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Douglasdale Glen Community Association

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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



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

What to Look For from a Financial Advisor

Kevin O'Hagan, PFP, FMA, CIWM

There's a lot to know about investing, so it's a good idea to get some professional help. But with so many financial advisors out there, how can you choose one that's right for you?

You may have to interview several prospective financial advisors before deciding on one. When you talk to them, see if you can get a sense of how they might work with you. Specifically, try to answer the following questions:

Does this financial advisor ...

... *Understand you?* Perhaps above all else, you want a financial advisor who will take the time to get to know you and your family, your goals and what's important to you.

... *Clearly explain investing?* Once you enter the investment world, you will likely be curious about it. Why is diversification important? What's a market correction? How do interest rate movements affect different investments? You will want to work with someone who will make the effort to educate you on investment topics and answer all your questions.

... *Know your investment style?* Obviously, you'll want someone who will recommend only those investments that are in your best interest and that can help you make progress toward your goals. Therefore, the person you choose needs to understand your investment personality – that is, whether you are an aggressive, moderate or conservative investor.

... *Have a certain investment philosophy?* You may have your own investment style and preferences – and so do many financial advisors. In fact, some financial advisors have an overriding investment philosophy that governs many of their recommendations. You need to find this out before you start working with someone.

... *Communicate frequently?* The most knowledgeable financial advisor in the world won't be of much help to you if he or she is not a good communicator. You need someone who will regularly let you know if you're on track or make suggestions if you're not – even if you aren't scheduled to meet for a while. And, speaking of conferring with your financial advisor, you'll want someone who will meet with you when it's convenient for you, whether it's in person or over the phone.

... *Avoid making big promises?* You want a financial advisor with the expertise and experience necessary to help you decide what is right for you. And you'll want someone committed to your success. But there's a big difference between someone who promises to do the best possible job for you and someone who promises big results. Be wary of financial advisors who claim they can consistently achieve high returns for you – there are very few guarantees in the investment world.

... *Explain how he or she will be compensated?* Financial advisors get paid in various ways, often in some combination of fees and commissions. Ask all potential financial advisors how they get compensated; any reputable professional will be upfront about his or her charges.

By finding the answers to these key questions, you should be able to find a financial advisor who is well-suited to work with you. So take the time you need to gather enough information to feel confident in your choice. After all, you're enlisting the help of someone who can have a big impact on your financial future.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 23

Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public – the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility – where you feel comfortable taking your family.
- Saving you money – city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset – open and welcoming to clubs, players and families from across the city.

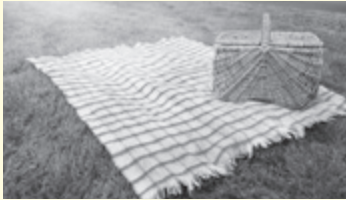
We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

CUPE
Calgary's city employees

Making your city work for you

**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYXC**

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

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

Douglasdale Glen
mybabysitterlist

Name	Age	Contact	Course
Brooklyn	16	403-236-1440	Yes
Caitlyn	18	403-203-4480	Yes
Cheyenne	19	250-938-1090	No
Cheyenne	19	250-938-1090	No
Elena	13	403-263-3809	Yes
Jane	51	403-467-3607	Yes
Jordan	14	403-288-0220	Yes
Kaitlin	16	403-258-3153	Yes
Kyla	13	403-697-9764	Yes
Kyra	20	250-938-5951	Yes
Lauren	16	403-203-4480	Yes
Melissa	14	403-455-4402	Yes
Michelle	17	403-455-4402	Yes
Taylor	19	403-236-2836	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.

Editorial Content 1st DEADLINE
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FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners ad-

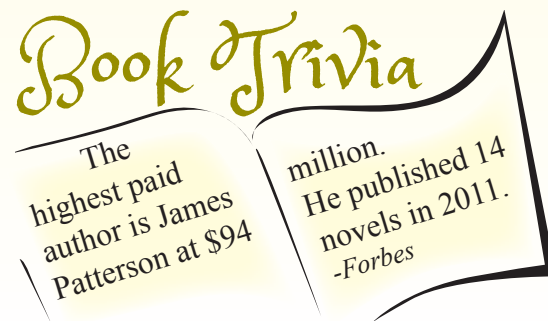
verse against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.



Douglasdale Glen



Real Estate Stats

Last 12 Months Douglasdale Glen
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
May 2015	\$504,450.00	\$487,500.00
April 2015	\$489,900.00	\$479,400.00

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

	No. New Properties	No. Properties Sold
March 2016	22	15
February 2016	15	12
January 2016	17	6
December 2015	7	6
November 2015	12	8
October 2015	11	10
September 2015	19	16
August 2015	13	8
July 2015	11	19
June 2015	21	14
May 2015	20	18
April 2015	23	17

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

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca.

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YOUR COMMUNITY business of the month

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Douglasdale Community

Located in the heart of Douglasdale, at the corner of Douglasdale Boulevard and Douglas Woods Drive, Eaglequest Golf Course is your source for family entertainment.

Since opening in 1986, during the beginning stages of the community, we have been able to establish ourselves as a gathering spot for neighbors and friends. There are not many places where people can gather of any age and have a great time. Whether it is soaking up some sun on the patio, playing a round of golf, using your fancy feet for foot golf, or having a gathering in our banquet room, we cannot wait to welcome you and your friends and family.

During the golf season we see many faces come through our doors every day! With a full 18-hole executive style layout and natural grass driving range, our course provides a great venue for your golf outing whether it is an afternoon with friends or your annual company tournament. Our ladies league has grown to over 500 women strong. Each member of the league has created a sense of belonging and every summer, 22 weeks seems to fly by and so many new friendships are made.

As a parent you may be wishing for your young ones to enjoy the game of golf and experience the sport first hand. Look no further, we offer hands on summer camps with our CPGA certified golf pros. A full week learning the ins and outs while having the chance to practice on an actual golf course will have your children wanting to show you what they learned.

When you hear the word 'golf course', one of the first ideas that may come to mind is that we are only open seasonally. Well lucky for you, our lounge and banquet room are open YEAR ROUND to the public for some down time or a social gathering!

Our banquet room is perfect for gatherings of all types, be it a wedding, an anniversary or a "just because" party. We have professional event staff ready to help you make your

vision come true in the most beautiful and efficient way. We are able to work with you side by side and make an occasion special and stress free.

Anyone is welcome to come visit Eaglequest Douglasdale, as we are completely open to the public. Our lounge is licensed to allow minors and we have ensured that our facility is family orientated. Take advantage of our Happy Hour Drink & Wing prices everyday from 4pm – 6pm. Contact our proshop to book our Tee Time & Dine deal on Friday, Saturday or Sunday evening!

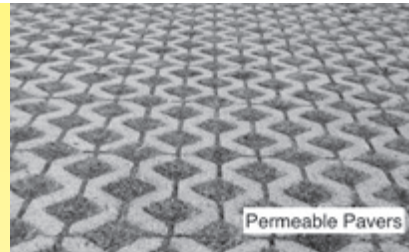
This summer, do not miss your chance to experience Eaglequest Douglasdale, a place in the community that quickly becomes a home away from home. Call us anytime at 403-279-7913 and we will be happy to meet any of your needs!

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www.eaglequestgolf.com



Managing Urban Stormwater in Established Areas"

So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

The Answer – capture all that precious rainfall and keep it on your lot!

Rain barrels are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See www.shop.greencalgary.org

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: www.alidp.org/uploads/files/s2s_rain_garden_blitz_story_annotated.pdf

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

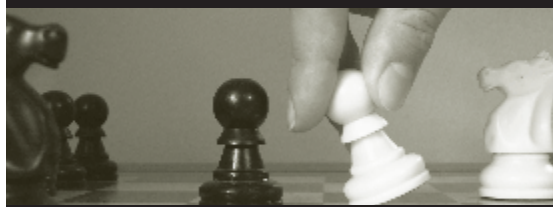
Limit the amount of impervious surfaces on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale

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

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Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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

IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant 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.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.



I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and it might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads yoga retreats in the Canadian Rockies and elsewhere.



Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge! Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.

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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



IN & AROUND CALGARY

Get Out and Walk!

A message from the Federation of Calgary Communities
May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

1. Tell someone where you are going, which route you are taking, and when you will be back.
2. Be aware of your surroundings.
3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
4. Walk facing the traffic.
5. Stay away from shrubbery, darkened doorways, and alleys.
6. Avoid using headphones so you are aware of the sounds around you.
7. Wear colours that are bright and reflect light.
8. Walk in well-lit areas.
9. Bring a friend or your dog with you for company.
10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgarycommunities.com.

Don't forget basics of river safety

With warmer weather on the horizon, make sure everyone has fun and stays safe by remembering to have the proper knowledge and equipment needed for boating, rafting or paddling on Calgary's rivers.

The Calgary Partners for Water Safety, a coalition of the Calgary Fire Department, Calgary Police Services, Calgary Community Standards and Recreation, want to make sure citizens know the basics of water and river safety.

"Where there is water, there is risk, so we want to remind anyone planning to boat or raft on Calgary rivers or waterways, to always wear a properly fitting life jacket," says Carol Henke, Public Information Officer for the Fire Department. "Not only is this a bylaw, but it can also save your life."

Anyone considering going on the Bow or Elbow Rivers as well as any Calgary waterways, should always SCOUT, ASSESS and DECIDE from shore, before going on the water. SCOUT the river for potential hazards and check the weather, water temperature and visibility. ASSESS the level of danger. Check if there are advisories in effect and assess the swimming and paddling skills of your crew. DECIDE if it is safe to raft or boat.

"You should always be alert when boating or rafting, especially on Calgary's rivers which can be fast moving and constantly changing due to weather and water conditions, and refrain from drinking alcohol. Being intoxicated while on the water is illegal as well as a bad decision," says Staff Sergeant Kyle Grant, Calgary Police Service.

Before planning to go on Calgary rivers always check the water and weather conditions as well as visit www.calgary.ca/riversafety to learn about any river safety advisories.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

Planters are NOT Ashtrays!

A May safety tip from your Calgary Fire Department:

Today's potting soils contain large volumes of peat moss. When peat moss gets too dry, it becomes highly flammable. On top of that, you'll often find shredded wood, bark, Styrofoam, vermiculite, and fertilizer in potting mix. Like peat moss, all of these ingredients ignite easily under dry conditions.

Over the past number of years we have received numerous 911 calls from citizens who have witnessed potting soil fires on the exterior of homes. These fires are typically attributed the careless disposal of smoking materials.

If any of your friends or family smoke, ensure that you have an appropriate, non-combustible container to place the cigarette butt in. Cigarette butts that have been disposed of in a planter can smoulder for hours and may cause a fire when you least expect it...possibly when you're asleep!

A few simple precautions will help to keep your home safe:

- Do not butt out cigarettes in **any** potted planters
- Make sure smokers have a safe place to dispose of their butts, indoors and outdoors, so they aren't tempted to use your pot of geraniums instead.
- Keep potting soil and potted plants away from other combustible materials such as firewood, stacks of old newspapers, aerosols, paint solvents, gasoline and cleaning products.
- Make sure the soil around your potted plants stays moist. Keep in mind that the soil in pots dries out more quickly than soil in garden beds, so plan on more frequent watering.

Did you know? Our engines carry 550 gallons of water for immediate fire attack, as well as 30 gallons of foam for flammable liquid fires.

MAY MOON CALENDAR

 New Moon May 6	 First Quarter May 13	 Full Moon May 21	 Last Quarter May 29
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Animal Trivia

Pet parrots can eat virtually any common "people-food" except for chocolate and avocados. Both of these are highly toxic to the parrot and can be fatal.

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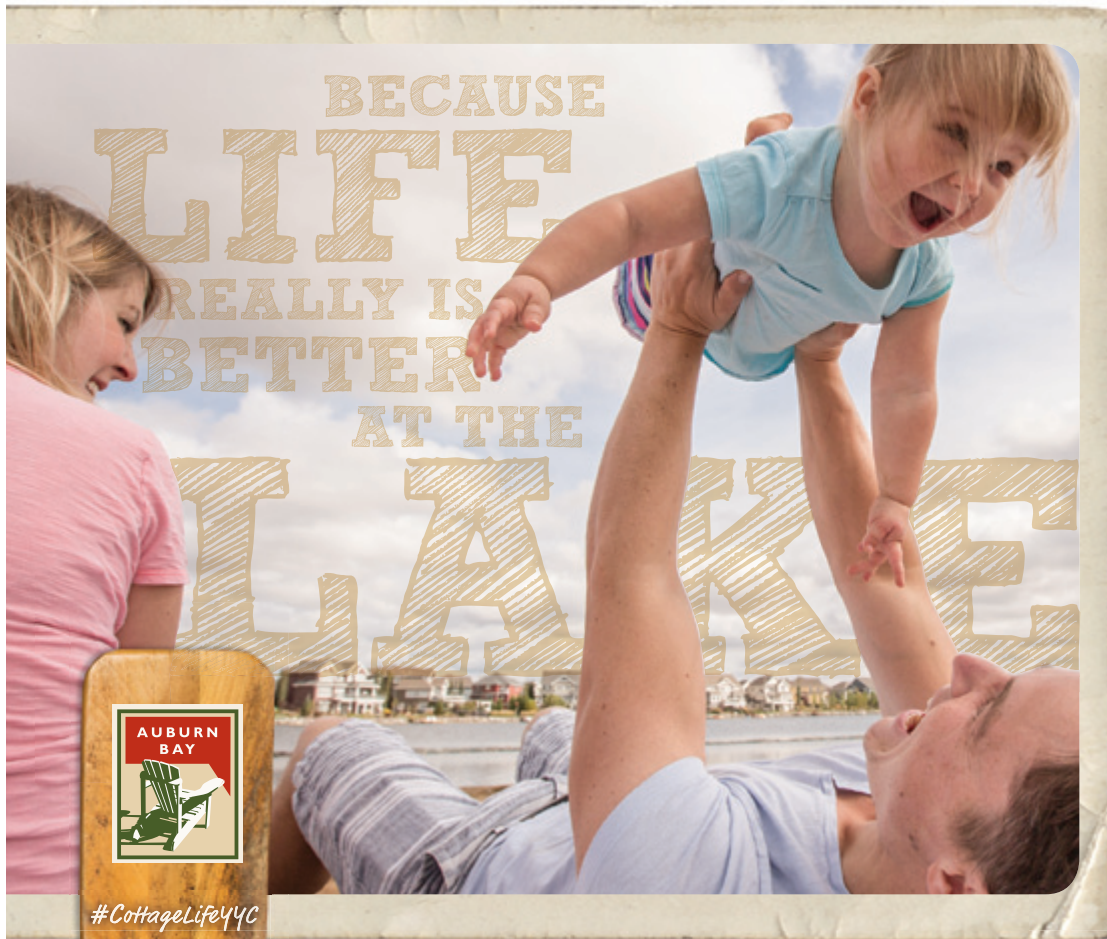
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CALGARY WILDLIFE

Article by J. Turner
Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North America (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

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Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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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.

May 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, 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 Refurbishment

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.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Drop-in Pickleball is offered several times a week. 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

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.

BRAIN GAMES SUDOKU

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

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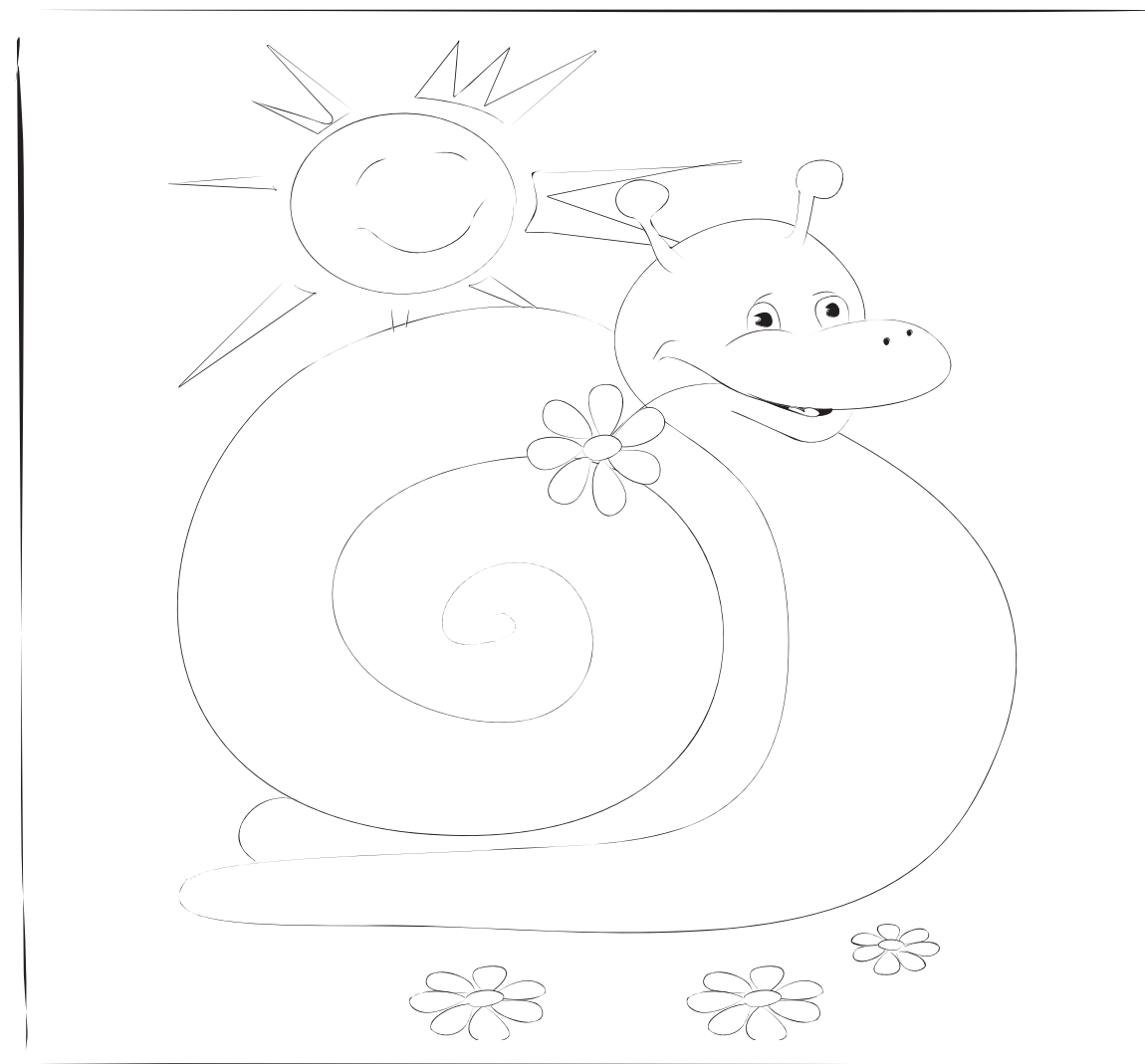
Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

Hummus – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

Fish – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



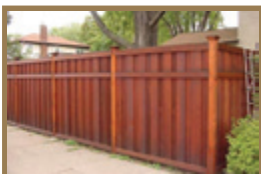


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IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

The children at Mapleridge Cooperative Preschool have been enjoying fun-filled spring activities and are making special gifts for Mother's Day. This month our 4-year-old classes will be traveling to the Inglewood Bird Sanctuary to walk the trails of this amazing wildlife reserve. The 3-year-old class will be taking their first trip on the big yellow school bus to the zoo to partake in the preschool penguin program.

All classes come to an end this month on May 26th and May 27th. We are busy planning the graduation ceremonies; congratulations children! The MCP year-end party will be held at Lake Bonavista on June 3rd and we are looking forward to enjoying our picnic at the beach. Thank you again to our lake sponsors!

Special activities in May for École St. Cecilia School students

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.

MLA CALGARY-HAYS RIC MCIVER



Interim Leader of PC Caucus

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Engage – I Need To Hear From You Please

In April, the Progressive Conservative Caucus launched ENGAGE a new public engagement initiative. ENGAGE's purpose is to spark public conversation and to seek feedback from our most important stakeholders – you. Engage does not prescribe specific policy actions, instead it promotes dialogue through a platform for exploring answers and finding additional possibilities for a better future. Since May 5, 2015, PC Caucus members have heard from many Albertans through thousands of emails, phone calls, social media comments, and in-person conversations. They have told us that they want a government that takes care of both fiscal and social matters with equal care and attention. They want a government that is thoughtful, pragmatic, and forward-thinking and puts the interests of Albertans first. As your MLA I want to know what is important to you and I want to hear your ideas. Our journey to build a stronger province depends on us working together. I encourage you to use ENGAGE as an instrument to provide your feedback. www.abpcmla.ca/engage

The 4 Billion Dollar Challenge

Through ENGAGE, the PC Caucus challenges the Alberta government to find \$4 billion in operational savings over two years. We believe these savings can be found by streamlining administrative process, consolidating corporate services across government and improving efficiency by as little as one per cent in key areas. Albertans have seen no effort from this government to control spending. I believe that if small savings across government are found now, Alberta will avoid having to make deep cuts down the road when accumulating debt becomes unmanageable.

McKenzie Highlands School

Inverness Park SE and McKenzie Towne Drive SE. Anticipated opening January 2017 for 900 students. School principal appointed. www.cbe.ab.ca/schools/building-and-modernizing-schools/Pages/mckenzie-towne-middle-school.aspx

Keeping in Contact

Please continue to stay in touch with me on issues that affect you and your family. As your MLA, I am your voice in the Alberta Legislature and I am here to help you. Please contact me or my assistant Donna Elms, at the Calgary Hays Constituency Office.

Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are "just right"—not too easy and not too hard. Let your child choose what

they want to read. As they fall in love with books, then you can help them discover more books!

Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fundraising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.

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City of Calgary Posts Surplus in 2015

Council was recently informed of a surplus from the 2015 operating budget.

The total surplus is \$86M. Of this, \$54M in savings was found through corporate initiatives and \$32M was found through savings identified at the business unit level.

A number of key factors contributed to this surplus:

- The City decided to not fill a number of job vacancies;
- Low fuel prices made refuelling City vehicles less costly;
- Increased revenues from various fees and fines;

In June Council will decide what happens with the \$54M in savings found through corporate initiatives. The options are:

- **One-time rebate to tax payers:** Many Calgarians are hurting right now. Calgary is feeling the brunt of rising unemployment rates, and some folks are having difficulty making ends meet. In 2016 Calgarians are scheduled to see a 3.5% increase to their property taxes. Offering a one-time rebate to tax payers would nearly eliminate this increase for the following year. Each property tax bill would see a reprieve of roughly \$100 in 2017.
- **Shovel-ready infrastructure projects:** There are a number of infrastructure projects that are ready to begin construction, but do not currently have funding. \$54M in funding could certainly help kick some of these projects off. This could translate into the creation of many construction jobs in 2016 for a market that badly needs more employment opportunities.
- **City of Calgary "rainy-day" fund:** This fund is where the funds are currently sitting. The City has a fund called "the financial stability reserve (FSR). Currently this fund sits at \$374M. The City may draw on this fund during times of economic hardship to continue delivering the services Calgarians depend on.

A few thoughts on these options:

Tax Rebate

- Tough economic situation for many Calgarians
- Especially difficult for folks on EI or fixed incomes
- Relief would be a one-time rebate, but my hope would be that efficiencies will also be found in future years
- Hopefully by 2018 the local economy begins to show sounds of improvement

Infrastructure

- Good time to build infrastructure: availability of construction labour, lower costs, low interest rates
- Spending on projects could provide savings in the long run
- \$54M could fund several projects that could begin construction in 2016

FSR

- This is The City's "rainy-day fund"
- I would argue that it is currently raining and adding to this fund would not be the best use of tax dollars at this time

Let's Hear From Calgarians

These funds belong to tax payers. While your elected official can share a number of ideas of what could be done, your voices must be at the table for this important decision.

I look forward to Council's debate on what to do with the surplus.

I turn the question over to Calgarians: What would you like The City to do?

Coffee With Your Councillor

Over the next number of months I will be hosting a series of small open houses. Ward 12 residents are welcome to join me for a cup of coffee to discuss issues that matter to them. Here is the 2016 schedule for Coffee With Your Councillor:

- **Tuesday, June 21st – 7:30-8:30 pm. New Brighton Residents Association: 2 New Brighton Drive SE**
- **Tuesday, September 27th – 7:00-8:30 pm. Auburn Bay Residents Association: 200 Auburn Bay Boulevard SE**
- **Tuesday, November 29th – 7:00-8:30 pm. Cranston Residents Association: 11 Cranarch Road SE**

Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my quarterly E-newsletter at Calgary.ca/ward12.

CHOCOLATE TRIVIA

From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another \$4 billion, or 19%. That growth is being driven by consumers' preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. "People are now saying I eat chocolate" because of the health benefits, he said.

<http://www.ecolechocolat.com/en/news.html>

The Feline Mystique



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as “cat” is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example “The phrase ‘domesticated cat’ is an oxymoron” (George Will). Or “A god among creatures. Yet also a stray like me” (Tony Ross).

Some quotes reflect on a cat’s attitude towards us. “To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding” (Haskel Frankel). “Cats always know whether people like or dislike them. They do not always care enough to do anything about it” (Winifred Carriere). “Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings” (Oliver Herford).

Other quotes revel in the cat’s beauty and femininity. “Every cat is really the most beautiful woman in the room” (E.V. Lucas). Carol Lawrence says “They’re the most graceful, sinuous, sexy, truly sensuous creatures in the world”. My absolute favorite reflection by Robert Heinlein “Women and cats will do as the please, and men and dogs should relax and get used to the idea”.

Cat, a word synonymous with independence. “A cat is there when you call her - if she doesn’t have something

better to do” (Bill Adler). “Cats know how to obtain food without labour, shelter without confinement, and love without penalties” (W.L. George).

We all know cats are smart. Hippolyte Taine said “I have studied many philosophers and many cats. The wisdom of cats is infinitely superior”. Carl Van Vechten noted “The cat seldom interferes with other people’s rights. His intelligence keeps him from doing many of the fool things that complicate life”. I agree with them and H.G. Frommer’s observation “Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn’t let on that he is”.

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared “Cats refuse to take the blame for anything – including their own sins”. Mark Twain wrote “If man could be crossed with a cat, it would improve man but deteriorate the cat”. And finally, “The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)”.

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

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~continued on page 33~

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

GIGANTIC INDOOR GARAGE SALE: Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.

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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
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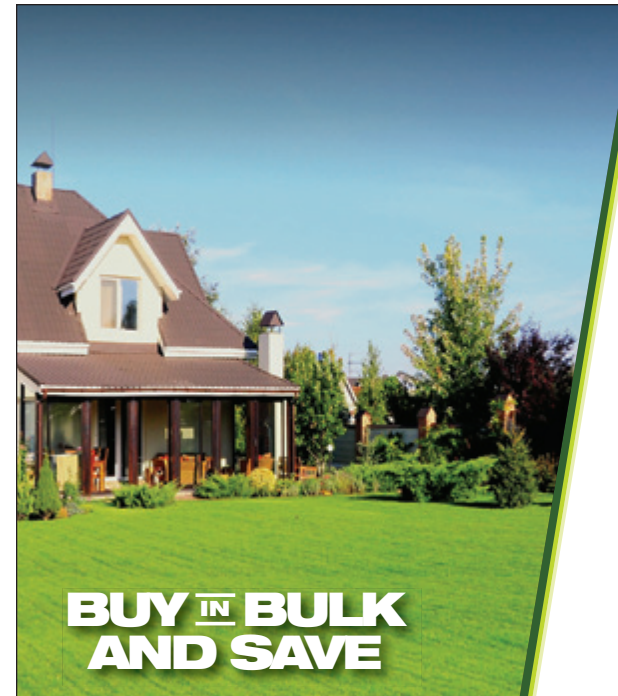
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