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THE OFFICIAL HOMEOWNERS ASSOCIATION NEWSLETTER

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ASSOCIATION



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Mahogany Homeowners Association

29 Masters Park SE, Calgary, AB, T3M 2C1

Phone: 403 453 1221 • Fax: 403 474 1202

Hours of Operation: 9am to 10pm Daily

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Summer at the Mahogany Beach Club - REMINDERS

Park and Lake Reminders

- All members, age 12 years and over, must bring their membership card each time they wish to access the park, lake and Mahogany Beach Club – not just one card per family.
- No children under 12 years of age are permitted in the park without an adult.
- No pets are allowed at the MBC facility or parks.
- No smoking, alcohol or glass containers are permitted in the parks.
- Only charcoal briquettes may be used in the barbecues.
- Members assume full responsibility for their guests at all times and members must be present in the park at all times while their guests are using the facility.
- Lending your membership card to another person is prohibited.
- Members are limited to a household maximum of 8 guests per day.

Boat Rentals

Fishing boats, kayaks, pedal boats and Stand Up Paddle (SUP) boards are available to residents on a first come first serve basis. Members who sign out the boat must be in the boat at all times. No children under the age 16 are to be in a boat without an adult. PFDs are mandatory and MUST be worn at all times. There is a 1 hour time limit on boats loans.

Fishing

The Mahogany HOA encourages the practice of catch-and-release. Fishing is permitted from the Fishing Dock, the shore south of the Fishing Dock up to the bridge, Private Docks and fishing boats only at this time. Absolutely no barbed hooks, live bait or food of any kind is permitted.

Tennis Courts

Unless reserved for MHOA programs, the courts are available on a first come first serve basis. There is a 45 minute restriction during busy times. Tennis courts are to be used for tennis only. Soft soled court shoes are required. Chairs and other hard objects are not permitted on the courts.

Hockey Rink

The hockey rink is available for inline and roller skating. You must put your skates on at the rink. They are not allowed on the pathways within the MBC or at the West Beach.

Aerators

The aerators have now been turned on. **WARNING:** As per the rules and regulations, please do not enter the park or the lake outside of park hours. The lake aerators pose a significant safety risk.

IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

Book Trivia

Don Quixote is the best-selling novel of all time,

with over 500 million copies sold.

aramsay@mahoganyhoa.com
Editorial Content DEADLINE
1st of each month for the next month's issue

MAHOGANY

HOMEOWNERS ASSOCIATION

29 Masters Park SE, Calgary, AB, T3M 2C1 • Phone: 403 453 1221 • Fax: 403 474 1202

Hours of Operation: 9am to 10pm Daily

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Programming Co-Ordinator	Ruth Dunn	admin@mahoganyhoa.com
General Enquiries		reception@mahoganyhoa.com

Do You Have Your Membership Card?

All residents age 12+ must have their membership card to access the Mahogany Beach Club, including registered programs and Preschool.

Stop by the MBC to have your picture taken and get your card today! Please bring your Certificate of Title or photo ID showing proof of residency. Tenants must bring in their lease agreement.



There's More in Mahogany!

For upcoming events, programs, lake conditions, volunteer information and more, check out the Mahogany HOA website:

www.mahoganyhoa.com/events



Indoor Rental Rates

Room	Member	Non-Member
Banquet	\$64.00/Hour	\$80.00/Hour
Studio 1	\$34.00/Hour	\$45.00/Hour
Studio 2	\$34.00/Hour	\$45.00/Hour
Flex Room 1	\$38.00/Hour	\$50.00/Hour
Flex Room 2	\$38.00/Hour	\$50.00/Hour

Rental Packages	Member Rate*
Wedding Package A – Saturdays from 9:00am–1:00am	\$1,168.00
Wedding Package B – Friday 6:00pm-10:00pm & Saturday 9:00am-1:00am	\$1,360.00
Wedding Package C – Saturday 9:00am-1:00am (Outdoor Ceremony & Indoor Reception)	\$1,360.00
Birthday Party Package – 2 hours in Studio 2 and exclusive Gym use	\$120.00

Please call 403.453.1221 or email info@mahoganyhoa.com for further information and to book a rental.
*Non-member rates available.

Outdoor Rental Rates

If you have more than your 8 guests per household, and would like to enjoy the parks for a children’s party, family BBQ, or any other arranged outdoor event, the MHOA has space for you! Book a spots and have up to 40 people at your outdoor event (including homeowners). BBQs are available at each spot.

Availability	Rate
9:00am-1:00pm Daily	\$25.00
1:30pm-5:30pm Daily	\$25.00
6:00pm-10:00pm Daily	\$25.00

Please call 403.453.1221 or email admin@mahoganyhoa.com for further information or to book an outdoor rental.



MAHOGANY MINUTE

From the Editor

Summer is in full swing here in Mahogany. Kids programs are full, or filling up. The playgrounds and beaches are a hive of activity. Activity is slowly commencing around the construction of our first school. How will you and your family be filling the lazy summer days? Share your thoughts with me at communications@mahoganyhoa.com.

Dawn McKay
Editor, Mahogany Minute
communications@mahoganyhoa.com

Photo Contest

This month saw a plethora of amazing photos submitted. Thanks to everyone who took the time to share your photos. This month's winner is Michael Job Loquellano who contributed this stunning photo of the northern lights.



Forward your favourite photo to communications@mahoganyhoa.com for a chance to win. Please remember that anyone recognizable in the photos must provide written consent to accompany the photo submission and that by submitting your photo you are giving the Mahogany HOA permission for its use. Submissions for the next edition must be received by the 25th of the month.

Upcoming Events

Dinner Club Potluck BBQ

Did you know that Mahogany has a Dinner Club? Join us for our annual Dinner Club potluck BBQ at the beach and find out more information about the club and to meet our current Dinner Club members. The Mahogany Dinner Club season runs from September until May.

Where: Main Beach Club, North Picnic Area. Rain or shine we booked space outside and inside.

When: Saturday, August 13 at 3:30 PM

Please Bring: The HOA will provide burgers and hot dogs and all the condiments. Please bring a food dish to share with everyone.

Who's invited: All Mahogany residents and their kids are invited to the BBQ! Please invite any residents you may know that want to learn more about the dinner club.

Please RSVP by August 6 with the number of adults and kids in your party to dinnerclub@mahoganyhoa.com and please let us know what you will bring to share!

Beach and BBQ Blaster

One of our communities more popular events is the annual Beach and BBQ Blaster. This year's event is set for Saturday, July 23 1:00pm to 6:00pm and your Mahogany Event Committee is once again working hard to create another fun-filled afternoon activities including popular favourites such as volleyball, basketball, sandcastle building and some new activities to be announced. Interested in getting involved? Contact events@mahoganyhoa.com.

Fifty Plus/Minus Club

Mahogany's Fifty / Plus Minus Club has a full schedule and is always looking for more members. Programs facilitated by this great group of volunteers includes an Arts Group, a Book Club, a Card Club, a Discussion Group, a Garden Information Club, a Scrapbooking & Crafts Club and a Walking Group. For information on any of these programs, to start a new program, or to volunteer, please contact Laura at laura.rax@shaw.ca.

MAHOGANY MINUTE

A Great Time Was Had By All

Fun in the Sun and More

The Mahogany HOA team of committed volunteers had a number of highly successful events in May and June including Safety Day, the Family Fun Run, the Fish Release and Blue Water / Green Earth.

For Safety Day, many thanks to GFS for donating a commercial fire extinguisher and congratulations Cherie C, whose home is now a little more prepared in case of fire. Thanks to the many, many caring residents who donated. As with most of our events here in Mahogany, we ask those attending to donate to the Calgary Food Bank. In the case of Safety Day, we collected 77 lbs. of food!

For Blue Water / Green Earth Day, thanks to all the volunteers who helped in the lake and the community cleanup, and thanks to Ducks Unlimited who supplied a volunteer to speak about the vital role our wetlands plays in our ecosystem. A big shout out to event sponsors Mike Burton / Tim Lacroix Home Team.



For Fishing Day in early May, patient anglers saw the release of 1,000 fish into the lake! Additionally, our Fishing Committee held a Fly Fishing 101 clinic on June 25, provided by Bow River Troutfitters and will be hosted by Aaron Feltham - Mahogany Resident, Former Canadian Olympic Athlete, and Professional Fly Fishing Instructor. Look for more fishing-related activities in the days and months ahead. After all, we are Lake Community!

Upcoming Events

The fun never stops in Mahogany. Next up:

- Beach & BBQ Blaster July 23
- Movie Night September 10
- Halloween Haunt October 29, 12 noon – 3 p.m.
- MaZombi Run October 29, teen event, during the evening
- Parade of Lights December 12

Sponsorship Opportunities

The Mahogany HOA's Sponsorship Committee has an information package available for local businesses interested in sponsoring events around the community. For more information, contact Jehn at sponsorship@mahoganyhoa.com for more information.

Last but not least...

...our great activities could not help without a committed and invested team of volunteers. If you would like to join the Mahogany HOA in making each event a success, please contact volunteers@mahoganyhoa.com.

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SUMMER PROGRAMMING AT MAHOGANY BEACH CLUB

Check out all that Mahogany has to offer with this wide selection of programs for every age! For information on dates, fees and instructors, please visit the programs page of our website.

ADULT PROGRAMMING

Cardio Tennis

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very fun and social class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is the best way to train for tennis. The one hour class includes a warm-up, drills and games. The program utilizes music in a fun and motivating experience.

Glass Blowing Camp

IMAGINE...playing with liquid hot glass and crafting your own ideas into art, all within a unique mobile glass factory. The Glass House Fine Art Collective is offering week long classes to bring out your inner artist. You will learn to tame and master this ancient and exotic discipline.

Every day you will create your very own project using imagination and nature. This consists of hands on experience with different glass processes; including blowing glass, glass fusion and glass painting.

Not only will you create a new project daily you will also receive a glass piece made from the instructor. Ages 12+

Hula Hoop Dance Fitness

Come and get fit, flexible, strengthen your core, learn new skills and have fun while doing it, that's right, fitness can be fun! This class is 1 hour suited to all levels. Don't worry if you can't hula hoop. The class is a combination of stretching, hooping, dancing and exercise.



Martial Arts – Self Defence

An eclectic approach to martial arts training for both health and self-defence, all within a safe and supportive environment. Each class combines dynamic strengthening, flexibility, and endurance exercises into a component that stresses proper posture, breathing, relaxation, and movement.

No previous martial art experience required. Age 14+

Outdoor Zumba

"Zumba Fitness®" is a fitness program that associates aerobic movements with the use of Latin rhythm and more. The Zumba approach introduces exercising through dance. It is a fun way to get in shape because each class is like a party.

Paddleboard Yoga

Looking for something different to take you to your zen place this summer? Need a reason to go to the beach and head out to the water? SUP Yoga, is a great way to juice up your yoga practice and take it to the next level. With focus on strengthening your core, this truly is a full body work out. Be prepared to laugh AND get wet, by bringing your yoga mat out to the water. Some yoga experience is an asset, basic paddle board skills is mandatory. If you have no experience on a paddle board, please take the basic SUP course.

Red Cross Swimming Lessons

Learn to swim or improve your skills with Red Cross certified Water Safety Instructors. A wide range of 30 minutes classes from Beginner to Level 10. New this year Beginner and Level 1 Adult classes.

Stampin' Up

Memory-Keeping with Project Life Beginners

Come see the latest in memory-keeping, Project Life is a simple system for organizing your photos into albums. A few basic products are all you need to get started, so you can spend more time living and less on memory-keeping. Just slip your photos into photo pocket pages and add cards with our exclusive artwork to easily document the important events in your life.

Memory-Keeping with Project Life - School page

A year in review - school year themed scrapbooking pages.

Memory-Keeping with Project Life - Summer Fun

Fun in the Sun - festive summer fun themed scrapbooking pages.

SUMMER PROGRAMMING AT MAHOGANY BEACH CLUB

Each participant will get 2 - 12"by12" Project Life pocket pages and your choice of a variety of Project Life Cards and accessories. The demonstrator will bring various stamp sets, ink, adhesive and other necessities.

Tennis Lessons

Beginner

Topics Covered: Stroke fundamentals for: forehand, backhand, volley, lob, drop shot, overhead, and serve. Court positioning for singles and doubles. Scoring and court etiquette.

Adult Intermediate/Advanced Lessons

Topics Covered: Stroke mechanics, depth, control, spins, serve options, anticipation, and tournament play.

Wire Wrap Jewellery Workshop

Do you have an interest in stones or crystals? Are you interested in making handcrafted Jewellery? This Beginner level workshop will teach you how to create beautifully wire wrapped pendants in a relaxed and fun environment. You will learn multiple wrapping skills with a focus on two main techniques making pendants that showcase stones and crystals. Turn your passion for stones into a new hobby or business. If you have your own stone you'd like to wrap, bring it along. Classes are small and intimate so each person gets lots of attention and help throughout the whole workshop. There will be no more than 12 people per class. Age 13+

YOUTH PROGRAMMING

Alien Inline Skating

The In-Line Skating Program will give the children participating an opportunity to learn all about safety while skating and be introduced to the many skills that will help them to skate forwards, backwards, to turn corners and to stop. This will be done through a progressive series of activities and games which will facilitate the acquisition of all these skills. There will also be an opportunity to learn some a variety of tricks on in-line skates.

Ballet

3-4 Year Old Ballet - "Tiny Ballet"

Our Tiny Ballet program teaches 3 and 4 year old dancers the basic foundations of ballet in a fun and creative learning environment. Our specialized class plans work with children's naturally occurring cognitive and neural development. Discipline, basic ballet technique, and a lot of fun is what we strive for in our Tiny Ballet program. This class is a great first step into the world of dance!

5-6 Year Old Ballet - "Primary Ballet"

Our Primary Ballet program emphasizes discipline, technique, and fun while allowing 5 and 6 year old dancers to develop flexibility, strength, and turnout. Students will strengthen their posture, alignment, and overall technique for all other dance disciplines in a nurturing and educational environment. Ballet will help develop a child's self-confidence and body awareness. This class is a great way to ignite a child's passion for the world of dance!



Basketball Camp

Prince basketball camps are geared to develop a love for the game of basketball and to learn the fundamentals of the sport. Whether you are a beginner or experienced, this camp is designed to improve your ball handling, shooting, passing, rebounding, one on one and team player skills. Every game and drill is designed to allow each participant to expand on their strengths and establish new ones while having a lot of fun and building self-esteem.

Bricks for Kidz Camp

Age 5-12

Jurassic Brick Land

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage...you're about to enter Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrible T-Rex, and more. We'll learn about amazing dinosaurs that lived during the Jurassic period, and other extinct, prehistoric animals that roamed the earth and swam the seas during that era and millions of years later. Show us your building skills using our specialized project kits! Come learn, build and play at Jurassic Brick Land camp!

~cont'd next page~

Minion Mania

Who doesn't love those yellow guys? Spend the week with us as we build our way through their madcap adventures—all made out of LEGO® bricks! Daily stations include character figure builds, motorized technic machines, mosaic brick art, and more! Loads of hands-on fun for boys and girls alike!

Super Hero Academy

Join the fun with Bricks 4 Kidz as we build cool, super hero inspired models with LEGO® bricks. Construct your favorite super heroes from traditional bricks, along with custom contraptions using our motorized technic models, to set the scene for "save the planet" action! Discover which super powers each hero possesses and protect your brick world against all the evil arch enemies with our dynamic building games and challenges.

Mining & Crafting

Get away from the screen and experience the world of Minecraft® with LEGO® bricks in this creative camp! Kids will begin by crafting their shelters and some of the mobs, critters and tools using traditional bricks and mosaic builds. Campers will face new challenges each day, building motorized Bricks4Kidz models and crafting key elements from the Minecraft® game.

Circus Fun & Fitness

Have you ever wanted to join the circus??? This class will not only be lots of fun, but good for your kids too! An active class focused on learning new skills that will teach body awareness, fitness and flexibility, which will be use full for the rest of their lives. With fun active games, stretching and learning skills such as hula hoops, basic tumbling, juggling and clowning. A 10 week workshop with a small performance for parents and friends at the end. This class is suited for beginners and intermediate levels. So come along and join the Circus!

Polymer Clay Jewellery & Sculptures

Do you love Sculpting and creating with your hands? This beginner level class will teach you how to make Polymer clay jewellery and sculptures. We will be learning fun ways to create clay beads, silly food sculptures and creative clay pendants. You come away with three or more little crafty colourful creations made by you! This Workshop is a great way to get creative and have fun at the same time. Classes are small and intimate so each person gets lots of attention and help throughout

the whole workshop. There will be no more than 12 people per class. Classes run for one and a half hours. Workshop suitable for ages 10 –18.



Red Cross Swimming Lessons

Learn to swim or improve your skills with Red Cross certified Water Safety Instructors. A wide range of 30 minute classes from Beginner to Level 10.

Run Away and Join the Circus Camp

Have you ever wanted to join the circus??? This 5 day summer camp will be fun and active. The kids will learn new skills that will teach body awareness, fitness and flexibility, which will be use full for the rest of their lives. With fun active games, face painting, stretching and learning skills such as hula hoops, basic tumbling, juggling and clowning. At the end of the 5 days the kids will get to do a small performance for parents and friends. This class is suited for beginners and intermediate levels. So come along and join the Circus!

Spanish Introduction Workshop

Fun and affordable Spanish lessons in Mahogany! Come and view our fall program to learn a new language and have a lot of fun! Every lesson is designed with the purpose to speak the Spanish language and know more about the Latin culture! This free workshop is to see if your child would like to learn a new language.

Sportball Indoor/Outdoor Multisport

Parent & Child Multi-Sport Ages 2 -3

You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more.

Coach & Child Multi-Sport Ages 3-5 & 5-8

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Sportball Indoor/Outdoor Multisport - Camp

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.



Sportball Outdoor Soccer

Parent & Child Outdoor Soccer Ages 2-3

Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games.

Coach & Child Outdoor Soccer Ages 3-5 & 4-6

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment.

Classes take place outdoors, parents are required to remain on the field for children's safety.

Tennis Camp

Utilizes Progressive Tennis which introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players. Using modified tennis balls, racquets, nets and courts, young players are properly equipped to enjoy rallies and learn the fundamentals of the game early on.

Young Rembrandts

July Monday evening class themes

- Preschool: "Rainforest" Snakes, jaguars and toucans, oh my!
- Elementary: "Graphics & Patterns" Explore colour and composition with a variety of subject matter, strengthening our attention to detail.
- Cartooning: "Topsy Turvy!" Silly drawings of Prairie dogs, Penguins and Picnic Ants! Fun and illustrative assortments of Animals!

August Monday evening class themes

- Preschool: "Under the Sea." What creatures might we find in the ocean? Seahorses and octopi, perhaps?
- Elementary: "South-western." Step outside of everyday life as we explore the desert, from kokopellis to pueblos.
- Cartooning: "Summer Fun!" We will be drawing silly characters exploring fun summer activities! Narrating our eventful summer break!

Young Rembrandts Camp

The Young Rembrandts' method focuses on teaching children to draw, using demonstration and a structured step-by-step process. Through qualified instructors, students are exposed to a wide variety of subject matter, artistic concepts, art history and mastery of their materials.

- Junior Princesses Workshop (for ages 5-7)
- Junior Transportation Workshop (ages 5-7)
- Pirates! (ages 6-12)
- Ocean Life Chalk Pastels Workshop (ages 6-12)
- Cartoon Adventures in Space! (ages 6-12)
- Household Pets Workshop (ages 6-12)






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Calling All Neighbours!

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

IN & AROUND CALGARY

EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

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

First aid

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

Prevention

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

IN & AROUND CALGARY



Going on a Holiday?

A message from the Federation of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. **The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.**

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and

- when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com and visit the Virtual Resource Centre.

SETON DENTAL AND AUTHENTIC ORTHODONTICS

Come join us for our 3rd Annual Free
Stampede Breakfast in the parking lot.
19489 Seton Cres. SE

When: July 11th
Time: 9:00am to 11:00am

There Will Be Food, Fun And Music For Everyone!

Spotlight on the Instructor

Sophie Easton

Programs: Circus Fun & Fitness; Hula Hoop
Dance Fitness: Run Away & Join the Circus



Originally from Melbourne, Australia, Sophie has been performing since the age of 5. Sophie has spent the last 10 years traveling the globe performing and teaching Circus, Musical Theatre, Cabaret, Burlesque, Street, Film and Music throughout New Zealand, Australia, Europe, Asia, South, Central and North America as a solo, trio and ensemble performer. She has a diploma in Circus Arts, won a scholarship for Musical theatre and film, studied Flamenco dance in Spain, trained in classical Mask work in Cambodia, worked with Patch Adams and 100 other clown doctors in Peru and toured the world with her Circus Theatre Company. She works with all ages and very much enjoys sharing her skills and passion for the arts in a healthy, uplifting and educational way. Sophie is very passionate about using the arts for healing and has worked as a clown doctor in New Zealand visiting children's hospitals and dementia wards. Since becoming a mother of her own children, her passion for performing and teaching has continued even stronger. She is a positive, compassionate and loving woman, always striving to be a better human being in this world. With a passion for the performing arts, children, healing and being happy, she loves working with different cultures and people of all ages.



Victoria Michelussi & Meaghan Fraser

Programs: Ballet

Victoria

For more than 25 years, Victoria has been involved in the Calgary dance community and has enjoyed working as a dance educator/instructor, choreographer, and studio manager for the past 10 years. Her work has received countless outstanding awards and recognitions for choreography at regional and national levels across the province.

Victoria is well known for her competition choreography and has been brought in as a guest choreographer for studios located across Canada. Beginning her career at a young age, she spent over 15 years dancing, competing, and performing in a variety of disciplines. Victoria has studied with master teachers and choreographers across the country in disciplines including jazz, tap, ballet, pointe, acro, lyrical, and cheerleading.

Throughout her dance career, Victoria had the privilege of dancing for sold out artists such as Hedley, The Goo Goo Dolls, Blue Rodeo, Luther Brown, Cash Flo, Boys II Men, The Temptations, Girlicious, George Canyon, Trooper, Chilliwack, Dr. Hook, The Pussy Cat Dolls, and The Village People. She also danced at world renowned events such as the 2011 Orange Bowl half time show in Miami, FL featuring The Goo Goo Dolls and the 2009 and 2013 CFL Grey Cup half time shows starring Blue Rodeo and Hedley, respectively. Victoria competed at many municipal, provincial, and national competitions, including Walt Disney's Dance the Magic Showcase. She danced in Disneyland's Main Street Parade and in the Dance the Magic Showcase in 2004. She was able to share some of her favourite dance pastimes with her own students as they performed in the 2011 Disneyland Main Street Parade.

Meaghan

Meaghan has been involved in the Calgary dance community for over 20 years, including her time spent training in studios, dancing with professional organizations, as well as teaching and choreographing. Meaghan grew up dancing competitively at a studio in Calgary and also spent several seasons as a dancer with The Young Canadians of the Calgary Stampede. She competed in various provincial competitions in varying disciplines. Meaghan completed her ISTD Ballet exams and was also involved as a dancer and cheerleader with the Calgary Stampeder Outriders.

Meaghan has taught the disciplines of jazz, tap, cheerleading, and ballet, as well as classes designed for Mothers and Babies. She attended the teachers' training school for ADAPT tap and jazz in Toronto, completing the first year for the junior levels syllabus. Meaghan has choreographed several competition pieces over the years and was a recipient of a choreography award in 2011. She had many opportunities to perform as a dancer at amazing venues for admirable events such as the CFL Grey Cup half time shows, Grandstand shows at the Calgary Stampede, and many local community events and fundraisers.

Meaghan continues to be involved in the dance community, most recently by writing for adjudicators at respected dance competitions. She also is currently part of a country two-stepping and swing dance team. She is passionate about sharing her love for dance with children. She truly believes that dance is an avenue to build strong, healthy, confident children.

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IN & AROUND CALGARY

Green Cart set to roll out next spring

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

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

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

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

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

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

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

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

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

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

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

Submitted by The City of Calgary Waste & Recycling Services.



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Pet Insurance



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

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

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

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

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

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

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY



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

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

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

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

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

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

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**AUGUST 5 TO 7
EXPO LATINO**

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

**AUGUST 13
CALGARY JAPANESE
FESTIVAL OMATSURI**

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

**AUGUST 13 TO 14
CALGARY DRAGON BOAT
RACE AND FESTIVAL**

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

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

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

**SHC Wellness
Centre**
July Highlights

Are you staying in town in July and looking for some things for you and/or the kids to do? Find out how we can help at www.ahs.ca/shcwellness. A few of our FREE programs are highlighted below:

Healthy Eating for Pregnancy
July 4 OR August 8 6:30-8:30pm

Looking for reliable nutrition information during pregnancy? Wondering how much weight gain is healthy for you and your baby, which vitamins and minerals are important, what foods to avoid, and how to manage nausea & vomiting, heartburn, and constipation? An AHS Registered Dietitian will help guide you in setting your personal nutrition goals.

Introduction to the New Journaling
July 5 6:00-7:30pm

Learn about new trends in journaling that are helping people around the world with self-growth, healing and life management. Certified Journal to the Self® Instructor and seasoned writer Sharon McLeay MA will go through the practical benefits of keeping a journal, 8 basic steps to a satisfying journal practice and 2-3 of the new journaling techniques.

Art Therapy with Heart: Creative Writing & Vision Boards

July 6 10:00am-12:00pm

Creative expression helps patients & families with the feelings that come with diagnosis/treatment of cancer. Adults who are receiving or moving beyond cancer treatment will engage in a creative writing activity to stoke personal images of resilience. You will

create a vision board reminding you of your capacity to 'bounce back'.

Mindfulness

July 8 OR August 5 12:00-1:00pm

July 21 6:30-7:30pm

Mindfulness is an approach to self-care that can help you to deal with stress, pain, anxiety & illness by being more present to the moment. It's about finding a way to relate to your life's challenges by encouraging you to remain present so you can let go of the past & worry less about the future.

The Truth about What Works in Weight Management

July 20 5:30-8:00pm

In this session you will evaluate what you are eating and strategies that can help lower your calories. You will also learn how meal patterns, food choices and portion size affect calorie intake and about which foods can help you manage your weight.

Most programs require registration. See our program guide and learn how to register at www.ahs.ca/shcwellness or 403-956-3939.




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CALGARY PUBLIC LIBRARY

The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!



your COMMUNITY business of the month

Western Pizza Express

Hello Friends!

After missing the fantastic pizza from my home in Saskatchewan and living in Calgary for quite some time, in April 2004 I opened Western Pizza Express in Cranston. After 13 years experience with a division of food services with a major hotel chain managing university campus food services it was time to get out and try this on my own. Twelve years later we continue to serve quality pizzas day after day. We employ dads, moms, and your children here, we sponsor wonderful kids' athletic programs in the community, and we are always working to get more involved in the community.

With a new manager/owner coming on board soon, you will see the hours of operation extended to 7 days a week and open later in the evenings. Watch for our new Facebook account opening as we'll soon complete it with its very own specials and promotions! If you're interested in wind-up sports team's parties, come on in and find out more details! I'd love to help and participate!

Jim Bonis founded Western Pizza Express in 1976 with a single 1,500 square foot restaurant. The business prospered because of his focus on great customer service, quality ingredients, and most importantly by offering large portions of great pizza at a reasonable price. We have maintained these values over the ensuing 30 years plus, enabling us to grow to twenty-three franchised locations and counting.

We keep our customers coming back by giving them exactly what they want: a wide variety of

excellent pizzas, salads, and much, much more. In fact, customers have had our pizzas delivered over distances of up to 2,000 miles in order to enjoy our unique blend of four cheeses and secret pizza sauce recipe.

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10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

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

Can I tell from the ground?

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

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

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

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

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

What does hail do to a roof?

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

Hail does several things:

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

Do I need to get my roof replaced right away?

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

What does hail hit look like?

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

Why would my insurance company replace my roof?

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

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

The amount of shingles to remove from your roof is the

~cont'd on page 29~



Blue-winged Teal a Little Dabbler

By J.G. Turner

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

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

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

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most

likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

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

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

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Mahogany mybabysitterlist

Name	Age	Contact	Course
Kyla	14	587-352-0053	Yes
Brynn	15	403-278-6855	Yes
Mason	15	403-256-0339	Yes
Taylor	18	902-940-3122	Yes
Jordanna	22	587-224-3094	Yes
Shannon	25	403-614-2570	Yes
Lisa	28	506-721-8460	No
Sheree	28	403-422-0740	No
Carolyn	51	587-580-6638	No

Calling All BABYSITTERS
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Calling All PARENTS
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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.

Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows. Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.



Discovery Magazine

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

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

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


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

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

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



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

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



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Welcome to Summer! My office and I are thrilled to be participating in the many Stampede community breakfasts and BBQ's this July. It is always a pleasure to engage directly with constituents, and a big thank you to both the Community Associations and Resident's Associations for planning these events.

As some of you may have heard Alberta Parks will be implementing user fees at Sikome Lake this summer. The fees will allow Sikome to expand its capacity, upgrade facilities and extend the swimming season into early September. Alberta Parks will invest the new facility fees in consistent public access to the full lake, additional aquatic safety staff and a season that extends through Labour Day. Infrastructure investments will include interior and exterior renovations to buildings on site, including washroom and shower facilities.

Facility fees will range from \$2 to \$10 for a day pass, including the option of a family day pass at \$10 for one or two adults with children living in the same household. Season passes range from \$25 to \$100 for a family pass for unlimited access. Group rates for day cares, day homes and day camps will also be available. The new fee structure includes reduced rates for persons with disabilities and both the Cultural Access Pass and the Calgary Fee Assistance Card will be accepted at the gates.

For up-to-date information from my office on the constituency and province, please visit my Facebook page at RickFraserYYCSE.

If you'd like me to attend a community event, please send an e-mail to calgary.southeast@assembly.ab.ca.



Silverado Community Clean-up June 19, 2016



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgary.ca
Twitter: @CouncillorKeats Facebook: http://www.facebook.com/CouncillorKeating
Web: http://shanekeating.blogspot.com/

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

Recreation Centre Update

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

Great Plains

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

Quarry Park

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

New Brighton Regional Athletic Park

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

Seton

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

Deerfoot Trail Study

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

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

BUSINESS CLASSIFIEDS

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

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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.

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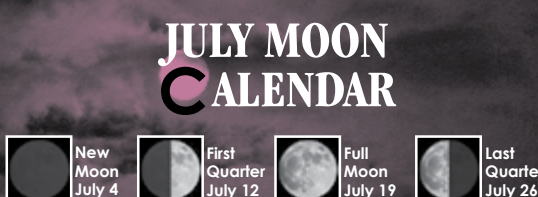
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JULY MOON CALENDAR

New Moon July 4	First Quarter July 12	Full Moon July 19	Last Quarter July 26
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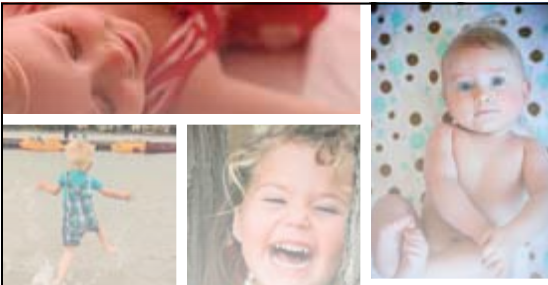
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Mahogany Homeowners Association

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Last 12 Months Mahogany MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$589,900.00	\$580,000.00
April 2016	\$527,400.00	\$510,500.00
March 2016	\$519,900.00	\$511,000.00
February 2016	\$503,375.00	\$499,375.00
January 2016	\$416,900.00	\$409,635.00
December 2015	\$599,999.50	\$588,750.00
November 2015	\$491,900.00	\$484,450.00
October 2015	\$592,400.00	\$588,450.00
September 2015	\$475,900.00	\$469,900.00
August 2015	\$429,900.00	\$428,000.00
July 2015	\$544,800.00	\$525,000.00
June 2015	\$609,950.00	\$600,950.00

Last 12 Months Mahogany MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
May 2016	21	21
April 2016	35	16
March 2016	31	17
February 2016	24	8
January 2016	18	6
December 2015	14	10
November 2015	13	8
October 2015	12	8
September 2015	18	7
August 2015	20	9
July 2015	12	19
June 2015	13	14

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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

Contact news@great-news.ca

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

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