



Unit 33,240 Midpark Way SE ,T2X 1N4 **587 356 5333** 

# ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

### STOP:

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

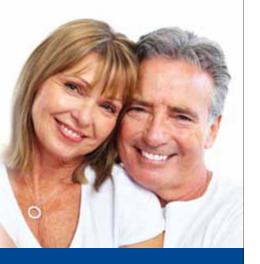
### WE OFFER:

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

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



### www.academydenture.com



# CONTENTS

- 5 REAL ESTATE UPDATE
- 7 KIDS COLOUR AND WIN!
- 8 FRIENDS OF FISH CREEK
- 10 MAY AT TRICO CENTRE
- 12 CALGARY IMMIGRANT EDUCATIONAL SOCIETY
- 14 AT A GLANCE
- 18 PHOTOS OF OUR NEIGHBOURHOOD
- 21 REAL ESTATE COUNCIL OF ALBERTA: ASK CHARLES
- 26 CALGARY HUMANE SOCIETY: DOG SAFETY AT SUMMER FESTIVALS
- 28 HEAR YE, HEAR YE: MAY IS SPEECH AND HEARING AWARENESS MONTH!











# CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER







# DOUGLASDALE - DOUGLASGLEN COMMUNITY ASSOCIATION

Delivered monthly to 4,200 households and businesses for 15 years!

### **Advertising Opportunities**

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

### **Editorial Submissions**

news@great-news.ca

All advertisements and editorial content must be submitted by the 1st of the month for the following month's publication.

### **Published by Great News Publishing**

Serving Calgary communities for 28 years 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE Calgary, AB T2C 2K2

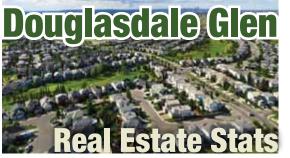
Check out our website:

www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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



# Last 12 Months Douglasdale Glen MLS Real Estate Sale Price Stats

	Average Asking	Average Sold
	Price	Price
April 2017	\$449,900	\$438,750
March 2017	\$467,900	\$461,500
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
May 2016	\$540,000	\$525,000

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

	No. New Properties	No. Properties Sold
April 2017	24	16
March 2017	16	13
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
May 2016	25	11

To view the specific SOLD Listings that comprise the above MLS averages please visit **douglasdale\_glen.great-news.ca** 

### www.kilbco.com

# **CONCRETE SEALING**

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against Ur ays. Please call Kilbco to maintain the value of your investment. **FREE ESTIMATES BEAUED UNSEAUED** Locally Owned & Operated

Brad 403.875.8463 | Stephen 403.478.1737



91 Monthly Community Newsletters 415,000 Households 152 Calgary Communities



### DOUGLASDALE - DOUGLASGLEN COMMUNITY ASSOCIATION

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

# **ELECTED OFFICIALS**



Councillor Shane Keating Ward 12 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-2478 Fax: 403-268-8091 Email: ward12@calgary.ca Web: www.calgary.ca/ward12



### MLA Richard William (Ric) Mciver

Calgary-Hays 255, 11488 - 24 Street SE Calgary, AB Canada T2Z 4C9 Phone: (403) 215-4380 Fax: (403) 215-4383 Email: calgary.hays@assembly.ab.ca www.mciver.mypcmla.ca Twitter: @ricmciver Facebook: facebook.com/ricmciver



MP Tom Kmiec Calgary Shepard 2784 Glenmore Trail SE , Suite 1220 Calgary, Alberta, T2C 2E6 403-974-1285 24/7 Line: 1-855-852-5710 www.tomkmiecmp.ca tom.kmiec@parl.gc.ca Twitter@TomKmiec • facebook.com/TomKmiec

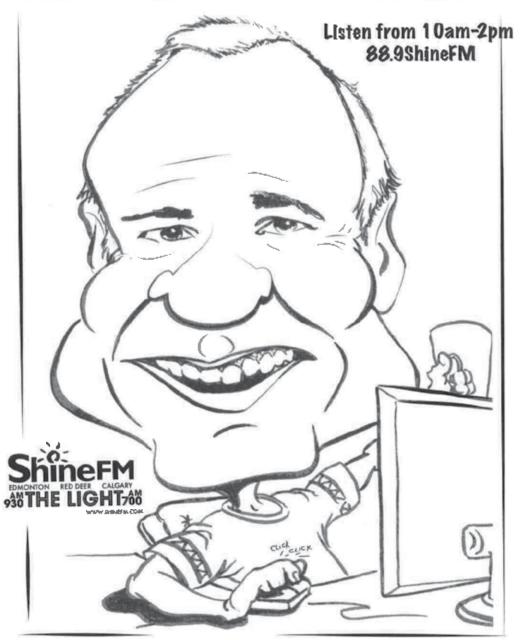
# **IMPORTANT NUMBERS**

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 Weather Information	511

Gamblers Anonymous

403-237-0654

# Kids Colour and Win! Send to Colour2Win@shinefm.com



Keeping your day full of music with Wes Erickson!



### **May in Fish Creek**

### Parks Day & Creekfest Saturday, July 15, 2017 – 11:00 am – 4:00 pm Bow Valley Ranch, Creek Provincial Park

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

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

### May Fish Creek Speaker Series Beavers: Nature's Engineers, Troublesome Rodents, Iconic Canadian Symbol and So Much More

Thursday, May 18, 2017 7:00 pm— 8:30 pm Fish Creek Environmental Learning Centre Presented by Cows and Fish, and Fish Creek Provincial Park Staff Shalane Friesen, Formal and Environmental Educator; and Ryan Hannusch, Park Conservation Officer

We call them nature's engineers for good reason. No other species other than humans has the potential to change the landscape as much as beavers do. Their industrious nature means they their work frequently brings them into conflict with humans and our infrastructure. In this presentation, Cows and Fish and Alberta Parks will share some of the beaver's natural history and role they play in watershed resiliency, while also discussing some ways we can manage them that will reduce conflict and may help increase our tolerance of beavers. Registration required - friendsoffishcreek. org/event/beavers

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

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

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

### **Capture Nature - Photography Contest**

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

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

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

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

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

#### Saturday, May 6 11:00 am - 12:00 noon

Did you know the area that is now protected as Fish Creek Provincial Park was once home to some of the first and most prominent settlers in Calgary's history? And that this area – now a backdrop for many different recreational activities – was at the epicenter of our city's burgeoning cattle and ranching heritage in the late 1800s? Learn more on May 6 at this Jane's Walk event. friendsoffishcreek.org/event/janes-walk-2 PARKS DAY & CREEKFEST Saturday, July 15, 2017 11:00 am – 4:00 pm FREE FUN FOR THE WHOLE FAMILY! Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Tr. SE)

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

"Parks Day & Creekfest is a great event for kids and adults alike. Plenty of unique activities and useful information from the vendors and environmental organizations," said Jonathan and Trisha Horen, "Last year we got to shoot a bow and arrow, and our son went down the bouncy slide around 20 times. Come down and you will have fun, and maybe learn a little more about our amazing parks. Looking forward to coming again this year!"

At Parks Day & Creekfest kids and families can learn about the importance of protecting our local watersheds through interactive games and activities hosted by communitybased organizations, and enjoy educational guided walks, a fly-fishing demo and wellness-based activities. Refreshments will be available for purchase by Great Events Catering and there will be exciting draws for amazing prizes designed to help you maximize your enjoyment of Fish Creek Provincial Park!

Parks Day & Creekfest is an important component of the Friends'Watershed Public Awareness Campaign, designed to spread the word in communities near the park about protecting our local waterways. The quality of the water in Fish Creek and the Bow River supports a diversity of life and is essential for healthy wildlife populations in Fish Creek Provincial Park.

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.

Like Parks Day & Creekfest at www.facebook.com/CREEK-FESTinFishCreek

Follow us at @fish\_creek and visit www.friendsoffishcreek. org/event/creekfest for more information.

Accountant Stanley Doherty, CPA, CMA #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net Personal and Corporate Taxes Financial Statements • GST • Payroll • Reviews Audits • Consulting • Business Startup Assistance 403-257-1582



S noxsecurity.com ≥ james.fraser@noxsecurity.com





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 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.

### **Events and Helping Others**

- Mother's Day: bring a mom for free on Sunday, May 14.
- Help a Ronald McDonald House Mom Out: during the month of May, Trico Centre is a drop-off point for items for the Ronald McDonald House wish list. Check www. tricocentre.ca or pick up wish list at Trico.
- Bare Bottom Diaper Drive: Trico Centre is a drop off location for diapers for moms in need.
- The Trico Cares program offers fee assistance for passes and admissions. With a City of Calgary Fee Assistance card, you qualify for 60% off the price of passes and admissions. Plus, Trico Centre is an approved partner of Canadian Tire Jumpstart, KidzFirst, KidsSport for programs.

### 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, and day all summer long.
- Themed camps for preschool or children/youth. Some camps include filed trips, swimming. All camps include fun and friends.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls.
- · Cool Camps for Preschoolers: Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

### **Children & Youth**

Swim lessons: parent & tot, preschool, swimmer, swim



### patrol, adult. Private lessons too!

 After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www. tricocentre.ca for a special schedule of classes during this period.

### Adults/Older Adults

- Adult registered fitness starting in May: includes Cardio Kickboxing, Cardio Dance, Focus on Powerlifting - plus NEWclasses Yoga Sampler for Beginners, Golf Conditioning, and Strong by Zumba.
- Mommy and Me programs starting in May: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafitness.
- Great price, small group: Trim and Tone, Power Lifting, Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, and the NEW Strength training for Runners.
- · Wilderness and Remote First Aid: get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Registered programs for older adults that start in May: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.
- Included in your affordable Trico Centre pass are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, agua fitness, and mind/body classes. Options for all fitness levels and ages

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

# 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 all our classes will be traveling to the Inglewood Bird Sanctuary to walk the trails of this amazing wildlife reserve.

All classes come to an end this month on May 25<sup>th</sup> and May 26<sup>th</sup>. We are busy planning the graduation ceremonies; our graduations are on May 29th and May 30th. Congratulations to all our children! The MCP year-end party will be held at Lake Bonavista on June 2<sup>nd</sup> and we are looking forward to enjoying our picnic at the beach. Thank you again to our lake sponsors!

We still have a few spots available for the three and fourvear-old classes that have so much to offer your child. Our program focuses on play centered learning lead by the highly gualified Mrs. Marshall. We are able to offer reasonable rates by operating as a cooperative, non-profit preschool. A subsidy is available if you need it. Please call for a tour and to register today!

Finally, we would like to invite current and former students and their families to recognize Mrs. Eloise Killam and her 34 years of service to Mapleridge Preschool and community. MCP will be having a retirement celebration in June. Please email info@mapleridgepreschool.com for more information, to donate or help organize this very important celebration on a women that has influenced so many lives.

For more information about Mapleridge Preschool please contact us at 403-278-9594, info@mapleridgepreschool.com, or visit the website at www.mapleridgepreschool.com.



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



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

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

SPRING CLEAN-UPS & WEEKLY LAWN CARE Power-rake • Aerate • Leaf Clean • Cut & Trim • Fertilize Pruning • Vacation Services and much more

2yr Quality Guarantee • WCB • Insured • Licensed • Bonded 🔰 f 🔯 🎜 📟



SHARE. HOST. JOIN



# **Calgary Immigrant Educational Society**

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

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

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, childminding, education and trades.

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

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

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



'Real books' or eBooks . . . keep reading happening this summer!

Research shows that children can lose up to three months of academic progress over one summer vacation.

Keep in mind: children in Alberta spend 950 to 1,000 hours in school annually, compared to 1,500 to 1,700 hours outside of school over the summer.

Reading a minimum of six 'Just Right' books can help your child maintain their reading level when school is out.

### How to select a 'Just Right' Book

- Open a book to any page and have your child begin reading
- Each time they come to a word they don't know have them hold up one finger
- After they finish the page, check how many fingers they are holding up

One finger – the book is too easy. Five fingers – the book is too hard. **Three fingers – the book is 'Just Right'** 

### eBooks are an option too!

Parents tell us that setting limits for their child's screen time can be difficult during the summer. So, keep in mind that eBooks can be a fun way to keep your child reading—even when they are on a device!

Lots of websites share free children's eBooks. Here are a few sites to check out: www.magickeys.com/books/ www.freechildrenstories.com http://www.kidsworldfun.com/ebooks.php https://freekidsbooks.org/

The **CBC Calgary Reads Big Book Sale** runs from May 12 to 14, 2017 at the Calgary Curling Club, 720 - 3 St NW. This is Calgary Reads' signature fundraising event. With children's books at just \$2, 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

# MEDICAL CLINIC



Douglasglen Suite 123, 11420 27 Street SE

Family Doctors Accepting new patients and walk-ins

**Physical Therapy** 

**Massage Therapy** 

Mental Health Counselling

Weight Management Counselling

587.318.0740 www.primecarehealth.ca

### JUNE 3 WHEELS FOR WELLS CHARITY BIKE RIDE – SOUTHVIEW CHURCH

Help Wheels for Wells bring clean water to those without. Choose to ride a 10 km family-friendly route or the longer 30, 50, 70, or 90 km on routes in and around Calgary. All rides are fully supported and the 10 km riders can take part in a skill building session. More info at wheelsforwells.ca.



### JUNE 3 – 4 CALGARY UKRAINIAN FESTIVAL – ACADIA RECREATION COMPLEX

This festival celebrates our vibrant Ukrainian heritage, rich Ukrainian culture and cuisine, shop until you drop in the vendor market place, and join us for our Zabava and dance the evening away to live Ukrainian music. More info at calgaryukrainianfestival.ca.



### JUNE 18 RAD DAD DAY – CALAWAY PARK

What better way to celebrate all things dad than treats and rides and games? It's Rad Dad Day at Calaway Park! Bring your father or grandfather to celebrate how great he is! The best part is dads and granddads get free amssion when accompanied by a child. Open 10 am to 7 pm More info at calawaypark. com.



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

### Marda Loop Farmers' Market – 3130, 16 Street SW, June 3 – Oct. 7

Call for 2017 Farmers' Market vendors, food trucks and buskers! The Marda Loop outdoor Farmer's Market is growing this year, showcasing local makers, bakers and growers along with live music, kids' zone, cool activities for the whole family including monthly special events! More info for all vendors (and great stall rates starting at \$30/day) at mardaloop.com/ farmers-market/farmers-market.

### Suncor Stage One Festival of New York – Lunchbox Theatre, June 9 – 24

Next June marks the 30th anniversary of Stage One. For 30 years Lunchbox Theatre has been dedicated to the creation, development and production of new Canadian one-act plays, many of which have gone on to great acclaim after their premiere on our stage. Celebrate 30 years of playwriting history in our city with Lunchbox. Free admission. More info at lunchboxtheatre.com/suncor-stage-one-festival.

### Vintage with Flair – Bragg Creek Community Centre, June 16 – 17 at 4 p.m.

A country garden party in the woods; a gathering of Alberta artisans, designers, makers and curators of vintage inspired to rustic farmhouse fresh designs. Including unique, artisaninspired art and stained glass, hand-designed jewelry with a story, rustic home decor, maker-made ceramics, curated vintage home and garden decor, repurposed shabby and chic finds and up-cycled and cool clothing. Join us for a garden party in the country.

### Sled Island Festival – various venues, June 21 -25

Sled Island's thoughtful, eclectic programming and independent spirit have fused with Calgary's youthful energy to produce a one-of-a-kind festival experience. Each June, the five-day music and arts festival brings together a community of over 250 bands, comedians, filmmakers and artists, as well as over 30,000 attendees in more than 35 venues, transforming the city into an arts lover's paradise that has earned rave reviews from artists, fans and media from across the globe. More info at sledisland.com.

# The Glenn Miller Orchestra – Jack Singer Concert Hall, June 29 at 7 p.m.

The world famous Glenn Miller Orchestra brings timeless classics like In the Mood, Moonlight Serenade, Chattanooga Choo Choo, Pennsylvania 6-5000, String of Pearls and Tuxedo Junction back to the stage. Even 50 years after founding his famous orchestra Glenn Miller's music is alive and well. More info at artscommons.ca.



### Oral Health: It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.



WEEKLY LAWN CARE & YARD CLEAN-UP Aeration · Power-rake · Leaf clean-up · Gardening Cut & Trim · Fertilizer · Window & Gutter Cleaning

LANDSCAPE CONSTRUCTION Stone Patios . Retaining Walls . Yard Renovations Decks . Fences . Sod . Trees . Painting & Staining 403.265.4769 YARDBUSTERSLANDSCAPING.COM



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 the spring and summer, Calgarians often come across little critters that are a part of our urban wildlife population. Humans are often eager to assist young animals and birds that they think are on their own, but how do you tell if they really need our help?

### Is it orphaned/abandoned?

If you are not sure if the animal is orphaned or abandoned, watch it from a distance so as not to frighten the parents from returning. Check on the animal periodically for 24 to 48 hours to see if it is still there. DO NOT touch or move the young animal unless you are absolutely certain that it is orphaned or is in immediate danger. With some species, it is normal for parents to leave their offspring alone for extended periods of time. Many infant mammals are left on their own while their parents are foraging for food. In many bird species, the offspring outgrow their nest and their parents continue to raise them on the ground. Many species return to their young to care for them near dusk and dawn.

A young animal that looks well-fed, has bright eyes and clean fur or feathers, and is showing no signs of distress, is probably not orphaned.

### See a Hare, Leave it There!

Both Snowshoe and White-tailed Prairie Hares will be having babies throughout the spring and summer. Hares are born fully furred and with their eyes open. They can hop around within hours of birth. It is the strategy of hares to leave their young for long periods of time under bushes and in the grass to protect the babies from predators since young hares have no scent. Mother hares return to feed their young as little as twice per day and baby hares will freeze (not moving at all) when threatened. Most baby hares are not orphaned

# Do they really need our help?

Article by J.G. Turner Photo by Andrea Hunt

and will have best chance of survival with their own mothers.

#### **Fledgling Birds**

Did you know that many young birds spend time on the ground? Fledgling birds that are too big for the nest but cannot quite fly yet, may end up spending some time on the ground while learning how to fly. This is normal behavior! Parents will be nearby protecting and feeding their young during this transition. Most fledglings have almost all their feathers, and are only slightly smaller than adults. If you see a fledgling bird, admire it from afar. As long as the parents are around, and it is not being threatened, it doesn't need help.

### Fawns

Most fawns are born in May and June. They are routinely left alone by the mother deer (a doe) during the first two weeks of life. They are simply unable to keep up with mum during that time. These babies, like the hare, have no odor to attract predators, and have natural camouflage because of their colouring. The doe feeds well away from their baby, leaving the fawn hidden in long grass or underbrush, and returning to feed, clean, and move them regularly. Even if you think a fawn is not being cared for by its mother, DO NOT TOUCH IT or your scent will be transferred to it, discouraging the mother from caring for it if she does return. Come back the next day to check on it. If it is in exactly the same spot and bleating (crying), or wandering around appearing to be distressed, it may need help. Most fawns have the best chance of survival with their own mothers.

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.



# Blue Cart Recycling Tip of the Month

### Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

# If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

### What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.

• Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

### Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

### You'll receive everything you need to get started

- When your green cart arrives look inside to find:
- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

### You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

### Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

### Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visitcalgary.ca/multifamily.



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











100

# PHOTOS OF OUR NEIGHBOURHOOD

by Brianne Bull





### All the world can have clean, safe water.

### Help us bring clean water to those without!

Where: Southview Church, Walden Campus (20200 Walden Blvd SE, Calgary)

### Pricing:

\$55 each until June 2\$95 family rate (2 adults, 3 children) Group rates are also available.Pricing includes t-shirt, food, drinks, prizes & more!

**Cycling Distances:** 30, 50, 70, 90km long distance rides or 10km family ride. The family ride includes a skill building session. All rides are fully supported with traffic control.

### www.wheelsforwells.ca

# GREATNEWS 28

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk. 403-263-3044





# IN & AROUND Calgary

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

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

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

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

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

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

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

# REAL ESTATE COUNCIL OF ALBERTA

### I hired a real estate professional to sell my home. The seller representation agreement (listing agreement) I signed is for four months. It's only been two months, but I want to terminate the agreement, can I?

Askthart

The short answer is yes, but it can be complicated.

The agreement you signed is a legal contract between you and a real estate brokerage to sell your home. It contains a start date and an end date, as well as provisions for ending the agreement early. If you and your real estate professional agree in writing to end the agreement before the end date, the agreement immediately ends.

If you change your mind about selling your home and your real estate professional agrees to end the agreement early, you may be responsible for reimbursing your real estate professional for reasonable expenses they incurred while your property was for sale. Those potential expenses need to be listed on the agreement when you sign it; your real estate professional can't add them after the fact. These expenses may include, but aren't limited to, reimbursement of advertising, measurement, or photography costs.

But, what happens when you want to end your agreement early and your real estate professional doesn't agree?

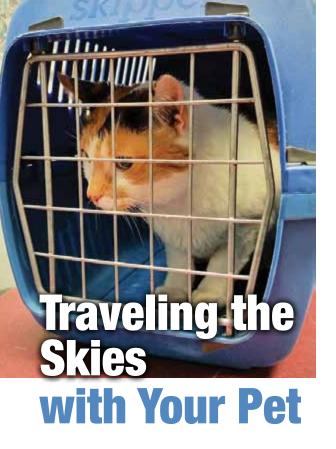
If you want to end your agreement early because you want to work with a different real estate brokerage, there could be consequences. For example, if you begin working with another real estate brokerage, and your property sells, your first real estate brokerage could make a claim that commissions are payable to them since the brokerage didn't agree to release you from the obligations of your agreement. You could find yourself owing commission to two brokerages.

Think carefully about why you want to end your agreement early. If it's because you genuinely changed your mind about selling, perhaps your employment situation changed, be open and upfront with your real estate professional. You won't be the first seller who has a change of heart or financial circumstances, but your real estate brokerage is under no requirement to release you from your agreement.

Another possibility is that your real estate professional may agree to a conditional termination of your agreement. Conditional terminations typically require the seller to agree in writing that they won't re-list their property for sale with another real estate brokerage before the end of their original agreement.

If you want to end your agreement early because you and your real estate professional are not working well together or you have concerns about their performance, RECA encourages you to speak to their broker.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca. ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Many of us approach flying with our pets with a great deal of fear and trepidation. People with allergies might complain and pets might misbehave. Some airlines have elected to no longer accept pets; most airlines have blackout periods around holidays. The airline industry and international import/export laws are constantly changing rules and regulations. If you intend on flying with your pet, do your research and have a backup plan is, never assume the same rules apply this week as last week.

Small pets traveling as hand luggage can check in with you through security. You carry them through the scanner, while the cage is screened on the belt. I have been able to reserve premium seats at the front of the plane with my dog, but I was warned if anyone complained I would be consigned to the back rows of the plane. I have also encountered problems flying with a large dog in a crate that didn't fit through the baggage door of a smaller plane. Always know the dimensions of your cage and total weight of the pet and cage when booking a flight. Animals flying as cargo alone tend to be much more difficult to coordinate. Pets must be delivered to the airline's cargo depot hours prior to flight time. Cage requirements are strict. Pets must be able to stand fully upright within the cage. Two bowls for food and water must accompany the pet. Food requirements depend on the length of the flight. You can teach your dog to use one of the closed water bottles to avoid spillage in the cage. A leash must be attached to the cage. The cage must be clearly marked and the doors secure. Make sure your pet is adequately identified. Tattoo, microchip, and a collar with identification identify my pets. I'll take no chances.

Try to only book your pet on a direct flight or keep to the same carrier. There are pet travel brokers who will take care of all the hassle if you fly your pet around the globe. If you're taking a pet to Australia, New Zealand, or the British Isles, complicated and extensive vaccination protocols, blood tests, deworming protocols, and documentation make a broker absolutely necessary. Preparations take several months and schedules are engraved in stone. Errors in paperwork to Australia can cost thousands with your pet consigned to quarantine.

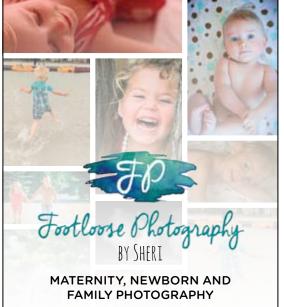
A current rabies certificate is required to travel with a dog into the U.S.A., but airlines may require a recent health certificate. Dogs under twelve weeks of age are too young to have a rabies vaccine and cannot enter the United States although exceptions can be applied for. Cats don't require a rabies certificate to enter the United States but most states do require it, and they do require rabies vaccination to return to Canada.

Avoid sedating your pet when flying. Only sedate your pet if you fear his panic could result in injury. A non-sedated pet may be scared, but he is better able to control his body's temperature, and less likely to aspirate vomit if air sick.

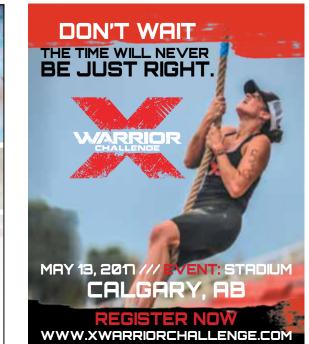
If you arrive at the airport and the outdoor temperature at your destination or current location are too extreme for your pet's safety on the tarmac, the airline may refuse to accept your pet. Have an alternative plan and be flexible. Most major cities including Calgary have kennels that will pick up and deliver pets to flights.

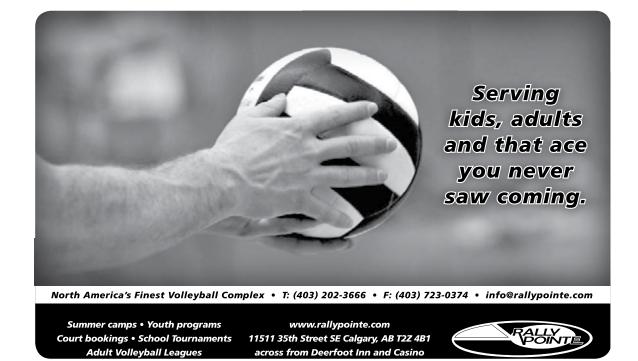
As a professional worrier, I still find flying my furry children extremely stressful but adequate preparation has allowed me to have many wonderfully uneventful journeys.

Jennifer L. Scott D.V.M.



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





DOUGLASDALEGLEN | MAY 2017 23



# How to pay yourself what you're worth and what's best for your company

by Janine Rea, BA Economics, RRC

You're the owner of an incorporated business and you want to be adequately compensated for your work while sustaining and growing the financial health of your business. You could choose to pay yourself a salary (including bonuses), pay yourself through dividends from shares you own in the company, or pay yourself through a combination of salary and dividends. Which is best for you?

### Salary

- Is a deduction to your company but will also attract both employer and employee Canada Pension Plan (CPP) premiums and, in some provinces, payroll taxes.
- Generates Registered Retirement Savings Plan (RRSP) contribution room, CPP benefits and is necessary if you wish to establish an Individual Pension Plan (IPP).
- Often recommended if the cash need is immediate

### Dividends

• Are paid out of after-tax corporate profits. Corporate income in excess of the small business deduction (SBD) limit (\$500,000 federally and in most provinces) is subject to higher corporate tax rates. Most dividends paid out of dollars above the SBD are eligible for a more advantageous personal tax rate. Dividends paid with dollars taxed at the lower SBD rate are non-eligible, resulting in a lower Dividend Tax Credit for the shareholder and, consequently, attracting more personal tax than an "eligible" dividend.

• Generally recommended if cash is not required immediately, or if the combined corporate taxes plus personal income taxes on the dividend are less than the taxes payable on an equivalent salary

### A mix of salary and dividends

 In the past, tax professionals usually advised business owners to pay themselves at least enough salary to reduce corporate profits below the SBD limit, to avoid higher rates of corporate tax on active income. But, with the increase in personal tax rates, more tax can now be deferred by leaving income in the corporation – so, if your personal finances allow, it can make sense to retain high tax rate income inside the corporation for investment. However, to the extent that you require cash on a regular basis, salary is still the preferred compensation choice until corporate income is reduced to the SBD limit.

### A pure dividend strategy

• Taking compensation solely as dividends means that you will not be able to contribute to investments held in an RRSP, will lose access to CPP disability benefits and may not qualify for group disability plans. However, this strategy can allow more income to be saved inside the corporation than could otherwise be contributed to investments held personally within a RRSP or to an IPP and could potentially offset the reduction in future CPP retirement benefits. But this is a complicated strategy that requires consultation with your professional advisors.

Compensation planning is closely linked to retirement planning. Your professional advisor can help make the best choices for you.

Douglasdale Glen				
6	m	<b>y</b> babysitter	list	
Name	Age	Contact	Course	
Kyla	12	403-257-0417	Yes	
Melissa	13	403-973-7353	Yes	
Kyla	14	403-697-9764	Yes	
Elena	14	403-263-3809	Yes	
Melissa	15	403-455-4402	Yes	
Maria	15	403-305-3348	Yes	
Jordan	15	403-288-0220	Yes	
Lauren	17	403-203-4480	Yes	
Brooklyn	17	403-236-1440	Yes	
Kaitlin	17	403-258-3153	Yes	
Elizabeth	17	403-771-8215	Yes	
Michelle	18	403-455-4402	Yes	
Sidney	18	403-819-7951	Yes	
Caitlyn	19	403-203-4480	Yes	
Cheyanne	20	250-938-1090	No	
Cheyanne	20	250-938-1090	No	
Taylor	20	403-236-2836	Yes	
Kyra	21	250-938-5951	Yes	
Deidra	30	403-471-3089	Yes	
Jane	52	403-467-3607	Yes	

Calling All BABYSITTERS Enroll free at mybabysitter, ca and choose the Calgary communities you would like to babysit in.

S 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.





#### CUSTOMER SATISFACTION GUARANTEED





Custom Decks
 Fences
 Retaining Walls



Irrigation
Stamped and Exposed Concrete
Affordable Custom Landscape Plans
Bulk Topsoil Deliveries
Through Tip Top Soil

# GOT A PLAN? AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca



# **Dog Safety** at Summer Festivals

### Happy May!

We hope you are enjoying the beautiful spring weather. At Calgary Humane Society we are very busy getting ready for this year's Dog Jog! On June 3 we will welcome hundreds of awesome people, and their dogs, for a day of family fun with proceeds going directly to animals in need! Enjoy delicious food, fun activities and a scenic run or walk through South Glenmore Park! To learn more about how to join us for this family-friendly event, please visit www.calgaryhumane.ca/dogjog.

Dog Jog is just one of the great festivals around Calgary that you can enjoy with your pet, but before you set out with Fido here are a few safety tips to keep in mind!

### **Pet-Friendly Festivals**

- 1. Check that the festival is pet friendly! Each year Calgary Humane Society receives many calls about dogs locked in hot cars at festivals and events. Dogs left in hot cars (even with the windows cracked) can quickly fall victim to heat stroke.
- **2. Stick to less crowded areas.** Large crowds can be stressful for dogs and each year several dogs in Calgary are injured when they are accidentally stepped on in a large crowd.
- **3. Watch for signs of stress.** Dogs have a number of 'calming signals' that indicate stress. If your dog is lip

licking, yawning, dry panting, trying to leave or has a stiff body/tense facial muscles, it's time to find a quiet space!

- **4. Stay away from stray snacks.** Festivals mean food, and food + walking = a LOT of snacks on the ground! Scarfing up these stray snacks could make your dog sick or could even be fatal.
- **5. Watch for friendly strangers.** Lots of people love dogs! Unfortunately they may forget to ask before trying to pet Fido. If you choose to bring your dog to a festival you are responsible to ensure your dog's safety and the safety of others.
- 6. Please don't let dogs visit. Most pets find meeting on leash to be more stressful than meeting off-leash.
  7. Bring lots of water. Keep Fido well hydrated and happy!
- **8. Keep it on leash.** Unless you are in a designated offleash area, Calgary bylaws state that your dog MUST be on a leash. Festivals are no exception.
- **9. Training is key.** Loose leash walking, sitting, staying and heeling are important skills for any dog that will be attending crowded places. Calgary Humane Society offers training classes and private consultations to help Fido work on his manners.
- 10. Watch out for heat and sun! Just like people, pets can wind up with sunburns. The sun can also heat up asphalt, making it dangerous to unprotected paws.



# **Positive Habits Last a Lifetime**

When parents and other caregivers have healthy eating habits, that's what children learn.

The eating habits children learn in their early years (birth to six years) last a lifetime. From a young age, we start to learn about food and eating by watching others. When parents and other caregivers have healthy eating habits, that's what children learn.

Ellen Parker's two boys Henry, 3, and Oliver, 5, are learning about healthy foods and healthy eating. She regularly gives them foods such as smoothies with spinach and quinoa and she grates vegetables onto pizzas and into veggie burgers. "They don't even know that they're eating healthy food," she says.

Here are other ways to make healthy eating a habit in your family.

Offer three meals and two to three snacks a day at regular times. Knowing when they'll be eating next helps kids feel safe and keeps them from wanting to eat throughout the day. If your child refuses to eat during a meal and asks for a snack 20 minutes later, it's okay to say no. Simply let them know they need to wait until the next meal or snack time.

**Offer new foods often.** It can take 15 or more tries before your child accepts a new food. Try offering small amounts of new food at the start of meals when your child is most hungry. Include food that your family likes to eat along with new food prepared in different ways.

**Offer choices.** Try serving your family a variety of colourful vegetables, fruits and other healthy food, and let your child pick their own food from what you serve. Encourage them to take small amounts at first, and offer more if they are still hungry. **Think beyond a single meal or snack.** Once in a while your child may eat little or nothing at a meal or snack. This is natural. Over time, children usually adjust what they eat at other meals and snacks.

If your child won't eat meat and alternatives. You could offer different types of fish, poultry and lean meat. You may need to offer them many times and prepare them in different ways. Other tips: try soft meats such as ground meat or poultry, or dice meat into small bites that your child can easily chew. Meat can also be more appealing when you add it to soups, stews or tomato sauces. And you can offer other sources of protein such as tofu, beans and legumes, or fish.

If your child won't eat vegetables, you can try these tips. Add vegetables such as carrots, zucchini and beets to soups, stews, casseroles, stir fries or sauces. Cook vegetables to different textures and tastes—such as raw or lightly cooked.

If you're worried your child is not getting enough nutrients, talk to your healthcare provider. For more tips, visit healthyparentshealthychildren.ca.



# **Hear ye, hear ye:** May is Speech & Hearing Awareness Month!

# Deaf & Hear Alberta is hosting its 2nd Annual Safe Sound Awards.

Safe Sound Awards raises awareness about hearing health and hearing loss. In support of May being Speech & Hearing Awareness Month, we want Calgarians to participate in Safe Sound Awards.

Sound represents a variety of things to different people, all ultimately connecting us to our environment. It is all around us, impacting many facets of our lives. It is family conversation at the dinner table, leaves rustling, music playing, heavy traffic and so much more. Sound is measured in decibels (dB) and like all things in life, there are healthy and harmful levels.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Safe and harmful sound levels are also highly dependent on *how long, how often* and *use of hearing protection*.

Continuous dB	Examples	Permissible Exposure time
85 dB	Noisy restaurant	8 hours
88 dB	Window air conditioner	4 hours
94 dB	Subway	1 hour
103 dB	School dance	7.5 min
106 dB	Leaf blower	3.75 min
112 dB	Jackhammer	Approx. 1 min

There are numerous benefits to ensuring the protection and management of our hearing. How can you help maintain your hearing? Limit time using ear buds, check the volume on TVs and stereos, wear ear plugs to concerts, and adhere to occupational & safety guidelines at work. Maintaining hearing health also includes using appropriate hearing devices such as hearing aids or personal amplifiers.

Changes in hearing health can impact a person's physical, social and emotional health. If you or someone you love is already living with hearing loss, there are ways to improve communication. Here are some suggestions:

**Set the stage**. Find places that have soft surfaces such carpets, tablecloths, curtains and/or places that are well lit which makes it easier to see body language and facial expressions.

**Communicate effectively**. When speaking to a person with hearing loss- make sure you have their attention before speaking and keep your face visible. Move closer to the person you are speaking to, speak at a moderate pace and use a normal volume of voice. Most importantly, be patient and open to repetition; use alternate phrasing if needed.

We invite you to nominate hearing friendly places that allow for conversation, fun and connection to those around us. Then vote. Pick you favourites and as a community we will celebrate Calgarian's favourite hearing friendly spaces with the Safe Sound Awards. Let's celebrate Speech and Hearing Awareness Month together!

To be involved visit: http://hearalberta.ca/safe-sound-awards/

Written by: Alia Bharwani, Hearing Services Coordinator & Kylie Bradbury, Peer Mentoring Coordinator at Deaf & Hear Alberta

# The Incoor Gardener by Cindy DeJager

### y Ciriay Desager

### Peace Lily (Spathiphyllum wallisii)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for Spathiphyllum.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.

# THE TRUE NORTH STRONG AND FREE

In honour of Canada's 150th birthday, Great News Publishing wants to know...

### WHAT IS YOUR FAVOURITE PART OF BEING A CANADIAN?



Submit your best answers for a chance to be featured in upcoming newsletters! canada150@great-news.ca #34, 4550 112 Ave SE, T2C 2K2 Visit our Facebook page for more details facebook.com/GreatNews.ca

#### RBC Dominion Securities Inc.

**QUESTIONING YOUR INVESTMENTS?** Get a professional second opinion on your portfolio

### MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES

#### MICHAEL MARTIN, MBA, CFA, CFP



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

If market volatility is making you secondguess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including: • Is your portfolio still on the right track? • Are you taking too much risk in

your portfolio? Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



There's Wealth in Our Approach.™

# **BUSINESS CLASSIFIEDS**

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

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

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

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

**CALGARY FENCE & DECK:** We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

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

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707. **CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca.

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. www.emmapainting.com. Thank you.

**THE GUTTER DOCTOR!** We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

SPRING FLOWERS, WEDDINGS & BABY SHOWERS!

KEEP Collective offers something for everyone, let me help you find the perfect gift for whatever the occasion...birthdays, thank yous, weddings, baby showers, sympathy or illness, grads, special occasions, promotions, etc. Call 403-826-4086 or shop keepcollective. com/with/katrinajackle.

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

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

**CALLING PROFESSIONAL PORTRAIT PHOTOGRAPHERS:** Feature your professional family portraits for free in this newsletter. Email DG@great-news.ca for more information.

**KITCHEN CABINETS REFINISHED:** Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

**PRIME LANDSCAPING:** Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2017. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub plant-ing, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

**MAKING YOUR HOME SPARKLE:** Spotless and smelling wonderful, we provide all types of cleaning services. We love to clean, so let us do it the work for you! Call Ally, 587-583-2046.

**TRANSFER HOME MOVIES:** That's Entertainment Video Productions will convert your 8mm film, video tapes, slides, negatives, photos to digital format on DVD or USB. Since 1978 all work is done here in Okotoks. We do not ship orders East for processing. Please call Manfred: 403-938-7473 or e-mail: manfred@tevideo.ca. Website: www.tevideo.ca.

**GARAGE DOORS AND OPENERS:** Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@ thomsondoors.com www.thomsondoors.com.

**TIMELESS CUSTOM PICTURE FRAMING:** In-house Douglasdale studio. Wide selection of frames for your home or office. Archival materials for a longer art life. For an appointment call Dale at 403-236-9496.

**THE FINISHER:** Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower© nightlight distributor. References available. Wendell at 403-613-6807.

**CURRENT HIGH SCHOOL ENGLISH TEACHER B.A., B.ED. AVAILABLE FOR TUTORING:** Over 14 years of experience teaching all levels of High School English Language Arts in Alberta. Familiar with current Alberta curriculum, texts, exams, and assessment standards. Reading comprehension, essay writing, vocabulary development, and diploma exam prep. \$40/hr. text or call Jenn at 403-998-0727 for information.

# GAMES SUDOKU

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

### FIND SOLUTION ON PAGE 34



### MLA Calgary-Hays Ric Mclver

Interim Leader of PC Caucus 255, 11488 24 Street SE, Calgary AB T2Z 4C9 Ph: 403-215-4380 • F: 403-215-4383 Calgary.Hays@assembly.ab.ca • www. abpcmla.ca/blog-ric-mciver-mla-calgary-hays www.facebook.com/ricmciver • www.twitter.com/ricmciver

#### Mother's Day, May 14, 2017

Mother's Day is a celebration honoring mothers, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May. The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. Around the world, 46 countries celebrate Mother's day.

### Victoria Day, May 22, 2017

The birthday of Queen Victoria was a day for celebration in Canada long before Confederation, with the first legislation regarding the event being passed in 1845 by the parliament of the Province of Canada to officially recognize May 24 as the Queen's birthday. Following the death of Queen Victoria in 1901, May 24 was made by law to be known as *Victoria Day*, a date to remember the "Mother of Confederation", and, in 1904, the same date was by imperial decree made Empire Day throughout the British Empire. Since then, Victoria Day has been celebrated on the Monday preceding May 25<sup>th</sup>, and is a federal holiday in Canada.

### **Update on Castle Park**

Highway paving and new water pipelines are part of nearly \$20 million in infrastructure investment for the Castle Provincial Park and neighbouring communities.

Six million dollars will go towards paving an 11-kilometre gravel section of Highway 774 within the newly established park. Another \$9 million is earmarked to help the Municipal District of Pincher Creek construct a water line that ties Castle Mountain Resort to the Hamlet of Beaver Mines. The water line will also serve the Castle Provincial Park.

The 103,000-hectare Castle Provincial Park and Castle Wildland Provincial Park were established in January. Ordinarily such an announcement would be greeted with great fanfare and celebration. In this case, the decision has raised a ruckus due to a lack of consultation with former users of the Castle and businesses negatively affected. Former off highway vehicle users and random campers will now be denied the uses they have enjoyed for decades. The NDP has promised consultation but have already done such a poor job of it that the period for comment has been extended. Few trust the process.

#### NDP Bill 1

Governments bill one is a promise to reduce school fees by 25% for families this September. Again, this sounds good on the surface and I and my colleagues will vote for it as it looks like a saving for families. The first problem here is that the government promised a 100% reduction in fees which commits the NDP to breaking a promise with a piece of legislation that they have introduced. The next issue is that school boards have no idea where the \$50 million will come from to replace what was collected in fees. They are left to scramble or make cuts in other areas to compensate.

#### NDP Blood Services Bill

The NDP have passed a bill to make it illegal to be paid to give blood in Alberta. They are promoting it as a way to keep the blood supply safe and to prevent "private health care." Nothing could be further from the truth. The fact is a high percentage of blood plasma used in Alberta for years has come from the United States – provided by paid blood donors. In other words, your government for some reason is happy to pay for blood as long as it is not yours. How is that safer? Is Alberta blood somehow dirtier? Of course not! This only prevents new jobs in the blood business from coming to Alberta. Keeping jobs out is an NDP tradition but not a good one.

Here is the unfortunate truth. Canadian Blood services is a good organization. They bargain collectively with a union important to the Premier. Now we have legislation to protect that and to lock out competition who might not have the same union.

### Welcome to Jason Kenney – Our new party leader

On March 18, over 75% of PC delegates voted for Jason Kenney as our new PC leader. I am honoured to serve under Jason's leadership and look forward to making him Premier in 2019 – hopefully with your help.

### 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



### Ward 12 Newsletter Update - May 2017

2017 is a big year for our city. It also happens to be an election year as Calgarians head to the polls on October 16. Council has been having discussions on important topics like a new arena, a possible Olympic bid and the Green Line LRT. If you're interested in seeing what I have to say about these issues check out my website shanekeating.ca or give my office a call.

Councillor, Ward 12

Shane Keating

Twitter: @CouncillorKeats

Phone: 403-268-1698 • Email: Ward12@calgary.ca

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

Facebook: http://www.facebook.com/CouncillorKeating

### **Council Gets Closer to Finalizing Green Line**

We are approaching the end of a chapter for the Green Line LRT. Over the course of the next few months Council will have some big decisions so that we can present a finished plan to the provincial government. I remain hopeful that once the province sees the final plan they will commit funding to the project. We will have to agree on a phasing plan to identify how much of the line can be built for the budget we have. We will also have to confirm the station locations and alignment for the entire network.

We have come a long ways in a short period of time, but we still have a bit further to go. You can stay up to date on the Green Line by visiting calgary.ca/greenline

### Habitat Projects on the Bow River

The 2013 floods changed a lot of things in our city. Following the 2013 flood The City took forward a number of projects to repair and reinforce banks along the Bow River. These projects helped protect our city, but in some cases they had negative impacts on sensitive fish habitat.

The City has identified a number of sites to supplement lost habitat from flood mitigation projects. One of these sites was a side channel adjacent to Quarry Park. The construction of this project has been underway for a few weeks now and is scheduled to wrap up in the fall. In order to complete this work there will be a temporary detour on the Bow River Pathway. You can find out more information on this project by visiting www.shanekeating. ca/2017/03/30/qp-river/

### Ward 12 Residential Traffic Safety Town Hall

Calgary Police Service (CPS) and City of Calgary Trans-

portation have been working together to find ways to address residential traffic safety issues within our communities. As a result of a Notice of Motion I brought to Council last year, each Ward in the city will have a Residential Traffic Safety Town Hall. Residents are encouraged to come to these meetings and share their feedback with CPS and City Transportation folks. CPS will be able to identify some specific problem areas in your community that may need more enforcement and Transportation can identify if there are traffic flow or engineering issues that could be addressed.

When: Tuesday, May 23, 7:30pm-8:45pm Where: McKenzie Towne Hall, 40 McKenzie Towne Blvd SE

If you have any questions please feel free to let my office know.

### www.kilbco.com

### READY TO INCREASE YOUR CURB APPEAL?

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

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

CONCRETE CURBING

libco has poured

over 100,000 lineal

feet of curbing in the



The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

### Visit www.hoffmaninstitute.ca to find out how you can, • Gain better personal relationships • Renew your enthusiasm for life and vitality • Create greater emotional resilience

Have relief from anger and depression
 and more...



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



### Tom Kmiec 2784 Glenmore Trail SE, Suite 1220 Calgary, Alberta, T2C 2E6 S 403-974-1285 24/7 Line: 1-855-852-5710 S tomkmiecmp.ca Stom.kmiec@parl.gc.ca S @TomKmiec f TomKmiec

### Alberta Jobs Task Force Update

Last October, Alberta Conservative Members of Parliament launched the Alberta Jobs Taskforce to deal with the jobs crisis in the province. Alberta's unemployment rate rose from 4.6% to 8.8% in the last 18 months with Calgary having one of the highest rates in Canada at over 10%. The result has been a spike in the incidence of crime and its severity as well as family violence.

The objectives of the Task Force were two fold. First, listen to Albertans, employers, workers, families and other stakeholders affected by the job crisis and collect their feedback and ideas. Second, to collate that information into a report containing recommendations and in a few instances budget requests of the Liberal Government.

In Calgary Shepard, I held a community meeting at the Glenmore Inn and hosted two roundtables where constituents brought forward their ideas and suggestions. I also sent a survey with my quarterly update to constituents and I received 100 responses including many helpful and informative comments.

Here are some of the task force's recommendations: • Elimination of the federal carbon tax

Reduction of the small business tax rate

Reversing the mandatory increase on CPP premiums
Respecting the non-partisan decisions of the National Energy Board with respect to the construction of new pipelines

Investments in programs and opportunities to enhance youth employment in Alberta

• Reviewing the equalization payment formula

 Advocating for Canadian resources and Canadian industry abroad

• Provide a clear plan to bring the federal budget back into balance.

I am very proud to support the report and present it on behalf of the residents of Calgary Shepard. I thank you for the input. To access the complete report, please go to http://albertajobstaskforce.ca/en/ or to request a copy of the report please call my office at 403-974-1285 or email me at tom.kmiec@parl.gc.ca



☎ (403) 543-1100
 읍 (403) 543-1111
 ♥ www.masuchalbertlaw.com

Douglas Glen Business Centre #209, 10836 – 24 Street SE Calgary, Alberta T2Z 4C9

### ESTATE PLANNING AND RESOLUTION SERVICES

Need a Will, Power of Attorney or Personal Directive done? We also offer assistance with Probate and dealing with the Real Property of the Estate.

### Call Melissa at 403-543-1100

today for more information and to receive your Estate Planning Package.

# Your Lawyers for all your needs in South East Calgary

Douglas Glen Business Centre #209, 10836 – 24 Street SE

REAL ESTATE	
CORPORATE/TAX	
EFINANCE/MORTGAG	ES

WILLS & ESTATES COMMERICAL LITIGATION LANDLORD/TENANT FORECLOSURE EMPLOYMENT DIVORCE/SEPARATION MEDIATION PERSONAL INJURY



Your friendly professional team of landscape technicians have been providing residential & commercial property care for over 30 years in Calgary!

### Our Complete Spring clean-up Package includes:

Aerate & Power Rake • Hand Rake Thatch & Cores • Lawn Mow & Trim • Blow clippings off side walk **\$139 (900-2500sq.ft.)** 

### Our Complete Season lawn care Package includes:

Eco mulch Lawn Cut & Trim once a week • Blow clippings off side walk, patio and driveway \$149 (per month May – Oct.)

### Our Complete fertilizer package includes:

Three applications; spring, summer and fall liquid green fertilizer for healthy weed free lawn **\$189** 

# We do FENCES, DECKS, LANDSCAPE and CONCRETE

Call or Email to Book: 403.254.6463 | info@hinescommercial.com



The LAWNFORCE & The SNOWFORCE A Hines Commercial Services Company



**FAMILY MEDICINE WALK-IN CLINIC** 4-20 Douglaswoods Dr, SE,Calgary

### Call 587-471-9467

Male & Female Doctors accepting new patients.

**OPEN EVERYDAY INCLUDING WEEKENDS.** 

### **NO WAITING TIME**

IUDs, PAPs, O&G, services available.

You can book online at www.douglaswoodfamilymedicine.ca

NOW

**OPEN** 



### **HOURS OF OPERATION**

Monday - Friday: 9 am-7pm Saturdays 10 am-5pm Sundays 11 am-3pm

