

JUNE 2016

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# MAHOGANY messenger

THE OFFICIAL HOMEOWNERS ASSOCIATION NEWSLETTER

Cover Photo by Sheri MacDonald at Footloose Photography



MAHOGANY  
HOMEOWNERS  
ASSOCIATION

**MAHOGANY RESIDENTS  
OMELCHUK FAMILY  
PROFILE INSIDE**

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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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## NEWSLETTER AD SALES

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On behalf of Hopewell Residential, welcome to the first edition of the Mahogany Messenger.

Our Homeowners Association (HOA), community development, and home building teams appreciate and thank all of the long-standing, new, and soon-to-be residents of Mahogany, Canada's Community of the Year, and Calgary's best-selling new community. Hopewell Residential and the Board of Directors of the HOA is proud to offer an incredible variety of amenities, programs, classes and events in our incredible community, and we will continue to strive to provide a top-quality level of service to you, our residents. Our vision is to create the spaces and places where people love to live, and in Mahogany, we work to make that come true every single day.

For many residents of Mahogany, seeing the community grow has been an exciting experience – the lake and beachfront continue to expand, allowing for more families to enjoy the largest lake in the city of Calgary. Playgrounds, tot lots, outdoor exercise equipment, green spaces and school sites continue to be completed and landscaped throughout the community, providing all residents with an array of outdoor spaces to enjoy. The 74-acre naturalized wetlands are a stunning place to walk, relax and enjoy, while Mahogany's ever-expanding network of pathways ensures homeowners, their kids and pets alike can find a beautiful new walking route just steps from their front doors.

Mahogany's 22,000 sq. ft. Beach Club opened to residents last year, and is a centerpiece of the lake and its varied activities and offerings. A full-sized gymnasium, meeting rooms, splash park, hockey rink, tennis courts, beach front, rental facilities and much more create a natural hub for the active residents of Mahogany, and has been bustling with activity since its opening.

Still to come are a number of landscaped parks, playgrounds and walking trails, many of which are planned for completion in 2016. New homes are being built, and a new school has recently celebrated its sod-turning on Marine Drive. This Kindergarten – Grade 6 school is set to open in Fall, 2018, and will accommodate 750 students. Also in the works is the Mahogany Village Market, which has a variety of confirmed retailers now under construc-

tion, including Sobeys, Tim Hortons, Second Cup, Kinjo Sushi & Grill, Dairy Queen, Cobs and more. Banks, medical services, a daycare, dance studio, and other restaurants, services and retailers are also under construction in this exciting commercial area within Mahogany.

As Mahogany continues to grow, we will continue to foster the close-knit sense of community that residents enjoy – our current and future amenities and gathering spaces will allow for even more active, four-season living, and will appeal to all ages. Thank you for choosing Mahogany, a truly complete community designed for better living.

*Hopewell Residential*

## MESSAGE FROM THE GENERAL MANAGER

Welcome to the MHOA's inaugural Newsletter!

The MHOA is proud to introduce our inaugural newsletter, the Mahogany Messenger, a monthly publication. The aim of this newsletter is to keep residents informed of new initiatives and updates regarding upcoming or recent changes in our services; to highlight new programs and events; to inform you about facility rental opportunities and much more.

The MHOA currently utilizes both Facebook and Twitter, however it is expected that the launch of this newsletter will serve as a great tool for enhancing current communication between the MHOA and residents. We hope you find this newsletter a valuable resource for local community information. Thank-you!

*Regards,  
Sue Graham, General Manager  
Mahogany Homeowners Association*



# 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

## CONTACTS

General Manager	Sue Graham	gm@mahoganyhoa.com
Office Manager	Alison Ramsay	aramsay@mahoganyhoa.com
Facilities Manager	Jeff Lapointe	facilitymanager@mahoganyhoa.com
Indoor Bookings	Natalia Grygoryeva	info@mahoganyhoa.com
Outdoor Bookings	Ruth Dunn/Jan Desrosiers	admin@mahoganyhoa.com
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](http://www.mahoganyhoa.com/events)



### Indoor Rental Rates

Room	Room Capacity		Member	Non-Member
	Seated	Standing		
<b>Upper Level Rooms</b>				
Banquet	200 persons	250 persons	\$64.00/Hour	\$80.00/Hour
Studio 1	35 persons	50 persons	\$34.00/Hour	\$45.00/Hour
<b>Lower Level Rooms</b>				
Studio 2	35 persons	50 persons	\$34.00/Hour	\$45.00/Hour
Flex Room 1	80 persons	100 persons	\$38.00/Hour	\$50.00/Hour
Flex Room 2	80 persons	100 persons	\$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](mailto: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](mailto:admin@mahoganyhoa.com) for further information or to book an outdoor rental.



# VOLUNTEER COMMITTEE

## Mahogany Minute

As the school year winds down and summer activities ramp up, we're seeing more activity in our green spaces, our playgrounds and our walking paths, not to mention the beaches. It's why we've all chosen Mahogany, isn't it. I'd love to hear your favourite things to do in the community - share your thoughts with me at [communications@mahoganyhoa.com](mailto:communications@mahoganyhoa.com).

In the meantime, take a minute to take a minute. Slow down on our roads, and watch out for pets, children, and pedestrians with their heads down. Everybody play safe!

*Dawn McKay*  
Editor, Mahogany Minute  
[communications@mahoganyhoa.com](mailto:communications@mahoganyhoa.com)

### Photo Contest

Thank you to all who submitted photos this month, we had some awesome submissions. This month features a future NHL MVP in three year old Sawyer Grierson, against a lovely wetlands background. Thanks to mom Kristen Grierson for submitting.



Photo by Kristen Grierson

Forward your favourite photo to [communications@mahoganyhoa.com](mailto:communications@mahoganyhoa.com) for a chance to win a \$25 gift card. 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.

### Mahogany – we can't do it with our volunteers

We are extremely fortunate to have a core group of committed volunteers planning, organizing, and executing on some pretty great events here in Mahogany. We are always looking for people to assist in ways that will leverage their skill set, while contributing to the community and having some fun.

Please feel free to reach out to any of the executive committee members, or the committees themselves if you would like to get more information, or join a specific committee.

### Mahogany HOA Executive Committee:

- Social Committee Chair  
Evan Spencer  
[chairpersonsocialvc@mahoganyhoa.com](mailto:chairpersonsocialvc@mahoganyhoa.com)
- Operations Committee Chair  
Dustin Blaine  
[chairmanoperationsvc@mahoganyhoa.com](mailto:chairmanoperationsvc@mahoganyhoa.com)
- Events  
Erin Bjorkstedt  
[events@mahoganyhoa.com](mailto:events@mahoganyhoa.com)
- Volunteer Committees Treasurer  
Murney Johnson  
[vtreasurer@mahoganyhoa.com](mailto:vtreasurer@mahoganyhoa.com)
- Volunteer Facilitator  
Ashley Cotton  
[volunteers@mahoganyhoa.com](mailto:volunteers@mahoganyhoa.com)
- Sponsorship / Communications  
Jehn Scantlebury  
[sponsors@mahoganyhoa.com](mailto:sponsors@mahoganyhoa.com)

### Additional Contact Information:

- Sports Committee [sports@mahoganyhoa.com](mailto:sports@mahoganyhoa.com)
- Mahogany Minute [communications@mahoganyhoa.com](mailto:communications@mahoganyhoa.com)
- Youth [chairpersonsocialvc@mahoganyhoa.com](mailto:chairpersonsocialvc@mahoganyhoa.com)
- Fishing [fishing@mahoganyhoa.com](mailto:fishing@mahoganyhoa.com)

# VOLUNTEER COMMITTEE

Volunteers [volunteers@mahoganyhoa.com](mailto:volunteers@mahoganyhoa.com)  
Fundraising [fundraising@mahoganyhoa.com](mailto:fundraising@mahoganyhoa.com)  
Dinner Club [dinnerclub@mahoganyhoa.com](mailto:dinnerclub@mahoganyhoa.com)

### Upcoming events

Time to put some dates in your calendar for some great community events planned for the rest of the year:

Fishing Day	June 18
Canada Day	July 1
Beach & BBQ Blaster	July 23
Dinner Club Year End Event	August 13
Movie Night	September 10
Halloween Haunt	October 29
Zombie Run	October 29
Parade of Lights	December 12

### Like communicating?

The Mahogany HOA Volunteer Communications Subcommittee is looking some local talent to assist in

making our community the best it can be. No experience necessary, but a passion for marketing & communications would be helpful. Contact [communications@mahoganyhoa.com](mailto:communications@mahoganyhoa.com) for more info.

### Everybody loves Free Programs!

If you haven't taken advantage of any of the FREE Calgary Public Library events, your last chance before a break for summer is June 29, 2016. Monthly story times are the last Wednesday of each month from 10 – 11 a.m. at the Beach Club on the Lower Level.

Targeted to ages 0 – 5, this awesome FREE drop-in event features stories, songs, and finger plays for the whole family. Big thanks to the Shawnessy Branch outreach staff for making this happen.

Find us @  
**Website:** [www.mahoganyhoa.com](http://www.mahoganyhoa.com)  
**Facebook:** [www.facebook.com/mahoganyhoa](http://www.facebook.com/mahoganyhoa)  
**Twitter:** [twitter.com/mahoganyhoa](http://twitter.com/mahoganyhoa)



Name	Age	Contact	Course
Kyla	14	587-352-0053	Yes
Mason	14	403-256-0339	Yes
Brynn	15	403-278-6855	Yes
Taylor	18	902-940-3122	Yes
Jordanna	22	587-224-3094	Yes
Shannon	25	403-614-2570	Yes
Sheree	27	403-422-0740	No
Lisa	28	506-721-8460	No
Carolin	51	587-580-6638	No

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

[www.kilbco.com](http://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 UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

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**Brad 403.875.8463 | Stephen 403.478.1737**

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**

**Canadian Red Cross First Aid**

EMERGENCY first aid CPR level C/AED

Deals with life threatening conditions. Focuses on airway breathing and circulation emergencies for Infant, Child and Adult, and Wounds. OH&S approved course through the Canadian Red Cross

**STANDARD First aid CPR level C/AED**

Deals with life threatening conditions and with emergencies that could lead to life-threatening situations if they are not treated. Airway, breathing and circulation emergencies for Infant, Child and adult. OH&S approved course through the Canadian Red Cross.



**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.

**Cover Letter & Resume Workshop**

This course will teach you what a resume should look

like and what it should say. We walk you step-by-step through the creation of the most common sections found on resumes in today's job market. In addition to helping you determine what information should be included, we also go a step further to help you realize what pitfalls to avoid when creating this powerful, marketing tool and provide you with helpful hints that are easily accessible and will make a positive impact to your job search.

**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.

**Introduction to Canning**

You can't beat the flavour of fresh fruit and veggies picked at the peak of their season. This class will cover the basics of canning and provide hands-on instruction to prepare pickles and jam. Participants will take home their share of the bounty.

**Fly Fishing 101**

Whether it is your first time learning to fly fish, or you need to brush up on some skills, this course will have you ready to fish the local lakes and rivers the very next day. The day is broken into classroom tackle and strategy sessions, and a personalized outdoor casting session that will include some actual fishing on Mahogany Lake.

All Materials will be provided for the day, but please bring your own lunch or have a hot one delivered!



**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.

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.

**Basic SUP Course**

Learn the history, anatomy of the board and paddle. How to size and hold your paddle, where to stand, how to carrying your board. Basic strokes techniques for moving forward, backward, stopping and turning. Important things to consider when purchasing a board. And the importance of water safety.

**Tennis Lessons**

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

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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 aware-

ness. 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!

**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.

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## SUMMER PROGRAMMING AT MAHOGANY BEACH CLUB



### 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)

### Summer Camp

#### Adventures Summer Camp

The Mahogany HOA is excited to offer Summer Camp! Run by Adventures Child Care, the camps will be run daily from July 4 to August 31 (not including stat holidays). Book by week, month or for the entire summer. Hours will run from 7am - 6pm daily. Camps are available for children registered in kindergarten to age 12. (Limited number of kindergarten spots available).

The programs and philosophies at Adventures are designed to ensure that the children have a well-balanced program that is inviting, stimulating and inclusive of all children's need. The staff are proactive and energetic individuals who help children to reach their full potential by encouraging them to be independent, confident, unique, and able to overcome obstacles.



## Fostering Friendship with The OMELCHUK FAMILY

Photos by Sheri MacDonald at *Footloose Photography*

This month we are excited to introduce you to the Omelchuk family; Matt, Amanda, Hurley (6), Nixon (6), Sawyer (3), and Rosalie (6 months)! The family of six lives in Mahogany and can't imagine living anywhere else in the city! They have been here for 2 years and are lucky enough to back onto the wetlands. The Omelchuk's chose Mahogany because of the beautiful homes, the awesome lake, the relaxing beauty of the wetlands, and the family oriented amenities. They enjoy being so close to a hospital, having access to the ring road, and being able to get out of town in a matter of minutes. Amanda can't say enough about West Beach, Main Beach, the Beach Club, and the Wetlands. They feel so blessed to be here. They also love their neighbours! They often chat with them over the balconies, on the front lawn, and have them over for events. Amanda also says that "being a part of "Life in Mahogany", "Let's Play Mahogany", "Mahogany Eats", "Mahogany Ladies Night", etc. has brought [them] so many friends, set up so many play dates, and started so many fun nights out that it's hard to be lonely here".

The Omelchuk's see Mahogany as a long term goal: that if they do move within Calgary again, that it will be to a larger home within Mahogany. They think that the only things missing are coming this year in the new retail space development.

Amanda keeps busy by hosting the "Baby Books Mahogany" group on Facebook, constantly hosting retail parties for friends and family (Stella & Dot, Tupperware, Body By Vi, Norwex, etc.) and attending as many play group events and Southwinds camps as they can. She is also working with a neighbour on getting together the Neighbour Day Block Party for this month. They will have lots of fun events planned and things to do for the whole day! They hope it will be a great time and say that they have even invited the mayor!

In their spare time, the Omelchuk's can be found watching their kids in the wetlands from their backyard, going for bike rides around the community, fishing in the lake, playing at the beach, or just enjoying a BBQ and bonfire in the yard. They love to roast hot



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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, canoes, 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.

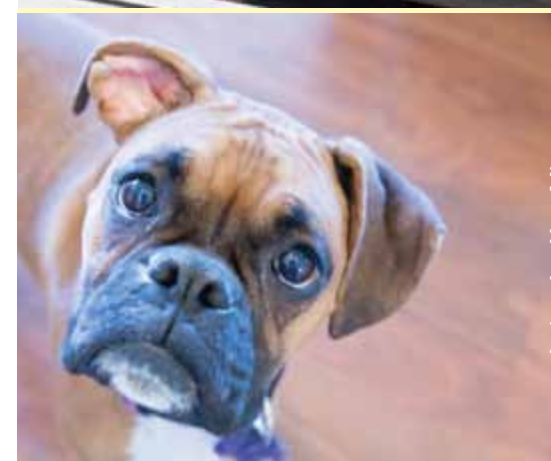
## Fishing

The Mahogany Homeowners Association encourages the practice of catch-and-release. Fishing is permitted from the Fishing Dock, Private Docks and fishing boats only at this time. Absolutely no 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.

Omelchuck Family



www.sherimacdonaldzenfolio.com



dogs and marshmallows together at night and often put up a tent for the older boys to have a campout in the backyard – but they have yet to stay out the whole night!

They attend the Southwinds of Mahogany Church at the Beach House on Sundays and love every minute of it! Amanda loves to donate blood every 56 days at the South Health Campus and she does her part to help those in need. Amanda also organizes the kids to help pick up garbage around the wetlands a few times a month (so if you see those crazy blonde haired boys competing over whose bag is more full of trash on Saturday mornings, those are theirs). They also like to volunteer at the events that Mahogany puts on, and Amanda has a "Mahogany Baby Books" group that gets together once a month to work on the ever impending baby books. The Omelchuk's also like to volunteer in the classes at the Preschool and elementary school that the boys attend.

Matt grew up in a small B.C. orchard town called Creston. Creston's population is only 10,000 – but the people and the scenery are second to none! With the same climate as Kelowna, the Creston Valley was the perfect place to grow up. Every yard had fruit trees, every fruit stand was filled with fruits and vegetables from within the town, and picking a fresh apple or plum on your way home from school was the norm. Matt has two older brothers and his family owned the Husky gas

# SHC Wellness Centre June Highlights

## Healthy Albertans Healthy Communities Together

Have you been to the Wellness Centre yet? Come find out what we are all about.

A few of our FREE programs are highlighted below  
**Fuelled To Move (Ages: 14-17)**

**Saturdays 10:00-11:30am, begins June 4**

Learn how to fuel your body to get the most out of your workout, reach your fitness goals and be healthy for life! You will learn weight room etiquette, proper resistance training techniques, and be introduced to a group fitness class. Practice how to prepare nutritious, energy-boosting meals and snacks in the Wellness Kitchen. This class comes with a FREE 1-month pass to the YMCA.

**I know I Should Eat Healthy but How**

**June 6 5:30-8:00pm**

In this kitchen demonstration you will learn how to put nutrition and weight management principles into prac-

tice using the 4 P's: Plan, Purchase, Prepare and Pack. Facilitated by an AHS Registered Dietitian.

**Art Therapy with Heart: Creative Drawing & Scratchboard**

**June 8 1:00-3:00pm**

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 choose from a selection of images, symbols and animals to create a piece of art on scratchboard. See yourself and others from a different perspective as you engage in the creative process, relax and be mindful.

**Understanding Dementia & Strategies to Improve Brain Health**

**June 15 6:30-8:30pm**

As our population is living longer, it's important to have a basic understanding of dementia; maintain your brain health and reduce your risk. This session will cover:

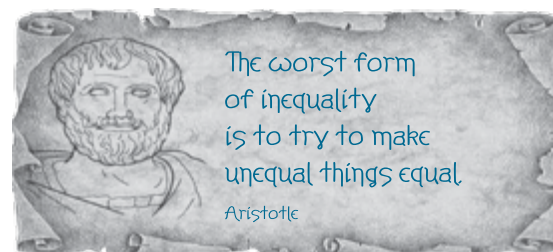
- Types of dementia
- Signs and symptoms
- Simple strategies for improving your brain health
- How to reduce your risk of developing dementia
- Programs and services available to support you

**Allergen Aware-Allergen Safe**

**June 20 6:30-8:00pm**

This workshop provides an overview of allergy and anaphylaxis including signs, symptoms, triggers and basic management strategies. Participants will be given the opportunity to use practice auto-injectors and taught what to do in case of allergic emergency. The focus will be on the three A's: Awareness, Avoidance, and Action.

**Most programs require registration. See our program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or 403-956-3939.**



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## Omelchuck Family



station in town. Everyone respected the Omelchuk's in Creston as impeccable business owners, and fine members of the community.

Amanda, on the other hand, moved every few years with her family around Saskatchewan. Her dad was an undercover RCMP Officer and they moved where the RCMP needed her dad. Amanda was born in Swift Current, SK, from there moved to Craik, SK, and finally to Saskatoon, SK where they lived until she was thirteen. Her grandparents lived in Creston, so Amanda's family was there every summer and every other Christmas. Amanda has four brothers and two sisters but she and her sister Jamie are the closest, being only a year and eleven months apart (their other brothers and sisters were teenagers when we were born). Creston was like a paradise to Amanda and her sister, and still very much is. When her dad retired from the RCMP in 1996, her mom told the kids the best news they could have at that age: they were moving to Creston! That is where Matt and Amanda met, in the only high school in town. They were in a big group of friends that were always together, but didn't start dating until Matt returned from his first year at the University of Calgary. Matt's family has all moved to Calgary since, but thankfully Amanda's family is still in Creston, so they get to go back whenever they like to visit.

Amanda and Matt's engagement was special because Matt proposed with Amanda's grandma's wedding rings. Since her grandmother had just passed away, Amanda inherited the rings and the only finger they fit on were her ring finger on her left hand. Not wanting to put them in a jewelry box somewhere and also not wanting to impose that she was married or engaged when she wasn't, Amanda was at a standstill with what to do with them. Matt fixed that problem by proposing with the rings and she still wears them to this day. They got married on a cruise ship on February 11, 2008. The cruise went from Ft. Lauderdale to Key West to Jamaica. They had over 45 friends and family go with them on the week long cruise and they have started a tradition of going on a new cruise every 5 years to celebrate!

They moved to Calgary together in 2001 and lived here until the year they married (not counting a year that they moved to B.C. to help with the family businesses). They were transferred from Calgary to Winnipeg, where their amazing twin boys were born. Three months after the boys' birth Amanda and Matt were told that they were being transferred to Guelph, Ontario where they lived for four years and their third son

was born. Then in 2013 they were told that they were being transferred back to Calgary, where their first daughter was born, just six months ago. Being back in Calgary (and only a five hour drive to Creston – six with kids) is so nice, especially since Amanda's mom passed away two years ago and Amanda and her sister really need each other.

Matt attended the University of Calgary and has a degree in Primatology and Archeology. He started working in his parents' service station at the age of 10: stocking shelves, cleaning out the car wash bays, and fueling customers' vehicles were just part of his responsibilities that came along with owning a family business. Matt has worked for Husky Energy for the last 10 years in downtown Calgary as the Commercial Operations Manager for all of Canada and Amanda is a stay-at-home mom to their four beautiful children. Amanda hopes to get back into event planning once all the kids are enrolled in school. At the moment, Amanda is working on starting an Etiquette Camp business for kids from preschool age to teenagers. Stay tuned!

The twins are in their second year of Hip Hop. They tried it out in the first year and didn't know if they

~cont'd on page 22~



Written by Katie Fisher  
Photo by Andrea S. H. Hunt

## Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have

been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

**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](mailto:MAH@great-news.ca)

## IN & AROUND CALGARY

### BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

- Propane, natural gas & charcoal BBQ's should **only** be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three feet away from the grill area
- Keep your BBQ clean by removing grease or fat build-up from the grills and in trays below to reduce the risk of flash fires
- Never leave your grill unattended.

#### NATURAL GAS/PROPANE GRILLS

- Always make sure the lid on your gas grill is open before lighting it.
- Check hoses for leaks at the start of BBQ season by applying a light soapy water solution to the hose, a gas leak will release bubbles
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill, then get the grill serviced by a professional before using it again.
- If you smell gas while cooking and cannot safely turn off the gas, then immediately get away from the grill and call the *Fire Department*, **DO NOT move the grill**. If the flame goes out, turn off and wait at least 15 minutes before re-lighting it.

#### CHARCOAL GRILLS

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- If you use a starter fluid, use only *charcoal* starter fluid.
- Never add charcoal fluid or any other flammable liquids to a fire OR while hot coals are present.
- Keep charcoal fluid out of the reach of children and away from heat sources
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

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## Omelchuck Family



would return for the second year, but seeing the confidence and assurance the kids have from this is incredible! All three boys also attend the YMCA for swimming lessons.

They have a one year old Boxer named Olive who they think is the best! Olive is just fantastic with the kids, is such a goofball, and super loving and cuddly. Olive and Sawyer have had a special bond since day one, and Amanda often has to scold them throughout the day for playing too loudly. They share the dog bed, watch movies together, and even used to suck on soothers together when Sawyer was smaller: one for Olive, one for Sawyer. Such a good time!

Matt has always traveled with his family growing up and has been to many countries with his parents and brothers from Hawaii to the Caribbean, Mexico, Europe, Australia, Fiji, and more. Amanda's first trip was to Jamaica in 2006 and she has had the travel bug ever since. Amanda and Matt went to Las Vegas for their honeymoon (and several times after that), Mexico for a wedding, and to Phoenix where Matt's parents have their winter home.

They recently traveled to Disneyland with all four kids in tow (Rosalie only two months old) and had the absolute greatest time ever!

One of their new family traditions has become camping. They are lucky enough to be able to borrow Matt's parent's trailer (because let's be honest, "tenting it" with four kids and a dog is not the definition of a nice relaxing trip!) and they like to get out once a month. They actually tried winter camping this past spring break and camped for 8 days in an Alberta campground. Although it snowed for the Easter egg hunt, the majority of the trip was warm and sunny.

The Omelchuk family loves to have fun and we are glad to have been able to learn more about this wonderful family!

**FP**

*Footloose Photography*  
BY SHERI

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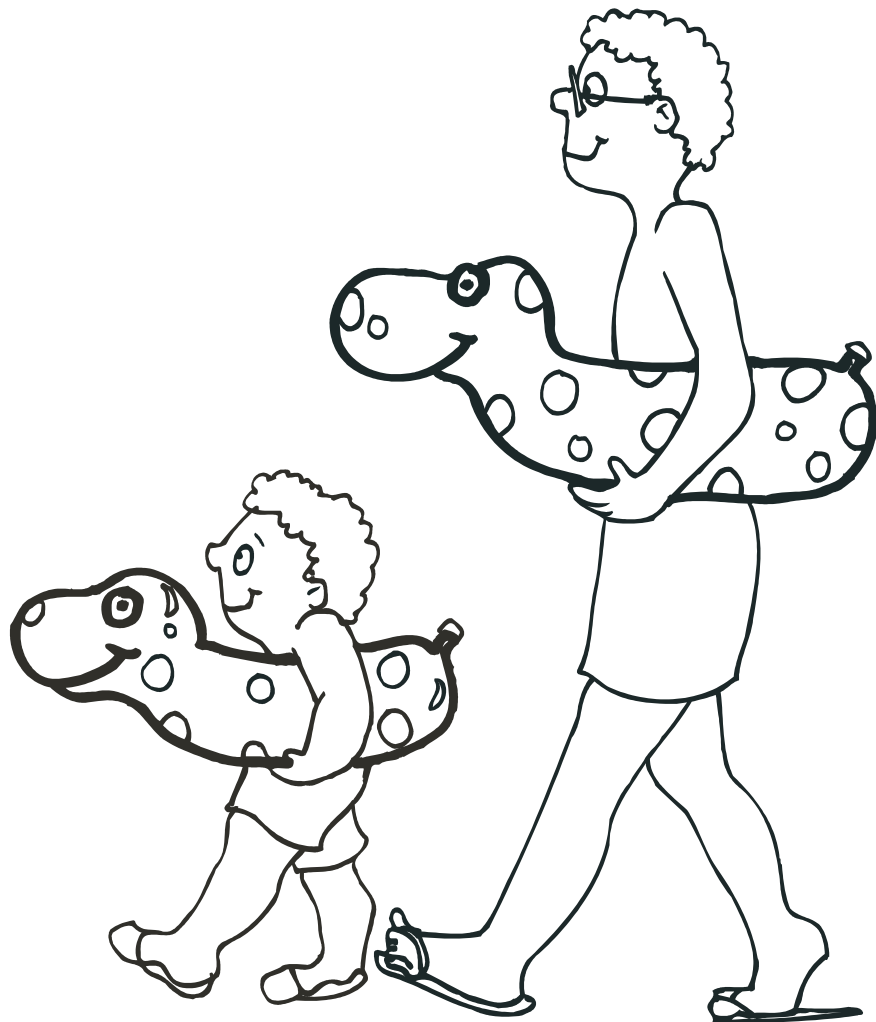
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## IN & AROUND CALGARY

### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.

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

• **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)

• **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

• **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." [www.calgary.broadway.com](http://www.calgary.broadway.com)

• **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)

• **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. [www.fiestaval.ca](http://www.fiestaval.ca)

• **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! [www.petapaloozawest.com](http://www.petapaloozawest.com)

• **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. [www.calgarybluesfest.com](http://www.calgarybluesfest.com)

• **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.

• **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. [www.inglewoodsunfest.ca](http://www.inglewoodsunfest.ca)

### JULY 8 TO 17 CALGARY STAMPEDE

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. [www.calgarystampede.com](http://www.calgarystampede.com)



### JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. [www.uccalgary.ca](http://www.uccalgary.ca)



### JULY 30 SLIDE THE CITY

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. [www.slidethecity.com](http://www.slidethecity.com)



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## IN & AROUND CALGARY

### EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

#### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (\*) high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

## Construction Zone Safety

Imagine having to look both ways before walking down the hallway to your next meeting. Picture yourself having to constantly look back while working on that report at your desk. Envision a workplace where there is a risk of getting seriously injured each time you get up to discuss your work with a colleague. This is reality for those who are working on our city roads.

Keep an eye out for construction zones and obey the posted speed limits. While workers may not always be present, there may be unseen dangers such as uneven roadway or veering lanes. The City would like to remind all of those using the roads that when we watch out for each other, and show patience and courtesy, road work can be completed safely and efficiently.

For more information on construction zone safety, visit [calgary.ca/constructionzonesafety](http://calgary.ca/constructionzonesafety).

For information on road closures and detours, visit [calgary.ca/trafficinfo](http://calgary.ca/trafficinfo).

# YOUR COMMUNITY business of the month

## Funky Petals

Have you been to Funky Petals in the new community of Seton yet? Come smell the flowers!

Funky Petals in Seton opened just over two years ago. We thought it was important to be in Phase One in order to establish roots in the growing community. The location of the store is perfect. Located next to Bell, in between Good Earth, salons, dentists etc. It is a busy area. We also wanted to be near the South Health Campus hospital in order to provide excellent service to the patients and staff there.

Our store atmosphere is fun, inviting and open. Our customers can feel relaxed in the environment. With the invigorating smells of fresh flowers, we often have people come in just to 'smell the roses'. We carry fun giftware, plants, and cards. There are always multiple fresh funky arrangements available in our cooler. Price varies from \$20 to \$200. We also have fresh bunches pre-made. This allows a customer in a hurry to pick one and quickly be on their way. The main service we pride ourselves in is doing custom arrangements on the spot. A customer can come in, have a look at our fresh product in the back of our cooler, tell us a price point they have in mind and we will make it on the spot!

We also have a web-page with different ideas for a customer to choose from. We can change up any of the flowers and or colors in any of the arrangements. Customers can pick the vase or container they prefer. We will even make them smaller, or larger to suit the needs of each customer. Once we are finished, we will send you a picture before

delivering if requested. We deliver all through Calgary and to surrounding areas. Delivery fees are reasonable and most always can be done same day. There is no charge for deliveries to the South Health Campus as well as the Seton Seniors Community Residence.

We are open every day right now, with summer hours to change for July and August. We can be reached by phone at 403-723-0852, or e-mail [melissa@funkypetals.com](mailto:melissa@funkypetals.com). Check out [www.funkypetals.com](http://www.funkypetals.com) for some fun pictures, or visit us on Facebook Funky Petals on Seton for custom arrangement ideas.

Funky Petals Seton

Unit 412 19489  
Seton Cres. SE Calgary  
403-723-0852

[www.funkypetals.com](http://www.funkypetals.com)



## Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

### Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

### Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo) for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.



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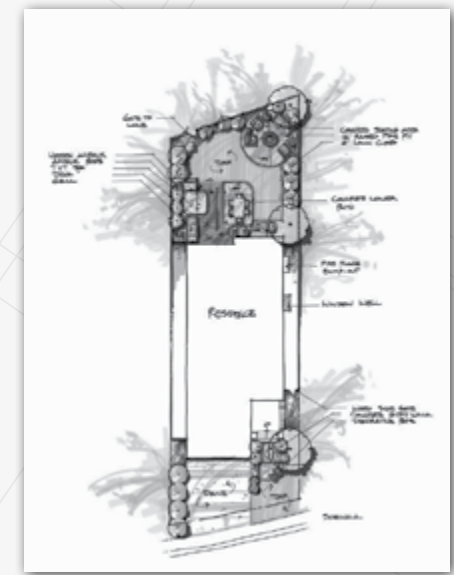


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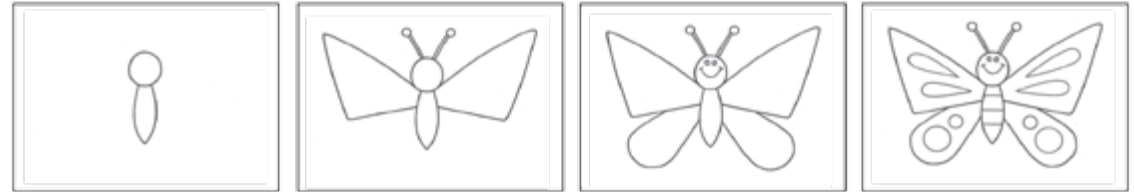
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**The Million Question Challenge!**

**What is a puppy?  
How many dogs are there in the world?  
What would happen if dogs grew wings and could fly?**

Calgary Public Library has a new summer learning initiative for school-aged kids called The Million Question Challenge! Kids will ask a million questions this summer, sparking curiosity and wonder. These questions can be about anything and everything – we hope that the questions will be personal and meaningful to each child, and will spur them on to finding some answers, too.

The kid who asks the most number of questions this summer will win a \$250 Toys R Us gift card and get to be the Kid Executive Officer (KEO) of the Library for a day!

We have a ton of fun reading activities this summer, too! Kids from 0-12 can join the TD Summer Reading Club again this year, and read to win prizes. Teens can participate in this summer's Youth Read. Get ready to read & win all summer long! Visit [calgarylibrary.ca](http://calgarylibrary.ca) for details.

Adults can find great summer reads in both the We Recommend collections and the Your Year of Reading guides, available at your community library.



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**IN & AROUND CALGARY**



**Thinking about a yard improvement project?**

Garages, decks, fences and even driveway widening are just some of the projects that often require a permit.

"Before you pay for materials, hire a contractor, or do it yourself, we encourage you to visit [calgary.ca/homeimprovement](http://calgary.ca/homeimprovement) or get in touch with us here at The City," says Jamie Fandrich,

Planning Services Technician at The City of Calgary, Fandrich is part of the team that helps Calgarians understand Alberta's safety codes and City bylaws on the phone and in person at the Municipal Building. The latest resource Fandrich's team uses to educate Calgarians on development and building regulations is the webpage [calgary.ca/homeimprovement](http://calgary.ca/homeimprovement), which allows anyone interested in doing a renovation to browse popular home renovation topics for bylaw and permit information, property and land designation, drawings and forms they will need to complete their home renovation.

"It can sometimes be difficult to understand when you need a permit and what City bylaws might impact your project – we're here to help guide you through the process," Fandrich says.

**Planning, development, licence or permit question?**

**Visit [Calgary.ca/homeimprovement](http://Calgary.ca/homeimprovement) or call and visit Planning Services.**

**Planning Services**

Monday through Friday (closed holidays)  
8 a.m. - 4:15 p.m.

**Call centre:** 403-268-5311

**Permit counter:** 3rd Floor Municipal building, 800 Macleod Tr SE



**Healthy Kitten Basics**

*by Jennifer L. Scott, D.V.M.*

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

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## IN & AROUND CALGARY



### Enjoy some family time at Canada's largest man-made wetland

Bring the family to Ralph Klein Park on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Parks Fest! Enjoy an afternoon of face painting, pond dipping, guided walks, nature crafts and more. Learn about Canada's largest man-made wetland, visit the park's Environmental Education Centre and explore the wonders of nature all around.

Don't forget your sunscreen and water bottle, and please leave your furry friends at home. Pets are not permitted on site, excluding assistance dogs.

For more information, visit [calgary.ca/parksevents](http://calgary.ca/parksevents).

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

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# Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past\*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty responsibility for

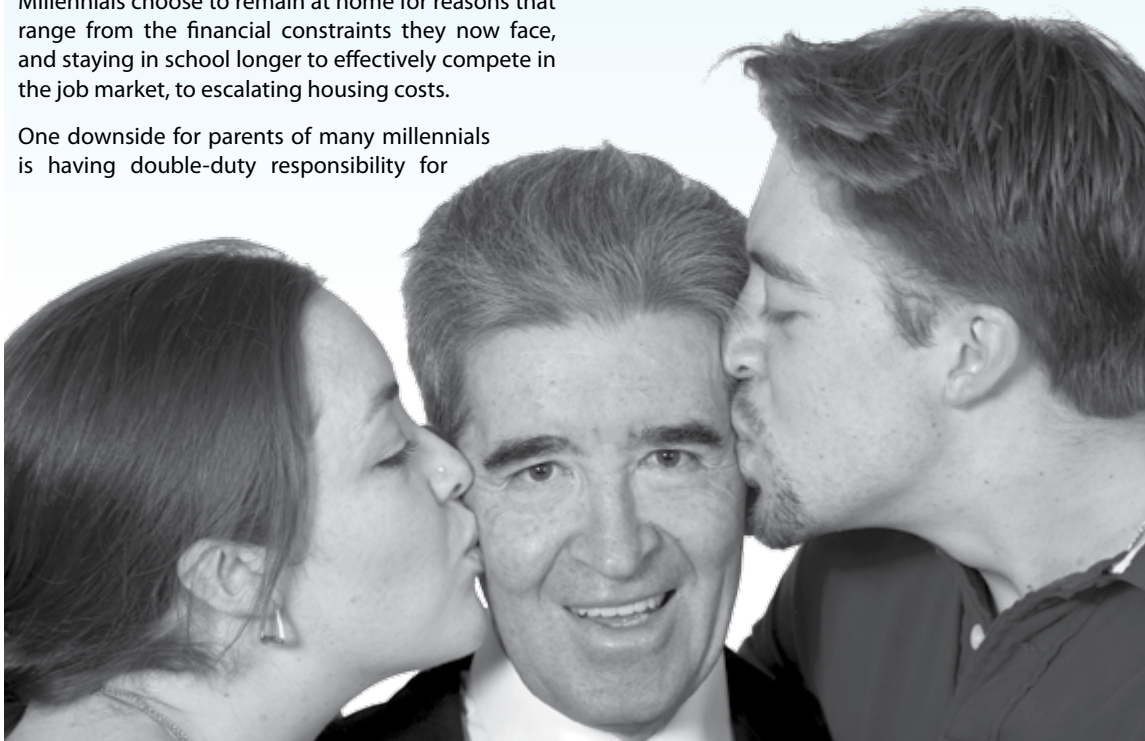
their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it’s a good idea to plan in advance by:

- Reduce debt – before it’s competing with rent or mortgage payments.
- Establish a good credit history – get a credit card and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large items.
- Build an emergency fund – for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

\*Source: Statistics Canada 2011 Census



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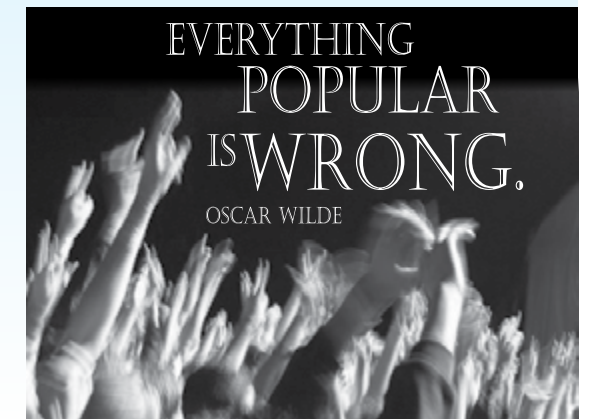
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 Web: http://shanekeating.blogspot.com/

An early spring will hopefully translate into a wonderful summer for Calgarians. Despite the economic challenges we are currently facing, Ward 12 remains a very busy place. Earlier in the spring we saw the opening of a new distribution centre for Home Depot in Shepard Industrial Park as well as a Marshalls in South Trail Crossing. Two very exciting additions to southeast Calgary!

Construction for the New Brighton Regional Park and the Quarry Park recreation centre has concluded and these facilities will be opening soon. A few months ago ground was also broken for the Seton recreation facility. Southeast Calgary has grown rapidly and the addition of these new amenities will help make this area an even better place to live, work and play!

**Coffee with Your Councillor**

I want to hear from you. While I have the pleasure of communicating with many of you through social media, there is no replacement for face-to-face interaction. Join me for a cup of coffee to discuss the municipal issues that matter most to you. I'll be at the New Brighton Club (2 New Brighton Drive SE) on **Tuesday, June 21 from 7:30-8:30 pm**. I hope to see many of you there!

**Deerfoot Trail Open House**

Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house to talk about the past, present and future of Deerfoot Trail. The open house will take place at First Alliance Church (12345 40th Street SE) on **Thursday, June 23 from 7:00-9:00 pm**.

In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.

**IMPORTANT NUMBERS**

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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
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Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
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South Calgary Urgent Care Health Centre	403.943.9300
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<b>OTHER</b>	
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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
Kerby Centre for the 55 plus	403-265-0661
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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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**IN & AROUND CALGARY**

**Aboriginal Awareness Week**

Each year The City celebrates the Chief David Crowchild Memorial Awards and Youth Achievement Award to honour the efforts and contributions of a person, group or organization both Aboriginal and non-Aboriginal who have worked to create cross-cultural experiences and understanding.

Join the conversation online by searching Calgary Aboriginal Awareness Week on Facebook event pages and get details about the upcoming awards and exciting developments in this area.

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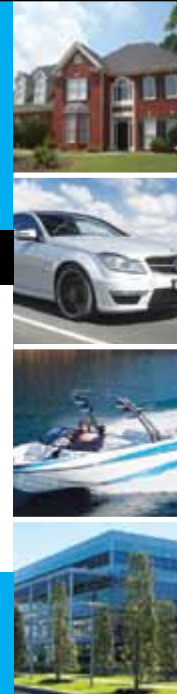
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