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McKenzie Towne Community Association

40 Mckenzie Towne Blvd S.E.
Calgary, AB T2Z 4X5
feedback@mckenziatowneca.com
www.mckenziatowneca.com

Elected Official



Councillor Shane Keating Ward 12 Office

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2478
Fax: 403-268-8091
Email: ward12@calgary.ca
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**GREAT NEWS PUBLISHING HAS BEEN
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HALL RENTALS

McKenzie Towne Hall is the perfect place to host your wedding, business meeting, birthday party or special event.

With rooms able to hold 10 to 125 people, look to us for a place to plan your next event.

For more information, please contact the Facilities Coordinator during regular business hours by phone at 403-781-6612 ext 4 or email csr@mtcouncil.com

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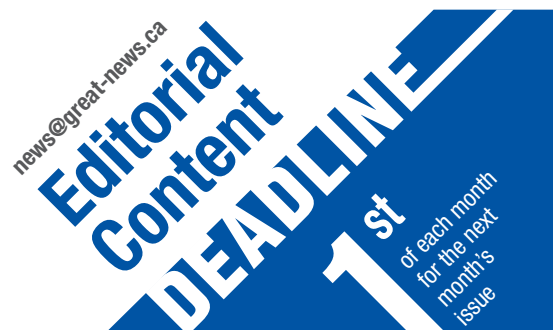
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CHILDCARE REGISTRY

Available through the
McKenzie Dayhome Support Group

- Volunteers servicing families in McKenzie Towne, McKenzie Lake, Cranston, Auburn Bay, Seton, Copperfield, New Brighton
- To register your dayhome or receive information, please call Jennifer Monday-Friday 8:00 am – 5:00 pm at 403-251-4824 cell 587-888-1979 email Jdonovan04@gmail.com.
- If you require child care please contact us.



Respect your Neighbours!

In order to keep your community looking tidy and show respect for your neighbours, please ensure your collection bins are not visible from the road on non pick up days.

MCKENZIE TOWNE COUNCIL RECREATION CLASSES



Recreation takes place at McKenzie Towne Hall, 40 McKenzie Towne Blvd. SE. For McKenzie Towne recreation information, visit www.mtcouncil.com, contact rec@mtcouncil.com or call 403-781-6612 ext. 3.

Registration for Summer Recreation closes July 25!

Check out these great programs: Senior Modified Yoga, Justin's Mighty Dragons, Restorative Yoga & MORE!

View online at: www.mtcouncil.com.

We offer Drop-in Passes too!

Unable to commit to the full length of a class? We have 1 and 6 time drop-in passes available for purchase at the hall. Resident 1-time passes are \$13 and 6-time passes are \$64. Non-Resident 1-time passes are \$15 and 6-time passes are \$76. Passes are for adult classes only and are non-transferrable between individuals and seasons.

For more information or to purchase drop-in passes, stop by the hall!

Featured Program

Prince Basketball Camp

Resident Price: \$130 Non-Resident Price: \$150

Ages: 7 - 12 years

August 22 – August 25 (4 days) from 9:00am – 12:00pm



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. Each participant will receive a jersey and basketball to keep. Registration can only be done in person at McKenzie Towne Hall. Instructor: Will Prince

McKenzie Towne Council Drop-In Gym Times

There are a variety of drop in sports and gym times for adults, youth and families to participate in:

- **Adult** drop-in times are 7:30 – 8:45 pm on Tuesdays (Basketball), Wednesdays (Badminton), & Saturdays (Floor Hockey) and Fridays (Basketball) from 7:00 – 8:45 pm.
- **Youth** drop-in times are scheduled for afterschool use (3:00 – 4:30 pm).
- **Parent & Child** drop-in times are 5:00 – 6:00 pm from Monday-Wednesday, 5:00 – 6:30 pm on Thursdays, 5:00 – 7:00 pm on Fridays, 6:00 – 7:00 pm on Saturdays, and 3:30 – 5:30 pm on Sundays.

Non-scheduled drop-in gym: There are times from 9:00 am – 3:00 pm Monday – Friday when the gym is not in use. Please call 403-781-6612 in advance to confirm gym usage, and if available, feel free to stop by during those times. Non-residents must be a guest of a resident and pay \$2. Maximum 2 adult guests per resident.

For gymnasium availability and schedule changes, visit www.mtcouncil.com.

McKenzie Towne Council Summer Camps are back!



Summer camps are for children between the ages of 5 – 11 years. Registration is ongoing for 7 exciting weeks (July 4 – August 19) of summer day camps! Registration can only be done in person here at McKenzie Towne Hall (40 McKenzie Towne Blvd). Forms will be available at the hall or online for your convenience. Please fill out the form completely (including current picture) before coming to pay. Incomplete forms will not be accepted. For more information check out www.mtcouncil.com/recreation/camps/.





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403.781.6612 ext 3
www.mtcouncil.com

Social Groups

AT McKENZIE TOWNE HALL

All social groups are FREE for residents of McKenzie Towne. Non-residents must be a guest of a McKenzie Towne resident and are charged \$2.00. For McKenzie Towne social group information, contact rec@mtcouncil.com or call 403-781-6612 ext. 3.

Please refer to www.mtcouncil.com regularly for updates and schedule changes to social groups.

Senior Walking Group

Tuesdays & Thursdays: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee & cards).
Walk indoors in our gymnasium. See familiar faces and some new ones, too!

Bridge

Mondays: 1:00 pm - 4:00 pm
Come play some cards! A group dedicated to playing bridge welcoming every skill level. Drop-in for some fun and games around the card table. Coffee is provided, too.

Drop-In Playgroup

Tuesdays: 12:00 pm - 2:30 pm
Wednesdays: 9:30 am - 11:30 am
We invite you to bring your toddler to play in our gym full of exciting toys, to have a good time and meet other families in the community! FREE for McKenzie Towne Residents. Non-residents must be a GUEST of a Resident and pay \$2/child to drop-in. Only 2 adult guests per Resident (parents are FREE).



Welcome to McKenzie Towne!

If you are a new resident in the last six months we would like to meet you. If you would like a tour of the Towne Hall and to have your Resident ID card issued please visit us

Monday to Saturday
9:00 am to 9:00 pm

Sunday
10:30 am to 6:00 pm

**To update your contact
information please
call 403-781-6612**

**From the staff and management
of McKenzie Towne Council**

Visit www.mtcouncil.com
for all the information you need!



MCKENZIE TOWNE COUNCIL

40 McKenzie Towne Blvd SE
Calgary, Alberta, T2Z 4X5
Phone: 403-781-6612 • Fax: 403-930-1551
E-mail: inquiries@mtcouncil.com

Hall Hours

Monday – Saturday	9:00 am - 9:00 pm
Sunday	10:30 am - 6:00 pm
Holidays	10:30 am - 6:00 pm

Office Hours

Monday – Friday	9:00 am - 5:00 pm
-----------------	-------------------

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STAMPEDE BREAKFAST

July 14, 2016

9:00 am – 11:00 am

High St. SE, McKenzie Towne

Volunteers needed! Visit mtcouncil.com for volunteer information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

McKenzie Towne Council, in partnership with the Stampede Caravan Committee, is reviving the McKenzie Towne Stampede Breakfast! There will be tons of activities: Live music, marching bands, Indian dancers, visiting Stampede celebrities, activities, games + prizes, pony rides and a petting zoo. www.mtcouncil.com for event information.



Insects & 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






"We Care"

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APR 2.54%



*Ongoing rate for the balance of the 4-year mortgage term is 2.65% as of April 15, 2016. For current mortgage rates, please visit cibc.com/mortgagerates. APR of 2.54% is calculated based on an introductory rate of 1.99% for 9 months on a \$275,000 mortgage, an ongoing rate of 2.65% and a 25-year amortization, assuming a property valuation fee of \$250. Mortgage application must be made by June 30, 2016; mortgage must fund within 120 days of application date. Available only on mortgages of \$10,000 or more, subject to credit approval. Other conditions apply; ask for details. CIBC may change or cancel this offer at any time without notice. CIBC Cube Design & "Banking that fits your life" are trademarks of CIBC. All other trademarks are owned by CIBC.



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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27



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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

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

July at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Membership Specials while the Pool is Closed

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.

- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

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 MT@great-news.ca



McKenzie Towne
mybabysitterlist

Name	Age	Contact	Course
Samuel	13	403-294-0519	Yes
Penelope	13	403-254-5591	Yes
Orion	13	403-828-0873	Yes
Eva	13	403-478-0116	Yes
Jennifer	14	403-918-0621	Yes
Emma	16	587-876-3098	Yes
Angelina	16	587-998-0224	Yes
Kyla	19	403-966-9655	No
Nicole	24	403-909-1115	No
Chantele	25	403-652-0083	No
Lisa	30	403-926-8301	No
Lisa	30	403-926-8301	No
Christina	36	403-483-2544	No
Armida	36	403-909-1479	No
Caroline	45	403-607-1238	No
Judy	57	403-510-9948	No

Calling All BABYSITTERS

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

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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BY THE LIGHT OF THE MOON

Gardening by the phases of the moon

July 4 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

July 12 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

July 19 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

July 26 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

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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 collection 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.



MEDICAL CLINIC



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www.primecarehealth.ca

McKenzie Towne



Last 12 Months McKenzie Towne
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
May 2016	\$434,900.00	\$422,500.00
April 2016	\$427,450.00	\$425,000.00
March 2016	\$439,900.00	\$434,000.00
February 2016	\$419,900.00	\$414,000.00
January 2016	\$407,786.00	\$398,786.00
December 2015	\$457,900.00	\$443,000.00
November 2015	\$399,950.00	\$392,500.00
October 2015	\$434,900.00	\$425,000.00
September 2015	\$432,400.00	\$427,500.00
August 2015	\$419,900.00	\$410,000.00
July 2015	\$439,950.00	\$435,750.00
June 2015	\$429,900.00	\$422,500.00

Last 12 Months McKenzie Towne
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
May 2016	37	28
April 2016	40	16
March 2016	27	33
February 2016	32	11
January 2016	24	9
December 2015	13	13
November 2015	16	28
October 2015	34	19
September 2015	27	20
August 2015	28	31
July 2015	35	28
June 2015	33	27

July Programs and Events in Fish Creek

www.friendsoffishcreek.org

Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am – 4:00pm

Glennfield, Fish Creek Provincial Park (14228 Bannister Rd. SE)

Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Join in an outdoor yoga session and fly fishing demonstration, and enjoy a special visit from Boston Pizza's Lionel.

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will

run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

Minibus Tours

Archaeology in the Park: Finding the Pioneers

Tuesday, July 12, 1:00 – 4:00 pm

Enjoy a scenic tour of Fish Creek to learn about the history of the early pioneers who made this area their home and about the archaeological evidence they have left behind.

Photography Tours: Unleash the Power of Your Digital SLR Camera

Tuesday, July 19, 9:00 – 11:00 am

In this beginner's level photography class, you will learn all the basics, including depth of field, composition, lighting and the "Exposure Triangle" (Aperture-Shutter-ISO), using the stunning beauty of the park as your subject. Several stops along the way will allow you to put theory into practice!


Wellness Programs in Fish Creek

Join us at the Bow Valley Ranch this Summer to rejuvenate body, mind, and spirit in the beautiful natural setting of Fish Creek. The Friends' Wellness Program is designed to engage community members and foster overall wellness.

Yoga: 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton


Qi Gong: 6:30 – 7:30 pm, Tuesdays, Lead by Diane Smith, Spring Forest Qi Gong Certified Instructor

Full Moon Meditations: 6:30 – 8:00 pm, Full moon evenings, Lead by Naomi Parker and Gwen Draude Woolverton



Animal Trivia

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.



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4 Seniors Day Tuesdays

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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 then there are to remove?

The amount of shingles to remove from your roof is the

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.

IN & AROUND CALGARY

Where there's water, there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

Life jacket safety

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PDF or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

Swimming is a lifesaving skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

Remember, always keep toddlers or young children within arm's reach while in or around all bodies of water.

Before you raft or boat

Always **SCOUT**, **ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

Scout the river for potential hazards and check the weather and water conditions.

Assess the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

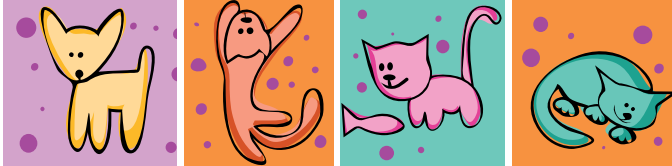
Decide if it is safe to raft or boat.

Ensure you have emergency supplies on board with you.

For further information visit calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx

Did you know: The Calgary Fire Department has Firefighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglan)?

PET INSURANCE



is for everyone, including Vets

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 assess 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.

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.

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.

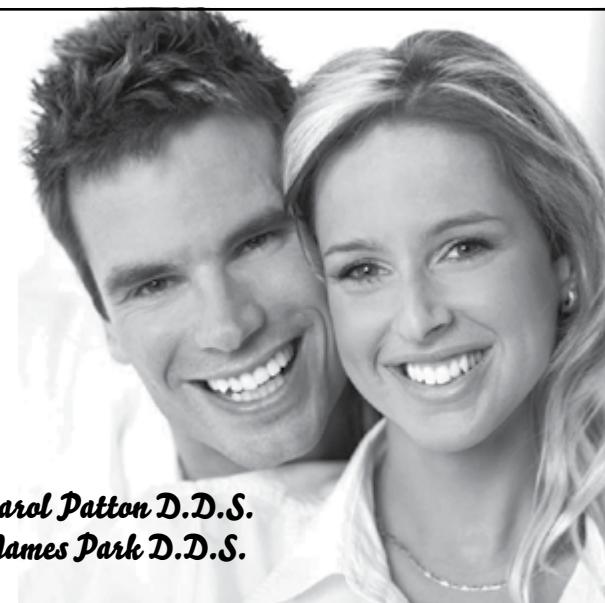
This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in 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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How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.

IN & AROUND CALGARY



FEDERATION OF
CALGARY COMMUNITIES

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.



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Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion,

avocados served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

Cilantro Lime Chicken Marinade
4 Chicken Breasts
Zest from 1 Lime
Juice from 1 Lime
1/3 cup Chopped Cilantro
1/4 Olive Oil
1 tsp Honey
2-3 Cloves Minced Garlic
Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour

however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

Creamy Avocado Lime Dressing
1 Avocado
1/4 Cup Cilantro
1 Clove of Garlic
Juice from 1/2 Lime
3 Tbsp. of Olive Oil
1/3 cup of water
Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.

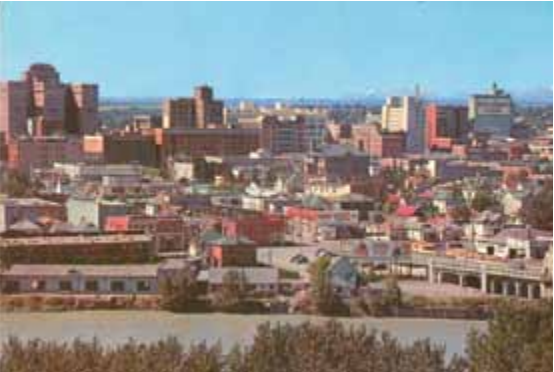
IN & AROUND CALGARY

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.



Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.

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

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Legislature Update

The spring legislative session has ended. It was quite a time for Alberta. The NDP government showcased their lack of understanding of the issues facing Albertans.

Bill one, their flagship legislation, is essentially a bill about nothing. It gives the economic development minister permission to take actions that the Minister already has the authority to do. While Albertans were looking to their government to take substantive action on job creation the NDP government gave platitudes and wasted valuable Assembly time.

The NDP Government introduced their carbon tax legislation which will hit all Albertans hard on January 1, 2017. They removed their self-imposed debt limit (after only 6 months) and told Albertans that they are only hiring people who understand the "NDP world view" to manage their government. Throughout all this, the Progressive Conservatives remain an effective opposition, providing common-sense amendments to government legislation and making suggestions to improve policy. We take our job as opposition to this government very seriously and will keep offering suggestions and keep asking tough questions and make sure Albertans are well represented in the Legislative Assembly.

I received support for my motion 504 to have the government reaffirm their support for parental choice in how they educate their children. My PC colleague MLA Mike Ellis introduced Bill 205 to make owning pill press machines illegal except for legitimate uses. This will make it harder for drug dealers to manufacture fentanyl and other illegal drugs here. Already B.C. and Saskatchewan are evaluating this bill to see if they should follow suit.

Calgary-Hays: Mountain Park School

Visiting schools is always a highlight for me. On May 27, 2016 I visited the Grade 6 classes at Mountain Park School. The students were well prepared and peppered me with questions on a full range of provincial issues. I am very impressed by the depth of their understanding and the extent to which they were ready to challenge me with tough questions. This is a real testament to excellent teaching and to parents engaged in their children's education.

I am always happy to visit classrooms. If you would like me to visit your school, please contact my office to schedule a visit.



Soccer Tournament – Foothills '02 Girls

Congratulations to the girls team who has won a spot at the world's biggest youth soccer tournament in Sweden. The international event attracts 1,600 U11 to U18 teams from 80 nations as far along as Algeria and Zambia. And now, a girls' team from Calgary Hays is joining that elite list of competitors. We wish you all the very best!

Stampede 2016

Again this year I will volunteer with the Stampede Caravan committee. Two events in Hays will be at DouglasGlen Square and at McKenzie Towne. Please come out and meet your neighbours while enjoying breakfast and good entertainment.

Ivor Strong Bridge

Wondering what is happening with bridge rehabilitation? Updated road information, including traffic delays, is a click or a call away. Call 5-1-1 toll-free, visit 511.alberta.ca or follow it on Twitter @511Alberta to get on the road to safer travel.

Here is what the website says on June 2, 2016:

At the northbound and southbound lanes of Deerfoot Trail at the Ivor Strong Bridge in SE Calgary, beginning May 13 at 9pm until the bridge work is completed, lane restrictions and speed reductions in both directions are in effect that will cause major traffic delays. Speed is reduced to 50 km/h. Two lanes will remain open in each direction. Weight restrictions are not affected. Wide loads must coordinate with central permitting. Large commercial truck access is restricted on ramps during work. Affected trucks must find alternate routes.

Vehicle Registry REMINDER

The Alberta government has ended mailed renewals for registration, licence and identification cards. Renewals for parking placards for people with disabilities and disabled licence plates will continue. And Albertans over the age of 70 will receive mailed reminders until April 1, 2017.

To set up a reminder you can visit your local registry agent or sign up online at www.e-registry.ca or through Alberta Motor Association at www.ama.ab.ca.

WCB Feedback:

The WCB Review Panel invites all Albertans to provide feedback through an online questionnaire or by written submission at alberta.ca/wcb-review until July 15.

Wishing you all a happy and safe summer

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

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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

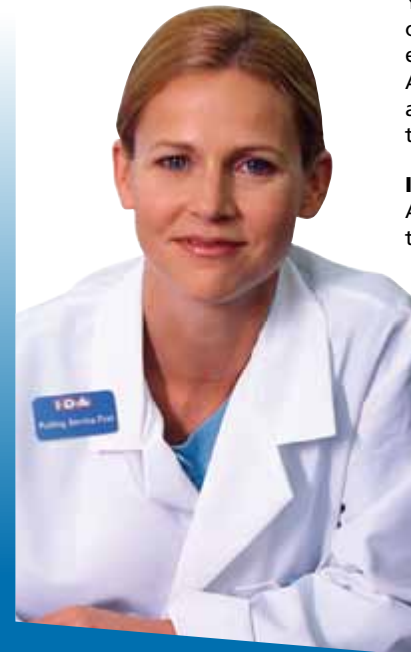
The City has partnered with the Government of Alberta for a comprehensive Deerfoot Trail study. This is the first time a study of this magnitude has been done since the mid 1990s. I held a town hall meeting on June 23 in partnership with other Councillors and MLAs from south Calgary to introduce this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



Pharmacist Corner

Ask your Sandstone pharmacist



Your heart health depends on how well you take care of your overall health. Small lifestyle changes such as eating better and exercising more can cut your risk of heart disease by 50 percent. As your pharmacist, I can provide "heart healthy" services such as products and counselling to help keep the beat going strong through the course of a lifetime.

I'm just a social smoker. Will this affect my heart?

Any amount of smoking even light or occasional smoking damages the heart and blood vessels. Moreover, secondhand smoke can damage the blood vessels of nonsmokers. Your Sandstone IDA Pharmacist can recommend smoking cessation products to help you break the habit.

What's the best exercise if you have heart disease?

Walking is the best choice. It can lower blood pressure, reduce body fat and improve blood sugar and cholesterol levels. With heart disease you should always consult with your physician regarding the type and frequency of exercise.

What should I do if I think I'm having a heart attack?

- *Call 911 or ask someone else to
- *If you are alone at home try to unlock the front door
- *Try to remain calm *Breathe deeply"

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