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Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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#### Editorial Submissions

[news@great-news.ca](mailto:news@great-news.ca)

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

#### Published by Great News Publishing

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

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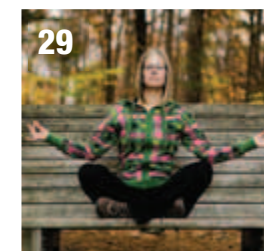
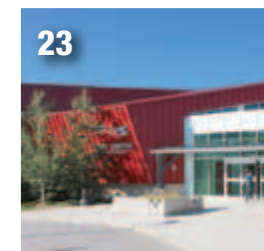
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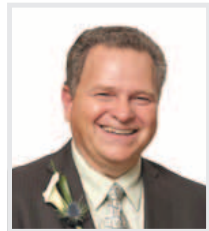




## MCKENZIE TOWNE COMMUNITY ASSOCIATION

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

## ELECTED OFFICIALS



**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  
Web: www.calgary.ca/ward12



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



**Tom Kmiec, M.P.**  
**Calgary-Shepard**  
Suite 1220, 2784 Glenmore Trail SE  
Calgary, AB, Canada T2C 2E6  
Phone: 403-974-1285  
24/7 Line : 1-855-852-5710  
Email: tom.kmiec@parl.gc.ca

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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

# Welcome to McKenzie Towne!

Visit [www.mtcouncil.com](http://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](mailto: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

### New Resident?

If you are a new resident, we’d like to meet you! Please visit McKenzie Towne Hall for a tour and to get your Resident ID card. To update your contact information, please call 403-781-6612 or email [inquiries@mtcouncil.com](mailto:inquiries@mtcouncil.com).

McKenzie Towne Council provides residents with recreation classes & social programs for all ages, as well as offers drop-in gym times, community updates, rental space, community events and maintenance.



## 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.



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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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<b>\$16,000</b>	<b>\$8,000</b>	
On the sale of a \$500,000 home	\$ 0 Listing Realtor Fee \$9,500 Buying Realtor Fee	50%
<b>\$19,000</b>	<b>\$9,500</b>	

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## Book McKenzie Towne Hall Today

Home to all occasions.

Visit [www.mtcouncil.com/rentals](http://www.mtcouncil.com/rentals) for details.

McKenzie Towne Hall is the perfect place to host any occasion: your child's birthday party (book one of our 4 exciting packages), wedding, meeting, team building, or special event. We have a banquet hall, multipurpose rooms and a gymnasium able to hold 10 to 125 people. For information and to book, call 403-781-6612 Ext. 4 or email [csr@mtcouncil.com](mailto:csr@mtcouncil.com).



## Community Clean

Sunday, May 14th, 2017 10:00am - 2:00pm  
McKenzie Towne Hall

Time to clean out the house and get ready for the summer! Bring all your donations, garbage, recycling to McKenzie Towne Hall and we'll take care of it for you. Come hungry as we're hosting a free BBQ in front of the building. This event is for McKenzie Towne residents only. Proof of address will be required at the gate. For a full list of stations and items we cannot accept visit: [www.mtcouncil.com](http://www.mtcouncil.com).

## Family Clothing and Used Toy Sale

Sunday, May 28th, 2017 10:30am - 3:30pm  
McKenzie Towne Hall

Start clearing out the closets! Book your table for the Spring Family Clothing and Used Toy Sale. We're now expanding the sale to include adult clothing as well. For more information and application forms, please visit [mtcouncil.com](http://mtcouncil.com).

For more information visit: [www.mtcouncil.com](http://www.mtcouncil.com).

## DISCLAIMER

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McKenzie Towne Hall is responsible for submitting McKenzie Towne Council information and articles only. The opinions expressed within any other published article, report or submission reflect those of the author, and should not be considered to reflect those of Great News Publishing or the Council at McKenzie Towne Hall. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and the Council at McKenzie Towne Hall do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



## MCKENZIE TOWNE COUNCIL DROP-IN GYM TIMES



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

### Pickleball

Mondays & Wednesdays from 12:00 pm – 2:00 pm. Pickleball is for all ages. Equipment is supplied – or feel free to bring your own. A game mixed between tennis and badminton that is low impact. The game is played on the badminton net court with four players. It is a great game to socialize and get a workout at the same time!

### Adult drop-in times

Basketball: Tuesdays & Fridays 6:30-8:30pm  
Badminton: Wednesdays 7:00-8:30pm  
Floor Hockey: Saturdays 7:00-8:30pm

### Youth drop-in times

are scheduled for afterschool use Monday to Friday, 3:00 - 4:30 pm.

### Parent & Child drop-in times

4:45 pm - 6:00 pm from Monday-Thursday, 4:30-6:30 on Fridays, 6:00 - 7:00 pm on Saturdays, and 3:30 - 5:00 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](http://www.mtcouncil.com).

## 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](http://www.mtcouncil.com), contact [rec@mtcouncil.com](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3.



## Register now for Summer Camps at McKenzie Towne Hall!

**Camp registration forms and information:**  
[www.mtcouncil.com/camps](http://www.mtcouncil.com/camps)

### McKenzie Towne Summer Camp

7 weeks, 7 different themes. Ages 5-11.

July 4 to August 18 at McKenzie Towne Hall.

Camps run Monday to Friday, from 9:00am – 4:00pm.

Additional care is available:

Pre-camp care from 8:00am – 9:00am

Post-camp care from 4:00pm – 5:00pm.

There are only 30 camper spots available each week. Camp registration is in-person only. Forms are available online or at McKenzie Towne Hall.

If you have questions regarding summer camp, call 403-781-6612 ext. 9 or email [camps@mtcouncil.com](mailto:camps@mtcouncil.com).

### Prince Basketball Summer Camp

July 10-14 | Ages 10-14 | 9:00 am - 12:00 pm

August 21 - 24 | Ages 6-10 | 9:00 am - 12:00 pm

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.

If you have questions regarding Prince Basketball Summer Camp, call 403-781-6612 ext. 3 or email [rec@mtcouncil.com](mailto:rec@mtcouncil.com).

**Sportball Camp also available! Visit**  
[www.mtcouncil.com/camps](http://www.mtcouncil.com/camps) for information.

## Need a fitness fix? We offer Drop-in Passes!

Although registration is now closed, check out these great adult drop-in programs: Painting classes, Yoga, Total Body Workout, Dance Fit 50+, Zumba, Chair Yoga, H.I.T.T and MORE!

View online at: [www.mtcouncil.com/passes](http://www.mtcouncil.com/passes)

Unable to commit a full class season? 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.



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[facebook.com/GreatNews.ca](https://www.facebook.com/GreatNews.ca)



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](mailto:rec@mtcouncil.com) or call 403-781-6612 ext. 3. McKenzie Towne Hall is located at 40 McKenzie Towne Blvd. SE.

Please refer to [www.mtcouncil.com](http://www.mtcouncil.com) regularly for updates and schedule changes to social groups.

### Walking Group

Tuesday & Thursday: 9:30 am - 11:00 am (gymnasium); 11:00 am - 12:00 pm (coffee & cards)  
ALL AGES ARE WELCOME TO JOIN! Walk indoors in our gymnasium. See familiar faces and some new ones too!



### Bridge

Monday: 1:00 pm - 4:00 pm  
NOW FREE FOR EVERYONE - 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.

### Crafting Group

Monday: 6:00 pm - 8:00 pm  
Wednesday: 12:00 pm - 2:00 pm  
Come show your skills and learn from others. This group is a great way to meet new people in the community and socialize.

### Open Gym

Monday: 9:30 am - 11:30 am  
We welcome you to play in our gym at McKenzie Towne Hall. 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).

### Drop-In Playgroup

Tuesday: 12:00 pm - 2:30 pm  
Wednesday: 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).

## South Health Campus Fine Art



### Fine Craft Sale

**Wednesday and Thursday, May 10<sup>th</sup> and 11<sup>th</sup>, from 8:30 a.m. until 3:30 p.m.**

South Health Campus, Main street, across from Good Earth

There will be ten local artists in attendance showing their wonderfully crafted items in glass, wood, metal, pottery, visual arts, fibre arts, silver and semi-precious stone jewelry.

## McKenzie Towne



### Real Estate Stats

Last 12 Months McKenzie Towne

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
March 2017	\$414,900	\$407,000
February 2017	\$399,900	\$399,000
January 2017	\$408,000	\$392,000
December 2016	\$419,900	\$408,000
November 2016	\$392,400	\$386,000
October 2016	\$389,900	\$387,000
September 2016	\$399,900	\$395,000
August 2016	\$409,900	\$398,000
July 2016	\$425,000	\$414,000
June 2016	\$405,000	\$394,250
May 2016	\$434,900	\$422,500
April 2016	\$427,450	\$425,000

Last 12 Months McKenzie Towne

MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
March 2017	36	27
February 2017	15	10
January 2017	21	12
December 2016	8	11
November 2016	13	10
October 2016	15	18
September 2016	27	25
August 2016	22	23
July 2016	29	23
June 2016	24	38
May 2016	33	28
April 2016	37	16

To view more detailed information that comprise the above MLS averages please visit [mckenzie\\_towne.great-news.ca](http://mckenzie_towne.great-news.ca)

## 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](mailto:Jdonovan04@gmail.com).
- If you require child care please contact us.



## WHEELS FOR WELLS



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Help us bring clean water to those without!*

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

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

[www.wheelsforwells.ca](http://www.wheelsforwells.ca)

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

If You Feel the Same Let's Talk.

403-263-3044



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27



# Calgary Immigrant Educational Society

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

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

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

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

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

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



## Copperfield VETERINARY HOSPITAL

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Sunday: Closed

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### 2017 REGISTRATION & OPEN HOUSE SATURDAY JUNE 3, 2017

**McKenzie Towne:** 12:00pm to 1:00pm  
21 High Street SE 403-257-7966

**McKenzie Lake:** 1:30pm to 2:30pm  
16650 McKenzie Lake Blvd 403-257-0668

- ✓ Handwriting Without Tears literacy program
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- ✓ \*Educating children since 1993\*

www.achildfirstpreschool.ca  
info@achildfirstpreschool.com





# South Health Campus (SHC) Wellness Centre

Spring is in the air! Make wellness a priority. SHC Wellness Centre has a huge range of health and wellness programs. See below for some of the programs happening in May. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

## New this Spring 2017: South Health Campus YMCA Sports Court

The South Health Campus Wellness Centre and YMCA are opening an outdoor sports court for community use: **For more information call the South Health Campus YMCA at 403-956-3900**

**Emotional Well Being Meditation Drop-in**  
Every Tuesday 5:00-5:45pm

**Drumming Up Wellness**  
Every Friday 1:30-2:30pm

**HeartMath**  
May 25 6:00-8:30pm

**Mindfulness Practice Sessions**  
May 25 6:30-7:45pm

**Understanding the Experience of Grief**  
May 29 6:00-8:00pm

**Employment & Financial Management Skills Resume Writing**  
2-part series begins May 6 9:00am-4:00pm

**Assured Income for the Severely Handicapped (AISH) Workshop**  
May 18 11:00am-12:30pm

**Health Management Sleep Well Tonight – Improving Sleep**  
May 16 6:30-8:30pm

**Blood Pressure Basics**  
May 30 1:00-3:00 pm

**Eating Well with Fatty Liver Disease**  
May 24 9:00-11:30am

**Living Well on Prednisone: Nutrition & Side Effects**  
May 30 10:00am-12:00pm

**Caregiver Support Family Peer Support Program**  
May 2, 16 & 30 5:45-8:00pm

**Parents/Parents to Be Feeding Your Baby**  
May 11 10:00am-12:00pm

**Nutrition for New Moms**  
May 17 10:00am-12:00pm

**Story Time & Play Date**  
May 19 or 26 10:00-11:30am

**Healthy Eating for Pregnancy**  
May 29 6:30-8:00pm

**Food, Nutrition & Cooking Energizing and Healing Foods for your Gluten-free Diet: (Note \$Fees apply)**  
May 4 5:30-7:00pm

**I Know I Should Eat Healthy, But How?**  
May 20 9:00-11:30am

**Eating Well for Good Health (2-part series)**  
May 8 & 15 5:30-7:30 pm

**Edible Container Gardening: (Note \$Fees apply)**  
May 10 6:00-7:00pm

**Managing Emotional Eating (3 - 2.5hr. sessions)**  
May 11, 18, & 25 1:00-3:30pm

**The Truth about What Works in Weight Management**  
May 20 1:00-3:30pm

**Eating Away from Home during Special Occasions**  
May 24 1:00-3:30pm

**Healthy Cooking: Basics and Techniques (Hands-on)**  
May 24 5:00-7:00pm

**Most programs require registration. Please see our full program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call us at 403-956-3939. Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!**

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# Tasty Tomatoes

Barbara Shorrock

Calgary gardeners love their tomatoes, and can get pretty competitive over size and yield and all sorts of other categories. With our short growing season here in the Chinook belt (on average May 25-Sept 15), not to mention cold nights, days that may be warm to sizzling, moisture from drought to drowning, wind and Oh yes, hail, a bumper tomato crop is no sure thing. So, why bother? You can buy tomatoes of all sizes and shapes in the grocery store every day of the year. They come from greenhouses and fields as near as Medicine Hat and as far as California and Mexico. Plant breeders have focused for years on developing a fruit with thick skin, symmetrical shape, disease resistance and toughness to travel from field to store shelf. But in all this hybridization, the one thing that has been neglected is FLAVOUR. Do tomatoes today taste like they used to taste when you were a kid? Not likely.

What is flavour? It is a combination of about 25 volatile chemicals that make up the mouth taste and nose smell, including acids and the #1 chemical – sugar. Let's compare flavour to a classical musical symphony. If you pull out a single instrument, you many not notice. But pull out another, and then another, and at some point you will definitely know that something is missing. This is what has happened in commercial production, and now there are scientists working on identifying the genome sequences of hundreds of tomatoes, trying to figure out how to selectively put back the pieces that will improve flavour, without messing up all the lovely thick skin and great travel-ability. This is no small feat, but the researchers, producers and customers are all eagerly awaiting success.

If you have a garden, or even space for large pots, and a sunny location, you too can enjoy the sumptuous

taste of a real tomato. There are varieties in the seed catalogues that are amazing; just reading about them is an adventure. What you must remember, though, is our short season, so choose varieties that will mature in less than 70 days. (Gardeners with greenhouses already know this doesn't apply to them as the steady heat in the greenhouse makes for a different growing environment). Cherry tomatoes in particular, are well suited to a Calgary garden, as they ripen earlier than larger ones. There are some medium and large ones that will also ripen here, in a good year, before frost necessitates a move indoors. Many gardeners rely upon Heirloom types for flavour, as they are originals that have not been hybridized. Lois Hole's book *Tomato Favorites* is an excellent source of information. Here are some she recommends both for their taste and for early maturity:

- Tumbler – 49 days (everybody seems to love this one, which is designed to grow in a tall pot and tumble over the rim, producing fruit all the way to the ground.)
- Early Girl – 52 days
- Champion – 62 days
- Big Beef – 73 days
- Celebrity – 72 days

If starting seeds indoors with lights and all the associated paraphernalia isn't your thing, just choose your seedlings from the local nurseries with care, keeping FLAVOUR as your first criteria. When reading the labels, sometimes the name will give a clue, such as Ultra Sweet (52 days). By the way, some yellow and orange varieties can be just as tasty as red, if you close your eyes. I tried little yellow pear-shaped cherry tomatoes one year, but although they were super cute in a salad or on an appetizer tray, they were so mild tasting I won't do it again. It is flavour first in my kitchen.

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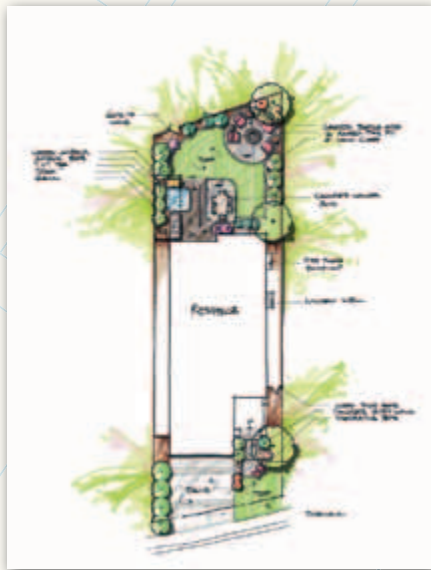
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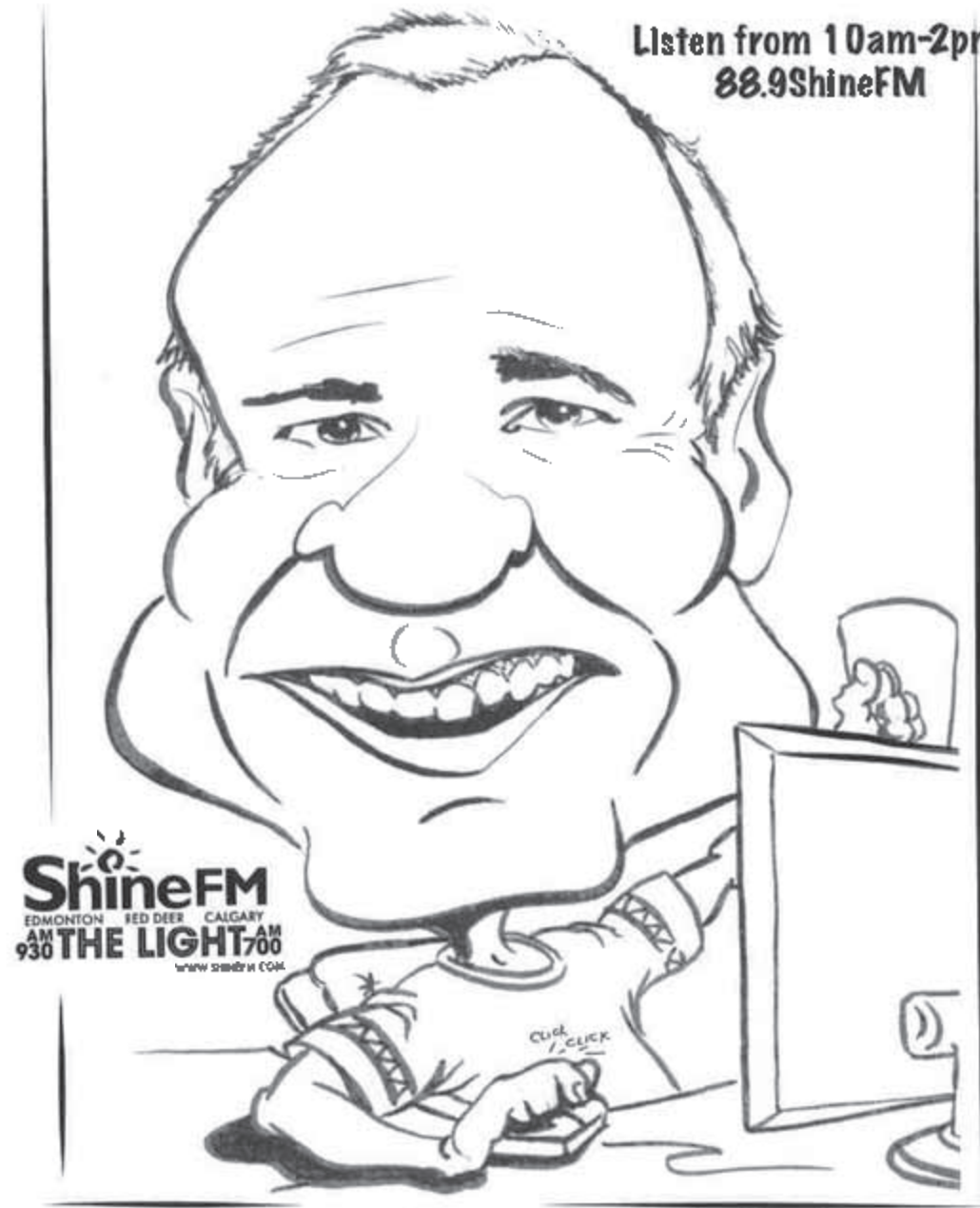
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# Setting S.M.A.R.T. Goals

By Dr. Tanja Haley, R.Psych., Certified Gottman Couples Therapist

I cannot stress the importance of setting goals enough. Goals give us something to work toward, and help us feel like we are moving along a specific path. Establishing goals invites us to look at the big picture, break it down into smaller pieces, and get started toward accomplishing our important hopes and dreams.

It seems though, that many people aren't quite sure how to set goals. One of the most common problems is that their goals tend to be too big. It is much easier to achieve smaller goals that fit with a larger objective, than to try and accomplish everything all at once. Here are some simple tips that you might find helpful:

Formulate two to three goals that you want to work toward in the next six months. Use the S.M.A.R.T. technique to help you define these goals:

- **Specific** - set clear, concrete goals. Some examples might be implementing an exercise plan, working toward a certification, or improving your relationship with your spouse.
- **Measurable** - identify markers that will indicate when you have reached your goals. If your goal is implementing an exercise plan, a marker is going to the gym three times per week. Or, if you want to have a better relationship with your spouse a marker might be checking in with him/her for at least 10 minutes per day.
- **Achievable** - ensure that your goals are realistic. Ask yourself the question of whether your goal is actually achievable or not, and be honest! For example, setting the goal of losing 10 pounds in two weeks is not realistic (and definitely not healthy!).
- **Relevant** - choose goals that are applicable to your personal or professional development. Make sure that these goals are something you are truly invested in, because you will be focusing a great deal of time and energy on them.
- **Time-Related** - set a timeline that will guide your progress. Specifying a goal for two years down the road is not as powerful a motivator as one that you set for the next six months.

Once you have set a couple of goals for yourself that you feel comfortable with, share those goals with a close family member or friend. Often voicing them out loud makes them much more tangible, and may increase your motivation for reaching them. Also, the person you entrust with these goals could become a cheerleader, and someone to celebrate your successes with.

Rick Hansen sums up the importance of setting S.M.A.R.T. goals very well:

*"The goal you set must be challenging. At the same time, it should be realistic and attainable, not impossible to reach. It should be challenging enough to make you stretch, but not so far that you break."*

## Alberta Jobs Task Force Update

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

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

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

Here are some of the task force's recommendations:

- Elimination of the federal carbon tax
- Reduction of the small business tax rate
- Reversing the mandatory increase on CPP premiums
- Respecting the non-partisan decisions of the National Energy Board with respect to the construction of new pipelines
- Investments in programs and opportunities to enhance youth employment in Alberta
- Reviewing the equalization payment formula
- Advocating for Canadian resources and Canadian industry abroad
- Provide a clear plan to bring the federal budget back into balance.

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



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## May at Trico Centre

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

### Events and Helping Others

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

### Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care.
- Don't need a full week of camp? Come to daily camps for a full day or half day, and day all summer long.
- Themed camps for preschool or children/youth. Some camps include field trips, swimming. All camps include fun and friends.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls.
- Cool Camps for Preschoolers: Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

### Children & Youth

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

patrol, adult. Private lessons too!

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

### Adults/Older Adults

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

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




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### Ward 12 Newsletter Update – May 2017

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

### Council Gets Closer to Finalizing Green Line

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

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

### Habitat Projects on the Bow River

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

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

### Ward 12 Residential Traffic Safety Town Hall

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

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

**When:** Tuesday, May 23, 7:30pm-8:45pm

**Where:** McKenzie Towne Hall, 40 McKenzie Towne Blvd SE

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



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

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

**Victoria Day, May 22, 2017**

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

**Update on Castle Park**

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

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

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

**NDP Bill 1**

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

**NDP Blood Services Bill**

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

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

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

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

**Scrolls:**

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

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

**Keeping in Contact:**

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

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

by Janine Rea, BA Economics, RRC

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

## Salary

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

## Dividends

- Are paid out of after-tax corporate profits. Corporate income in excess of the small business deduction (SBD) limit (\$500,000 federally and in most provinces) is subject to higher corporate tax rates. Most dividends paid out of dollars above the SBD are eligible for a more advantageous personal tax rate. Dividends paid with dollars taxed at the lower SBD rate are non-eligible, resulting in a lower Dividend Tax Credit for the shareholder and, consequently, attracting more personal tax than an "eligible" dividend.
- Generally recommended if cash is not required immediately, or if the combined corporate taxes plus per-

sonal income taxes on the dividend are less than the taxes payable on an equivalent salary

## A mix of salary and dividends

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

## A pure dividend strategy

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

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

## IN & AROUND CALGARY



### 3 Things for Canada

We are in the midst of our sesquicentennial—the 150<sup>th</sup> anniversary of Confederation—and I find myself with two goals.

The first is to say and write the word sesquicentennial as often as possible. Seriously, it's super fun. Grab a pen and write it into this page right now. I'm sure the next person to read this after you won't mind.

The second is to encourage every Canadian to do a very Canadian thing: give an anniversary gift to the nation—a gift of service. Imagine if every Canadian did just three things for their neighbourhood, their nation, and their world in 2017. Over the course of a year, we'll have done over 100 million acts of community building. Over 3 million acts in Calgary alone!

3 Things for Canada ([www.ThreeThingsforCanada.ca](http://www.ThreeThingsforCanada.ca)) is all about doing just that. It helps us consider what gifts of service we can give to our nation—be they large or small—by considering our own passions and how we can help. What you do is up to you. Shoveling a neighbour's sidewalk, hosting a community BBQ, volunteering for a non-profit that is making a difference around the world, taking a role on your community association, running for office. Your 3 Things for Canada are limited only by your imagination.

In this time when it may seem dark in many parts of the world—when hearts, minds, and borders may be closing—the world needs Canada more than ever. It needs our capacity to do great things be they large and small.

So let's get out there and celebrate our sesquicentennial the best way we know how. Because Canada, and the world, deserves it.

—Naheed Nenshi, Mayor of Calgary



**Pecha Kucha**  
is a presentation style where the presenter shows twenty slides, each for only 20 seconds. But the word pechakucha is also the Japanese word for "chit chat".



## YOGA

### Finding your beginning

A recent report by Harvard Medical School reported an 80% rise in yoga participation in 2016 versus 2015. Despite its growing popularity, there are those who hesitate to participate because of the many images portraying yoga as something only for the young, the slim, the incredibly flexible or the "hippie".

For those who are willing, it can be tough to know where to start. If you've been nursing a desire to try it, and are truly new to yoga, working privately with an instructor can give you the base of knowledge and confidence to step into a group session. Otherwise, here are a few suggestions to find the right yoga experience for you:

- Think of a goal you'd like to accomplish;
- Consider what you know of yoga and how it complements that goal;
- Explore your options—classes, workshops or private sessions;
- To start with, look for those with a balanced approach to poses, breathing techniques and meditation;
- Try different styles to see what fits you and your goals;
- Don't be afraid to keep looking for the experience that best fits you;
- And remember, "yoga is not for the flexible, it's for the willing" (Author Unknown).

Yoga's health benefits are many. Studies undertaken since the 1960s have found that yoga benefits both men and women. The poses and breathing techniques have contributed to lowering cholesterol and blood pressure, fostering bone formation and reducing the frequency and severity of hot flashes and night sweats by as much as 60% in peri- and menopausal women. The meditative components are used to help manage stress and anxiety, and have also been employed to positively impact emotional eating triggers while developing healthier perspectives on body image.

Tricia Murray is a Therapeutic Yoga Facilitator focused on engaging various dimensions of yoga to help people move better, live well and age strong.

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# Do they really need our help?

Article by J.G. Turner  
Photo by Andrea Hunt

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

### Is it orphaned/abandoned?

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

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

### See a Hare, Leave it There!

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

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

### Fledgling Birds

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

### Fawns

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

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



## CALGARY PUBLIC LIBRARY

### Walk150: Make Calgary feel like home, one step at a time!

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Walk150 takes place in May & June

### Book Discussion Groups

May Theme: Great Canadians!  
Travel the world of ideas while talking about your favourite Canadian author or book that made you love Canada just a little bit more. Bring your book to a lively, facilitated discussion. No registration required.  
Various Library Locations & Dates

### Bill's Book Café with Julie Van Rosendaal

Join Library CEO Bill Ptacek & local cookbook author Julie Van Rosendaal on a rich culinary journey as they talk about *Feast: Recipes and Stories from a Canadian Road Trip*.  
Alexander Calhoun Library  
May 12 | 7 pm

### Sage Hill Library

Temporary location to open in June! Visit our website for details.

To register or learn about other events, visit [calgarylibrary.ca](http://calgarylibrary.ca) or call 403.260.2620.

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**MAY MOON CALENDAR**

First Quarter May 2

Full Moon May 10

Last Quarter May 19

New Moon May 25

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

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



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

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



Photo by Yalenka Dance Group

**JUNE 18  
RAD DAD DAY – CALAWAY PARK**

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



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

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

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

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

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

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

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

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

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

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

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



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