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



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

July 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.)

Membership Specials while the Pool is Closed

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. 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) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week.**

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage col-

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.





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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

The year-end party and picnic for our preschool students were a huge success. We had a great time at Lake Bonavista filled with fun, laughter and playing at the beach. A big thanks to the organizers and sponsors! Our sponsors included Safeway and Co-op.

We would like to extend our appreciation to all the parents, families, and friends who have supported our preschool during the past year, as a cooperative, we could not have done it without you all! A special thank you to Mrs. Killam as she has put so much love and dedication into all of the activities for the students for so many years, and creating all of the relationships with her students that have made a lasting impression for each of them (so much so we have her student's children now attending some of the classes).

Have a wonderful summer!



Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion, avocados

served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

Cilantro Lime Chicken Marinade

- 4 Chicken Breasts
- Zest from 1 Lime
- Juice from 1 Lime
- 1/3 cup Chopped Cilantro
- 1/4 Olive Oil
- 1 tsp Honey
- 2-3 Cloves Minced Garlic
- Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

Creamy Avocado Lime Dressing

- 1 Avocado
- 1/4 Cup Cilantro
- 1 Clove of Garlic
- Juice from 1/2 Lime
- 3 Tbsp. of Olive Oil
- 1/3 cup of water
- Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.

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FIND SOLUTION ON PAGE 26

news@great-news.ca

Editorial Content DEADLINE 1st

of each month for the next month's issue

IN & AROUND CALGARY

July Programs and Events in Fish Creek

www.friendsoffishcreek.org

Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am – 4:00pm

Glennfield, Fish Creek Provincial Park (14228 Bannister Rd. SE)

Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Join in an outdoor yoga session and fly fishing demonstration, and enjoy a special visit from Boston Pizza's Lionel.

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! 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! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

Minibus Tours

Archaeology in the Park: Finding the Pioneers

Tuesday, July 12, 1:00 – 4:00 pm

Enjoy a scenic tour of Fish Creek to learn about the history of the early pioneers who made this area their home and about the archaeological evidence they have left behind.

Photography Tours: Unleash the Power of Your Digital SLR Camera

Tuesday, July 19, 9:00 – 11:00 am

In this beginner's level photography class, you will learn

all the basics, including depth of field, composition, lighting and the "Exposure Triangle" (Aperture-Shutter-ISO), using the stunning beauty of the park as your subject. Several stops along the way will allow you to put theory into practice!

Wellness Programs in Fish Creek

Join us at the Bow Valley Ranch this Summer to rejuvenate body, mind, and spirit in the beautiful natural setting of Fish Creek. The Friends' Wellness Program is designed to engage community members and foster overall wellness.

Yoga: 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton

Qi Gong: 6:30 – 7:30 pm, Tuesdays, Lead by Diane Smith, Spring Forest Qi Gong Certified Instructor

Full Moon Meditations: 6:30 – 8:00 pm, Full moon evenings, Lead by Naomi Parker and Gwen Draude Woolverton



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

Douglasdale Glen



Real Estate Stats

Last 12 Months Douglasdale Glen
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
July 2015	\$494,900.00	\$485,000.00
June 2015	\$494,700.00	\$487,500.00

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

	No. New Properties	No. Properties Sold
May 2016	25	11
April 2016	15	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
July 2015	11	19
June 2015	21	14

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



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IN & AROUND CALGARY

Fish Creek Provincial Park Summer Tour Series 2016

This summer discover the natural wonders of Fish Creek Provincial Park.

Bring your family and friends and join us as we explore this oasis in the city.

Come prepared for the weather and walking (easy trails). Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera. Included this season visits to Big Hill Springs and Glenbow Ranch Provincial Parks and guest presenters from Trout Unlimited Canada, The Friends of Fish Creek Provincial Park Society and more.

Registration Required: Please phone (403) 297-7927 or email Roland.Kirzinger@gov.ab.ca

Admission: By donation (suggested \$5.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park.

Tuesday, July 5:

Accessibility and Inclusion in Alberta Parks

Do barriers prevent you from getting out in nature and parks? On this tour Jill Miller will share with you the innovative ways Alberta Parks is removing barriers to get everyone outside, regardless of ability, age, or cultural background. Come try out the Park Explorer, an adaptive wheelchair developed by Alberta Parks staff and find out more about the Push to Open Nature initiative.

When: 7:00 p.m. – 9:00 p.m.

Where: Fish Creek Environmental Learning Centre, Shannon Terrace Day Use Area

Tuesday, July 12:

Glenbow Ranch Provincial Park Tour

When: 9:00 a.m. – 12:00 noon

Where: Glenbow Ranch Provincial Park (maps and directions will be provided)

Tuesday, July 19:

Fish Creek as Theatre: The Ongoing Play Between Native and Invasive Plants in Fish Creek

When: 7:00 p.m. – 9:00 p.m.

Where: Boat Launch Parking Lot (Located off Bow Bottom Trail S.E.)

Tuesday, July 26:

Fish Creek's Native Grasslands

When: 7:00 p.m. — 9:00 p.m.

Where: Bebo Grove (South end of 24 St. SW)

Tuesday, August 2:

Big Hill Springs Provincial Park Tour

When: 10:00 a.m.—12:00 noon

Where: Big Hill Springs Provincial Park (maps and directions will be provided)

Wednesday, August 9:

Trout and the Bow River

When: 7:00 pm – 9:00 pm

Where: Mallard Point Day Use Area (Access off Canyon Meadows Dr. S.E.)

Tuesday, August 16:

Birding Basics

When: 7:00 p.m. – 9:00 p.m.

Where: Votier's Flats (South end of Elbow Dr. SW)

Tuesday, August 23:

The Good, The Bad and the Beavers

When: 7:00 pm – 9:00 pm

Where: Bow Valley Ranch Visitor Centre, Bow Bottom Trail SE

IN & AROUND CALGARY

Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 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, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support 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.

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

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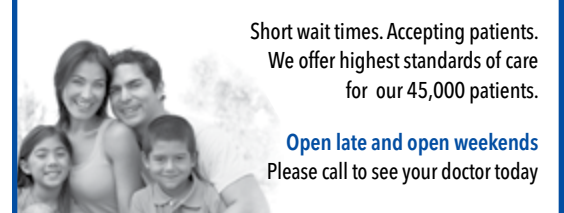
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Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assess every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.

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Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

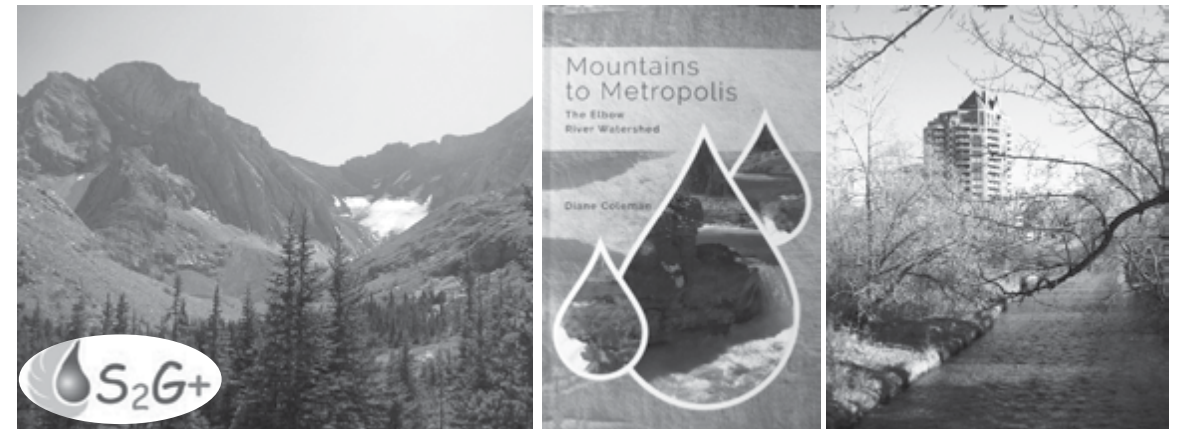
- 1. Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.
- 2. Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.
- 3. Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriot Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

- 4. Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.
- 5. Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at www.marriott.com/rewards/promotion.mi?promotion=SB16.

www.newscanada.com



New Book Mountains to Metropolis: The Elbow River Watershed

S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

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)



Blue-winged Teal

a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

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.

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new

IN & AROUND CALGARY

EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

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

First aid

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

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

IN & AROUND CALGARY

Where there's water, there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

Life jacket safety

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PDF or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

Swimming is a lifesaving skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

Remember, always keep toddlers or young children within arm's reach while in or around all bodies of water.

Before you raft or boat

Always **SCOUT, ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

Scout the river for potential hazards and check the weather and water conditions.

Assess the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

Decide if it is safe to raft or boat.

Ensure you have emergency supplies on board with you.

For further information visit calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx

Did you know: The Calgary Fire Department has Firefighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglen)?

10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

How I do I know if I have hail damage to my roof?

Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

Why does the estimate read that there are more shingles to replace than there are to remove?

The amount of shingles to remove from your roof is the

10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.

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How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagrass.ca
- **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca
- **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca

AUGUST 5 TO 7 EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com



AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com



AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat



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Web: <http://shanekeating.blogspot.com/>

Summer may be a quieter time of year for some, but Ward 12 continues to be busy! Many of the Ward 12 community associations have completed their Annual General Meetings, and I am really looking forward to finding ways to support them over the next year.

Recreation Centre Update

Residents of Ward 12 made it very clear to me when I first ran for Council in 2010 that they needed to see stronger public investments in their communities. The addition of recreation facilities to southeast Calgary was a critical component of that progress. We have come a very long way in 6 years, and I am thrilled to provide you with a progress report.

Great Plains

Construction for the twin ice rink facility is well underway with anticipated opening later in 2016.

Quarry Park

Recreation facility opened to the public on Canada Day. An official grand opening will happen later this year.

New Brighton Regional Athletic Park

The opening for this outdoor athletic park was on June 25th.

Seton

Official ground breaking took place in June. Construction scheduled to complete in 2018. This will be one of the largest recreation facilities in Calgary with swimming lanes, water park, multi-purpose rinks and numerous other amenities.

Deerfoot Trail Study

The City has partnered with the Government of Alberta for a comprehensive Deerfoot Trail study. This is the first time a study of this magnitude has been done since the mid 1990s. I held a town hall meeting on June 23 in partnership with other Councillors and MLAs from south Calgary to introduce this study to Calgarians and field questions from the public.

This is a really important piece of work for south Calgary. You can keep up to date on the study and find more ways to provide feedback at calgary.ca/deerfoot.

MLA CALGARY-HAYS RIC MCIVER

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Legislature Update

The spring legislative session has ended. It was quite a time for Alberta. The NDP government showcased their lack of understanding of the issues facing Albertans.

Bill one, their flagship legislation, is essentially a bill about nothing. It gives the economic development minister permission to take actions that the Minister already has the authority to do. While Albertans were looking to their government to take substantive action on job creation the NDP government gave platitudes and wasted valuable Assembly time.

The NDP Government introduced their carbon tax legislation which will hit all Albertans hard on January 1, 2017. They removed their self-imposed debt limit (after only 6 months) and told Albertans that they are only hiring people who understand the "NDP world view" to manage their government. Throughout all this, the Progressive Conservatives remain an effective opposition, providing common-sense amendments to government legislation and making suggestions to improve policy. We take our job as opposition to this government very seriously and will keep offering suggestions and keep asking tough questions and make sure Albertans are well represented in the Legislative Assembly.

I received support for my motion 504 to have the government reaffirm their support for parental choice in how they educate their children. My PC colleague MLA Mike Ellis introduced Bill 205 to make owning pill press machines illegal except for legitimate uses. This will make it harder for drug dealers to manufacture fentanyl and other illegal drugs here. Already B.C. and Saskatchewan are evaluating this bill to see if they should follow suit.

Calgary-Hays: Mountain Park School

Visiting schools is always a highlight for me. On May 27, 2016 I visited the Grade 6 classes at Mountain Park School. The students were well prepared and peppered me with questions on a full range of provincial issues. I am very impressed by the depth of their understanding and the extent to which they were ready to challenge me with tough questions. This is a real testament to excellent teaching and to parents engaged in their children's education.

I am always happy to visit classrooms. If you would like me to visit your school, please contact my office to schedule a visit.

Soccer Tournament – Foothills '02 Girls

Congratulations to the girls team who has won a spot at the world's biggest youth soccer tournament in Sweden. The international event attracts 1,600 U11 to U18 teams from 80 nations as far along as Algeria and Zambia. And now, a girls' team from Calgary Hays is joining that elite list of competitors. We wish you all the very best!

Stampede 2016

Again this year I will volunteer with the Stampede Caravan committee. Two events in Hays will be at DouglasGlen Square and at McKenzie Towne. Please come out and meet your neighbours while enjoying breakfast and good entertainment.

Ivor Strong Bridge

Wondering what is happening with bridge rehabilitation? Updated road information, including traffic delays, is a click or a call away. Call 5-1-1 toll-free, visit 511.alberta.ca or follow it on Twitter @511Alberta to get on the road to safer travel.

Here is what the website says on June 2, 2016:

At the northbound and southbound lanes of Deerfoot Trail at the Ivor Strong Bridge in SE Calgary, beginning May 13 at 9pm until the bridge work is completed, lane restrictions and speed reductions in both directions are in effect that will cause major traffic delays. Speed is reduced to 50 km/h. Two lanes will remain open in each direction. Weight restrictions are not affected. Wide loads must coordinate with central permitting. Large commercial truck access is restricted on ramps during work. Affected trucks must find alternate routes.

Vehicle Registry REMINDER

The Alberta government has ended mailed renewals for registration, licence and identification cards. Renewals for parking placards for people with disabilities and disabled licence plates will continue. And Albertans over the age of 70 will receive mailed reminders until April 1, 2017.

To set up a reminder you can visit your local registry agent or sign up online at www.e-registry.ca or through Alberta Motor Association at www.ama.ab.ca.

WCB Feedback:

The WCB Review Panel invites all Albertans to provide feedback through an online questionnaire or by written submission at alberta.ca/wcb-review until July 15.

Wishing you all a happy and safe summer

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

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

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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
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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