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CONTENTS

9 KIDS COLOURING CORNER

11 JUNE AT TRICO CENTRE

12 CALGARY HUMANE SOCIETY - 5 SUMMER TRAVEL SAFETY TIPS

13 REAL ESTATE UPDATE

19 HOME GARDENING WITH BARBARA: SOIL

25 AT A GLANCE

21 RESIDENT PERSPECTIVES: LIVING IN HARMONY WITH CALGARY WILDLIFE



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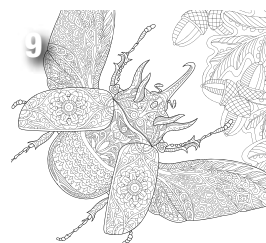
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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
Senior Connect	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

SCHOOL SHOUT-OUTS

Mapleridge Cooperative Preschool

Mrs. Killam, we want to thank you! Thank you for founding Mapleridge Cooperative Preschool in 1983, because you saw a need in our community. Thank you for following your heart and becoming a teacher that first year. Thank you for making the commitment and taking on the reins for the entire school only four years later. Thank you for each song, craft and memory that lead parents to bring their little one to be taught by you! It is an amazing legacy to say you taught multiple generations in the same family! Thank you for seeing the potential each child has in September, and helping them grow and achieve it by May. Thank you for 34 years of dedication, training and love!

Congratulations on your retirement Mrs. Killam. We wish you all the best as you start a new path and begin your travels across Canada.

Visit our Facebook page for more information about Mrs. Killam's retirement party on June 4th.

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Parks Day & Creekfest

Saturday, July 15, 2017 – 11:00 am – 4:00 pm
Bow Valley Ranch, Creek Provincial Park

Join us to commemorate the 150th anniversary of Canada and the 25th anniversary of the Friends of Fish Creek Provincial Park Society at Parks Day & Creekfest. This free one-day celebration of nature and community will feature amazing musical acts like Alberta Parks Interpretive Theatre and rising Calgarian country star Jennie Harluk, as well as Wellness-based activities, guided walks, a fly fishing demonstration and a presentation by the Calgary Wildlife Rehabilitation Society! The Friends are seeking Youth Singer Songwriters to perform at Park Day & Creekfest on July 15! Are you 17 years of age or younger and looking for an amazing experience to be part of the Summer's greatest free family festival?

All of the activities throughout the event are free, however the Friends of Fish Creek sincerely appreciate donations. Event sponsorship opportunities are also available. For more information on supporting Parks Day & Creekfest, contact the Friends of Fish Creek - info@friendsoffishcreek.org and visit www.friendsoffishcreek.org/event/creekfest and facebook.com/CREEKFESTinFishCreek

25th Anniversary Brick Program

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. There is a limited number of bricks available. Get yours today!

\$250.00 / brick and you will receive a tax receipt. For more information contact the Friends or visit www.friendsoffishcreek.org/brick

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Capture Nature - Photography Contest

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

Score an Ace for Calgary Kids – Support Outdoor Education in Fish Creek

Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. These students attend schools that do not have the means to provide a field trip to the park, and may be from families that are new to Canada. The TD Learning Naturally program is essential for encouraging a love and respect for nature and teaching the children about the variety of plant and animal life found not only in Fish Creek but also in this unique part of the world. It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have the opportunity. Any amount you donate through BFK will be matched by up to 50% and go towards our goal of raising \$10,000 to bring 1000 elementary school students to Fish Creek Provincial Park.

The Friends are truly grateful to the Patron Group, Shaw Communications, AltaLink and the Shaw

Charity Classic foundation for welcoming the Friends' TD Learning Naturally as one of 124 local youth focused charities to participate in Birdies for Kids for the third year in a row. This program has immense potential and we encourage you to donate and speak to your employer about making a tax-deductible donation. Birdies for Kids is just one aspect of the Shaw Charity Classic Golf Tournament held every year at the Canyon Meadows Golf and Country Club. The biggest names in professional golf from around the globe compete in this world-renowned championship. The tournament will run August 30 – September 3 this year but you can donate now! Please talk to your friends, family, co-workers and employers about donating.

The Friends of Fish Creek thank you in advance for generously supporting this essential program. For more information, please contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/birdies





Safe & Fun for the Whole Family!





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, and some Transit passes are now available on a sliding scale, 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 and Low-Income Seniors Yearly Pass
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

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Message from the Calgary Board of Education Board of Trustees

Election 2017

Every four years, citizens of Calgary elect trustees to govern the Calgary Board of Education. Trustees are elected during the municipal election at the same time that our mayor and city councillors are elected.

Trustees hold important roles. They provide leadership for the CBE by defining the vision, Results and Operational Expectations for the organization on behalf of its community.

Our next municipal election will take place on Oct. 16, 2017. If you are interested in learning more about becoming a public school board trustee, an information evening is being planned for June 13, 2017.

More information about the event will be posted on our website. For more information on the municipal election, please visit Calgary.ca.

Budget 2017-18

The CBE budget for the next school year will be finalized and approved by Trustees by the end of May.

Information about the budget is being shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at www.cbe.ab.ca/budget

Graduation 2017

It's the time of year when our high school graduation ceremonies are upon us once again. Graduation is a time of reflection and celebration. It is a time for our students to look back on their journey with us, and to think about what they have achieved.

Whether our graduates have joined us for just a short time, or right from kindergarten, we believe that the time they have spent with us has helped them grow as people and to develop a life-long love of learning.

Our graduates can be justifiably proud of their achievements. We would like to express our gratitude to their families, friends, teachers, principals, support staff and their fellow students for the significant role they played in helping each graduate reach his or her goals.

We can all celebrate the outstanding accomplishments of our graduates as they mark this important milestone in their lives. We are extremely proud of our students and extend our heartfelt congratulations and wish them success where ever the future may take them.

Follow the Calgary Board of Education on Twitter @yycbedu



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



June at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

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

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

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

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care. Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover

Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Children & Youth

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

Adults/Older Adults

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, and Myofascial Stretch and Release.
- Wilderness and Remote First Aid: June 3 and 4, get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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5 Summer Travel Safety Tips

Happy (almost) summer everyone!

We hope you have been having a great June so far! June is always a busy month at the shelter as preparation for our summer camp program kicks in to high gear. All month long we will be preparing to welcome hundreds of young campers to enjoy their summer with us! With summer vacations on the horizon our call centre has also been getting a lot of questions about how to best keep pets safe while travelling this summer, so this month we are bringing you our top 5 summer travel safety tips for your pet!

1. Make sure identification is up to date! Nothing is more scary than having your pet go missing in a strange place, but having up to date identification greatly increases the chances your pet will get back to you safely! Double check your pet's collar tag and the registration on their tattoo or microchip to ensure your information is correct. If you will be using a different phone number while on vacation consider having a special collar tag made for the trip.

2. Update your pet's vaccines and preventative medications! Pay a visit to your vet before vacation to find out what vaccines and preventative medications your pet should have. Just as with humans,

vaccinations should be based on where your pet is visiting. Your vet is the best person to advise on what vaccines are most appropriate for your pet.

3. Bring fresh water for Fido! Just like humans our pets can catch parasites, like giardia, from drinking out of streams or rivers. Bring fresh water to keep Fido happy and hydrated.

4. Bring plenty of your pet's regular food! Sudden changes in food type can leave a pet with an upset tummy. We recommend bringing a few extra days' worth of kibble, just in case!

5. NEVER leave your pet in the car! The temperature inside a car can climb dangerously high very fast, even when parked in the shade. Pre-plan your journey to be pet friendly and bring a leash so a travel companion can take your pet for a walk if you need to stop for supplies.

Would you like more information on how to keep your pet safe this summer? Do you have questions about Fido's behaviour before you hit the open road? Interested in learning more about all the fun summer programs running at the shelter? We would love to hear from you! Visit www.calgaryhumane.ca or call 403-205-4455.

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Douglasdale Glen Real Estate Stats

Last 12 Months Douglasdale Glen MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2017	\$543,975	\$543,975
April 2017	\$449,900	\$438,750
March 2017	\$481,450	\$480,750
February 2017	\$465,000	\$459,280
January 2017	\$439,888	\$425,000
December 2016	\$490,944	\$479,000
November 2016	\$535,000	\$516,000
October 2016	\$469,350	\$465,000
September 2016	\$467,400	\$460,000
August 2016	\$499,900	\$479,500
July 2016	\$507,082	\$489,000
June 2016	\$509,900	\$497,500

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

	No. New Properties	No. Properties Sold
May 2017	28	13
April 2017	24	16
March 2017	16	14
February 2017	14	9
January 2017	11	9
December 2016	4	8
November 2016	10	9
October 2016	12	14
September 2016	17	12
August 2016	11	14
July 2016	17	16
June 2016	18	13

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



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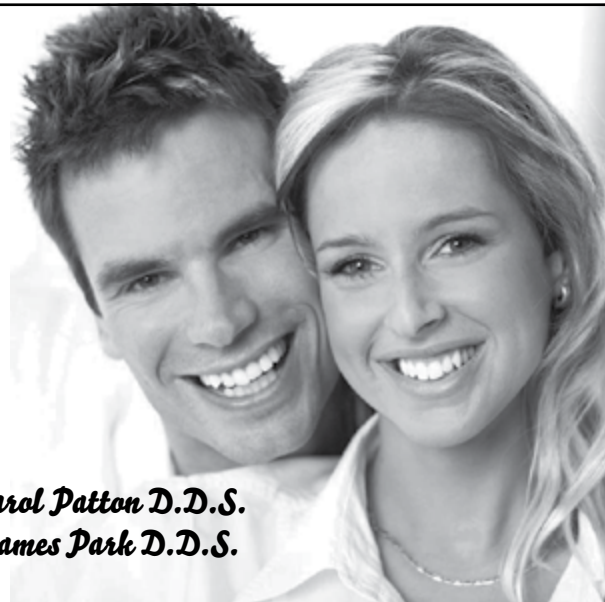
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Article by J.G. Turner
Photo by Jamie Dutcher

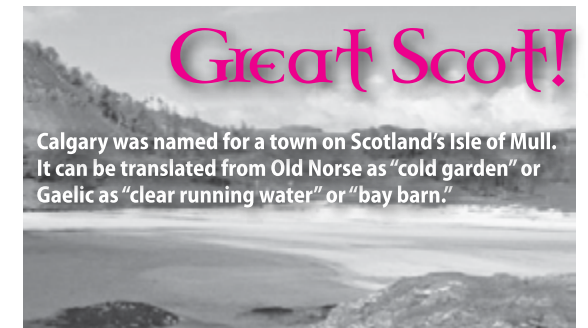
The cougar, Alberta's biggest cat, can be found in wild areas along the full length of western North America, and Mexico, Central America and South America. Adult males can weigh up to 90 kg while females average 45 kg. Adults are well camouflaged with tawny to grey-brown fur and black tips on their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

Fun Facts:

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

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

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



Calgary was named for a town on Scotland's Isle of Mull. It can be translated from Old Norse as "cold garden" or Gaelic as "clear running water" or "bay barn."

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Douglasdale Glen




Name	Age	Contact	Course
Brooklyn	17	403-236-1440	Yes
Caitlyn	19	403-203-4480	Yes
Charlotte	14	403-523-0759	Yes
Cheyenne	21	250-938-1090	No
Cheyenne	21	250-938-1090	No
Deidra	30	403-471-3089	Yes
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Jane	52	403-467-3607	Yes
Jordan	15	403-288-0220	Yes
Kaitlin	17	403-258-3153	Yes
Kyla	14	403-697-9764	Yes
Kyla	12	403-257-0417	Yes
Kyra	21	250-938-5951	Yes
Lauren	17	403-203-4480	Yes
Maria	15	403-305-3348	Yes
Melissa	13	403-973-7353	Yes
Michelle	18	403-455-4402	Yes
Sidney	18	403-819-7951	Yes
Taylor	20	403-236-2836	Yes

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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.

BLURRED BIRD



Native to Alberta, you do NOT want to be the prey of the peregrine falcon; they can dive at more than 300 km per hour, making them the fastest bird in the world. The highest recorded speed of a peregrine is reported to be 389 km per hour.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 18

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BRAIN GAMES SUDOKU

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

HOME GARDENING WITH BARBARA

Soil

Whether you have acres, a lot, or a balcony with pots, you should be interested in soil. If you grow your garden in pots, you will probably buy new potting mix from the nursery. It is a combination of many things such as compost, vermiculite, perlite, and peat moss, often containing no soil at all. Add some fertilizer and you are good to go.

Suppose, however, you are creating a brand-new flower or vegetable bed in your yard. If you live in a new house, the builder will have left you with little useful material after scraping off the original soil before construction. In most cases, only a little soil was returned before the sod went on. In some parts of Canada, they have lovely loam that goes down for several feet, but here in the chook belt we have only a few inches to work with. Top-soil (loam) contains sand, clay, silt and humus in varying combinations. Sometimes it is perfectly good for garden use, but usually you need to supplement it with more nutritious stuff. Calgary soil can be challenging because it has a high percentage of clay. We have several companies who sell bulk or bagged product that can be mixed in with the soil you have, or used entirely in the new bed. Choose a good quality "garden mix" as it will have the proper blend of nitrogen, phosphorus, potassium and organic matter for your plants. The new bed should be at least 6 inches deep, as the plants' roots need space to grow. If you plant new trees or shrubs, dig holes much deeper than that because the roots need to be strong and well established before they tackle the clay beneath.

Older gardens still need regular help, and compost is our friend. You can make it yourself by using kitchen vegetable and fruit peels, lawn clippings, and tree leaves (no animal matter). Water and patience are the only other ingredients. If you don't have room or energy to make your own, you can buy it from the same companies who sell garden materials. It comes in little bags, big bags, and by the yard delivered by truck. Every year or two, new compost should be added on top of the old soil. There is no need to dig it in; snow and rain will send the nutrients down to the root systems naturally. If you have a source of farm manure, this can be a powerful additive, but only if it has been well aged; too fresh and it will burn your plants. Other organic amendments such



as Sea Soil are effective in modifying the soil structure and improving fertility. If a luscious lawn is your thing, aerating and top dressing with compost from time to time will be of benefit.

The last ingredient for a beautiful garden is water, and fickle Mother Nature will supply too much, too little, or just enough. When she gives us weeks of sunshine, we need to water, of course. Our rivers flow from the mountains; our water is alkaline. Add to this the chemicals the city adds to the water in its treatment to keep us safe, and what comes from our taps is not perfect for growing plants. The easiest thing to do is have water barrels collecting rain water from your downspouts. The next is to let tap water sit in containers for a few hours or a day, coming to ambient temperature, and evaporating off the chemicals before use. (I do this all year round for my indoor plants.) So, amend your soil, fertilize regularly, and water as necessary for a beautiful and colourful garden.

Barbara Shorrock is a gardener, retired realtor, traveler, reader, ESL coach and Spanish student. She can be found at the monthly Queensland Garden Club meeting most first Wednesdays.

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RESIDENT PERSPECTIVES



Living in Harmony with Calgary Wildlife

By: Dr. Jennifer L. Scott, D.V.M.

One of my favorite things about Calgary is the animals in my yard. Calgarians encounter wildlife daily. I yield to deer weekly while driving. I've named the skunk living under our front porch "Fifi la Peuw". There's bats and owls in my backyard, and I cut walks short when coyotes are stalking my dogs in off-leash areas. With spring comes the robins and the rest of the migratory birds, as well as all the species that hibernate reappear. Then the babies appear.... Calgary is a city immersed in parklands and forests. Unfortunately, this often puts wildlife in conflict with the human inhabitants.

Good Samaritans are the bane of all baby animals. My staff and I spend hours on the phone arguing with well-intentioned determined people desperate to save the baby hare, fawn, or fledgling alone and uninjured. Does leave fawns for long periods of time, but are usually within hearing distance. Fawns and baby hares are naturally camouflaged and have no scent. Mother hares feed babies incredibly rich milk returning to feed them typically only at dusk and dawn. Baby hares run around within a day of birth. If you find a baby hare in a precarious position like on a road just tuck them somewhere safe nearby and walk away. Animals adapt behaviors to decrease the chance of predators finding their young. Respect this wisdom.

Many people incorrectly think a baby removed from the area cannot be returned. With a few species, a touch means rejection by the parents, but often if we can convince people to quickly put the baby back, parent animals will resume their duties.

Fledgling birds on the ground are in the precarious position between leaving the nest and flying. This doesn't

occur instantaneously. The parent birds will follow the fledgling and feed it on the ground while it learns to fly. If flight school is in your backyard, keep children and pets away. If the baby is still a helpless nestling and fell out of the nest too early, return the bird to the nest. If the nest has fallen, secure an open container with drainage holes and the fallen nest inside back in the tree. Most baby birds, squirrels, and hares die of infection when people attempt to hand-raise them, not to mention missing out on life lessons from their parents. A wild animal's best chance of survival is with its parents, NOT you.

If you have concerns about wild creatures in your yard call the Alberta Institute for Wildlife Conservation Hotline at 403-946-2361. They are a charitable foundation with extensive facilities designed to accept all species of wildlife. They can also give you advice to deal with unwanted wildlife sharing your home, such as skunks, raccoons, bats, squirrels, and pigeons. Check out their website; www.aiwc.ca.

Many veterinary clinics will take in wildlife brought to us by the public. At my clinic, some animals are held briefly and released, especially the drunken waxwings eating fermented berries in the fall or birds simply stunned by flying into a window. A very few animals are immediately humanely euthanized because their injuries are too severe. Most animals are checked over and transferred to AIWC which has a fleet of volunteer drivers. An information sheet is filled out for every wild animal admitted, ideally to try to eventually release it to home territory, as well as for education and funding purposes. Volunteer if you really want to learn how to help our wild neighbors.



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COMMUNITY ANNOUNCEMENTS

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

BRAIN INJURY AWARENESS MONTH: For June, ARBI (Association for the Rehabilitation of the Brain Injured) will be discussing all things brain injury related. Daily posts, videos, resources, information and entertainment. Full conversation at #BIAM17. TWITTER: @arbi_yyc FACEBOOK: ARBICalgary www.arbi.ca.

FROM AUGUST 10th TO 12th 2017, Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to www.calgary55plus.com for information.

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Father's Day, June 18, 2017:

A customary day for the celebration of fatherhood is known to date back to the Middle Ages in Europe, and is observed on March 19 as the Catholic feast day of Saint Joseph. The modern celebration of Father's Day on the third Sunday of June first took place in Spokane, Washington in 1910 as a contemporary to the newly established Mother's Day. Sonora Smart Dodd is widely considered to be responsible for the founding of Father's Day as a way to celebrate her father, William Smart, who raised her five younger brothers by himself after the passing of his wife in 1898. Father's Day, although widely celebrated in Canada, remains an unofficial holiday.

I would like to wish all the fathers in our community a very happy Father's Day!

Rebates for Energy Efficient Products:

This latest NDP program is not my favourite. The part where a company from Ontario comes to change your lightbulbs is particularly wasteful and not very effective in helping the environment. You are however paying for it via the carbon tax so you deserve to know how to get some of your money back.

There are three components to Energy Efficiency Alberta's Residential Retail Products Program:

- **Home Improvement Rebates:** You can buy eligible

products and have them installed by a certified contractor to receive rebates.

- **Instant Rebates:** You can receive instant point-of-sale rebates of up to \$30 on eligible products such as LED lights, programmable thermostats, water-saving devices, smart power strips and heavy duty timers.



- **Online Rebates:** You will be able to buy qualifying clothes washers, refrigerators and smart thermostats and apply for rebates online.

Details on eligible products and related information are available on the Energy Efficiency Alberta website at <https://www.energycanada.ca/instant-savings/>

McKenzie Lake School:

Earlier this month, I had the great honour of presenting the Alberta flag to kindergarten student Hope of McKenzie Lake School as part of their 20th anniversary celebrations. The festivities included a video by grade 2 students about what their lives will look like when they are 20 years old, the sealing of a time capsule to be opened in 2037 and the unveiling of a new school logo and song. Congratulations McKenzie Lake School!

Scrolls:

Birthday Scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals.

Anniversary scrolls are available to constituents celebrating their 25+ Anniversary, in five-year intervals.

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. My newsletter is written a few weeks ahead of publication, so if you are looking for updated information, or have any questions for me or any concerns that you want to share, I would like to hear them. I also look forward to attending your events in the Calgary-Hays area. Please contact me or my assistants, Tannis Turner and Tyler van Vliet, at the Calgary-Hays Constituency Office. Call 403-215-4380 or email ric.mciver@assembly.ab.ca

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Canada Day at Fort Calgary – 750 9 Ave SE, July 1

Beginning with a free pancake breakfast in the morning, this is a day of celebration and riotous fun. Family-friendly activities go all day long and could include: live local music, traditional Indigenous games and stories, the NWMP Commemorative Association patrol camp, a food truck caravan, powwow dance workshops, plus the City of Calgary's 'living flag' event. Admission is free. More info: fortcalgary.com.

My Sporting Life, Our Canada Speaking Series:

Discover Canada – Southcentre Mall – July 8 at 1 PM

It's rare you'll find Leigh McAdam here in Calgary. She is always on the move writing and researching for her widely popular travel and outdoor blog HikeBikeTravel. Leigh is also the author of the book "Discover Canada – 100 Inspiring Outdoor Adventures." Hear more from her year visiting all provinces and territories. You'll leave Leigh's talk with a desire to get out and explore everything Canada has to offer right here in our own backyard! Plus, there is a \$250 gift card door prize up for grabs. Admission is free.

Calaway Comic Fest for Kids – Calaway Park, July 14 – 16

Calling all superheroes! Dress up in your best family-friendly costume and visit the Artist Market featuring unique items from local artists, or stop by the Photo Op Zone to be transported to a world far, far away. Forgot your mask? Stop by the Superhero Face Painting Center. Come experience Calaway Park like you never have before! Open 10 am to 7 pm. More info: calawaypark.com.

Calgary Folk Music Festival – Prince's Island Park, July 27 – 30

This festival features 70 artists from over 16 countries on 9 stages in 100+ distinct concert and unique on-the-fly collaborations at urban, forested retreat of Prince's Island Park. Like a mini town, the site boasts an interactive family area, international craft market, global culinary delights, a record tent and tree-shaded beer garden. It's a collective sound salvation for musical omnivores; a 4-day long weekend where a diverse, multi-generational audience is immersed in live music in a cool, relaxed atmosphere. More info: calgaryfolkfest.com.

JUNE 30 – JULY 2 OTAFEST 2017 – TELUS CONVENTION CENTRE

Otafest is Calgary's premier anime festival, promoting Japanese art, culture, and media in the Canadian community. Canada 150 celebrations include a fireworks party and DJ on the Marriott patio and 24-hour programming. More info: otafest.com.



JULY 5 – AUG. 23 WEDS. AT 6 – 8 PM MUSIC IN THE PLAZA 1900 HERITAGE DRIVE SW

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JULY 25 – 30 VICTORS, VILLAINS, AND VIXENS ST. PATRICK'S ISLAND

Following the success of 2016's Shakespeare After Dark, we once again return to St. Patrick's Island with VICTORS, VILLAINS, AND VIXENS for a week of evening performances. More information on the show and performance times will be available this spring. Admission is free. More info: theatrecalgary.com



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