaine, Flare, and Today's Parent, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—People, Sports Illustrated, Fortune, Cooking Light, Entertainment Weekly, Food & Wine, InStyle, Real Simple, and Travel & Leisure.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare. The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.

Deck Covers & Enclosures—
Get Yours Now!
Spring & Summer Sales 20% Off on all:

- ◆ PATIO COVERS
- ◆ PERGOLAS ◆ SUNROOMS
- ◆ SCREEN ROOMS ◆ WINDOWS

FREE ESTIMATES

SHOWROOM DISPLAYS
C8 - 6215 - 3 St SE East of Chinook Centre
403-692-0820
www.desertsunpatios.com

BRAIN GAMES SUDOKU

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

SOUTH CALGARY & OKOTOKS KARATE
OPENINGS FOR BEGINNERS

McKenize Lake School
Mondays 4:30 - 5:30pm Ages 6 - 12 years

Deer Run Community Centre
Saturdays 9:30 - 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 - 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 - 6:30pm Ages 7 - Adults
Thursdays 5:30 - 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

BUSINESS CLASSIFIEDS

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

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

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

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

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

ADDITIONS, RENOVATIONS: Design, drawings, engineering, building permits vitdot@shaw.ca; 403-804-9283.

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

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

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

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

CUSTOM CRAFT PAINTING: Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

HEALTH CANADA APPROVED MED CANNABIS OIL: We are authorized distributors for Canadian made Medical Marijuana Cannabis Sativa Seed Oil. There is negligible THC content so you cannot get high or overdose, but you will get the nutritional and disease fighting benefits of this perfect food from nature. Contact us for more info. www.fourseasonslife.ca 403-720-0472.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

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

10% OFF ALL PACKAGES

MR. SPONGE
AUTO SPA
403.235.2400

- In-Out wash
- Express Detail
- Full Detailing

SOUTH POINTE BOTTLE DEPOT
403.726.9300 | #509, 5126 126 Avenue SE
(Behind Home Depot on 130th Ave. SE)

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.


PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2016. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

WINDOW CLEANING DONE THE RIGHT WAY! Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.



Trivia
Ann Franklin
1762 – 1st woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.



Insects & Technology

Fleas Knees

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

Discovery Magazine

IN & AROUND CALGARY



Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.


Visit calgarycommunities.com for more information or to register today!

DEERFOOT MEADOWS MEDICAL CLINIC
403.251.2690 - 7979 11 Street SE, inside Wal-Mart

Dr. Rachele de Gracia accepting patients in October 2016. Please call to book your spot!

Short wait times. Accepting patients.
 We offer highest standards of care for our 45,000 patients.

Open late and open weekends
 Please call to see your doctor today



Douglasdale Glen mybabysitterlist

Name	Age	Contact	Course
Kyla	13	403-697-9764	Yes
Elena	13	403-263-3809	Yes
Jordan	14	403-288-0220	Yes
Melissa	14	403-455-4402	Yes
Brooklyn	16	403-236-1440	Yes
Lauren	16	403-203-4480	Yes
Elizabeth	16	403-771-8215	Yes
Kaitlin	16	403-258-3153	Yes
Caitlyn	18	403-203-4480	Yes
Michelle	18	403-455-4402	Yes
Taylor	19	403-236-2836	Yes
Kyra	20	250-938-5951	Yes
Cheyenne	20	250-938-1090	No
Cheyenne	20	250-938-1090	No
Deidra	29	403-471-3089	Yes
Jane	51	403-467-3607	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.

SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM

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

Enform IRP 9 (Revised)
safetysync.com
 403.668.6402

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.



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

DISCLAIMER

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

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

IN & AROUND CALGARY

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

Published by:

GREAT NEWS
 PUBLISHING 
 Proudly serving your community for 15 years!

ADVERTISE YOUR BUSINESS NOW!
 REACHING OVER 410,000 HOUSEHOLDS
 ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
 Canada Post

Phone: 403-263-3044 | sales@great-news.ca



IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

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

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. ® Registered trademarks of Royal Bank of Canada. Used under licence. © 2015 RBC Dominion Securities Inc. All rights reserved.

NIKO ROOFING

ROOFING-SIDING | EAVESTROUGHING SOFFIT-FASCIA

WCB-Licensed-Insured
Insurance Claims
FREE ESTIMATES

BBB ACCREDITED BUSINESS WE ACCEPT

☎ 403-861-7067 Constantin
☎ 403-831-1331 Vlad
🌐 nikoroofing.com
✉ nikoroofing@yahoo.ca

ASSINIBOINE
LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fences • Decks • Landscape
Designs and much more

WEEKLY & BI-WEEKLY LAWN CARE
Cut & Trim • Fertilize • Pruning • Vacation
Services and much more

Call Now for your **FREE ESTIMATE**
403.301.3300
www.assiniboine.com

f i H HomeStar 2 year Quality Guarantee • WCB Insured • Licensed • Bonded

**A Great Price
for anyone who wants
A GREAT HAIRCUT**

\$9.99

with this coupon
Not Valid with other offers
Expires September 15th, 2016



OnlineCheck-In

Download our free app
or visit greatclips.com.



ClipNotes

We know your haircut
anywhere you go.

Great Clips®

**DEERFOOT
MEADOWS**

**820 8180 11TH St. SE
403-204-3382**

**NOW
OPEN**



**FAMILY MEDICINE
WALK-IN CLINIC**

NO WAITING TIME

Dr. Nadia Azam MBBS, CCFP

Female Physician Accepting New Patients

Dr. Matthew Onyekweli MBBS, DFFP, MRCOG

IUDs, PAPs, O&G, services available.

OPENED:

Monday to Friday: 9am - 7pm

Saturday: 10am - 5pm

Sunday: 11am - 3pm



Address: #4, 20 Douglaswoods Dr SE **TEL: 587-471-9467**

You can book online at www.douglaswoodfamilymedicine.ca