

AUGUST 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

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New Brighton Community Association

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www.newbrightonca.com

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NEW BRIGHTON COMMUNITY ASSOCIATION CONTACT LIST

Mailing Address: c/o New Brighton Club, 2 New Brighton Dr. SE, Calgary, Alberta T2Z 4B2 • www.newbrightonca.com

EXECUTIVE		
Acting President	Amy Gregson	general.nbca@gmail.com
Vice President	Sidra Barkat	
Secretary	VACANT	
Treasurer	Carol Wellens	
BOARD OF DIRECTORS		
Memberships Director	Cathy Eastman	members.nbca@gmail.com
Communications Director	Alanna Creagh	communications.nbca@gmail.com
BOARD COMMITTEES & SPECIAL GROUPS		
School Committee	Ryan Thompson	info@newbrightonschool.com
SECRS Representative	VACANT	

CALL FOR VOLUNTEERS

We need your help! Volunteering has many benefits and only takes a few hours per month. We have a variety of positions available but would also love to hear a few more voices around the table. We generally meet on the third Thursday of each month at 7:00pm at the Clubhouse. However, please check our Facebook or Twitter for more current information.



NEW BRIGHTON RESIDENTS ASSOCIATION
www.newbrighton-connect.com

New Brighton Residents Association

2 New Brighton Drive SE • 403.781.6613

CONTACT US AT:

General Manager

Jeanna Schmidt • gm.newbrighton@shaw.ca

Parks and Amenities Supervisor

John Riess • parks.newbrighton@shaw.ca

Recreation Manager

Tanya Hinchelwood • pc.newbrighton@shaw.ca

Customer Service Supervisor

Clare Lovely • newbrightonclub@shaw.ca

CONTACT INFO

Park Hours:

Open daily: 9am – 10pm

Office Hours:

Monday-Sunday: 9:00am – 9:00pm
 closed for lunch daily 12:30-1:00pm

Phone: 403-781-6613

Fax: 403-781-6611

www.newbrighton-connect.com



NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • www.newbrighton-connect.com

Open 9:00 am - 10:00pm Monday to Sunday

Where Friends and Neighbours Gather

The New Brighton Club is a year round recreational facility, consisting of a 6500 square foot building which is used for private rentals, programs, and special events! Also on site are 2 tennis courts, a beach volleyball court, basketball courts, a playground, a splash park, and a hockey rink. Members can gain access to these facilities using their issued membership card, and can also sign in up to 5 guests/household each visit.

If you are looking for a great venue for your upcoming special event, look no further! The New Brighton Residents Association has 3 spacious rooms available for rent, any day and time of the week... one of these three comfortable rooms will be sure to meet your needs!

Banquet Room: This stunning and newly renovated 1450 square foot Banquet Room is perfect for larger parties such as weddings, birthday parties, baby showers and anniversaries.

sary parties. With a little creativity, the possibilities are endless! This room can comfortably accommodate up to 110 people seated with remaining space for a small dance floor.

Studio Room: Accommodating up to 35 people seated, the Studio Room is 462 square feet, making it the perfect venue for smaller gatherings, such as: wedding/baby showers, birthday parties, information sessions, and meetings of all types!

Board Room: The saying that "great things come in small packages" is an understatement to describe this room. Although, it is the smallest of the three, our warmly decorated Board Room is the perfect venue for corporate meetings, trainings, and seminars. Containing, a large hardwood banquet table and reclining leather chairs, the board room will comfortably host between 8-15 people.

We provide the tables, chairs, and the room... now you just have to bring the smiling guests! Additionally, the New Brighton Club also has a kitchen available for use during all rentals. A complete list of our rental rates is available on the right of this page, please contact our Administrative Coordinator for all rental inquiries, by calling 403-781-6613, ext 2 or by emailing: newbrightonclub@shaw.ca. We look forward to hosting your next event soon!

Rental Rates:

\$25.50/HR. SECURITY CHARGE AFTER 10PM

BANQUET ROOM	
1300 sqft	\$135 security charge flat rate
Residents	\$75 per hour or a day rate of \$600 from 9:00am to 1:00 am
Non-Residents	\$85 per hour or a day rate of \$800 from 9:00 am to 1:00 am
STUDIO ROOM	
Residents	\$40 per hour
Non-Residents	\$50 per hour
BOARD ROOM	
Residents	\$30 per hour
Non-Residents	\$35 per hour

A security deposit of \$500 is required for all rentals, in the form of a post-dated cheque for the date of the scheduled rental.

FIND IT FAST!

NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Club
 2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2
 Phone: (403) 781-6613, Fax: (403) 781-6611
www.newbrighton-connect.com

NEW BRIGHTON COMMUNITY ASSOCIATION (COMMUNITY ISSUES/SCHOOL BUILDING)

c/o New Brighton Club
 2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2
 Email: general.nbca@gmail.com
 Website: www.newbrightonca.com

Like us on Facebook



The New Brighton Club

To stay with the latest "happenings" at the New Brighton Residents Association, please sign up for our bi-weekly e-Newsletter on www.newbrighton-connect.com.

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NEW BRIGHTON RESIDENTS ASSOCIATION

Summer Satisfaction at the NBRA Park

It's that time of year again! Soak up the sunshine at the New Brighton Club. Gather up family and friends to enjoy the exhilarating splash park, tennis courts, volleyball court and basketball arena for a great day out in the sun and where memories can be made. Bring up to five guests with you each day! (guest sign in is required) or up to 20 guests with prior notice (a New Brighton Park Guest List form must be completed, returned and approved at least one week prior to the expected visiting date) to spice up your next event. What a great way to spend the summer!

Have your membership card?

All residents ages 12+ must have their membership card to have access to the New Brighton Club. All children under the age of 12 must be accompanied by a parent or guardian. The NBRA must see a copy of the CERTIFICATE OF TITLE, and a piece of ID showing proof of residency, in order to receive your card. Certificate of Titles can be obtained from any registry if the original cannot be located. The NBRA can also obtain a copy of your title for you at a cost of \$20.00, just come during office hours 9am—4pm weekdays for this service. Lost your card? We can replace it for just \$10 in the main office. To ensure only New Brighton residents in good standing and their signed in guests are using the NBRA facility, our customer service representatives will conduct numerous card checks daily. All residents in the park must present their cards as proof of residency. All guests must be signed in at the office upon arrival to obtain a confirmation stamp. If you can't provide a card for more than three visits a new card must be purchased within the main office.

Fall into your routine with programs at the NBRA!

It's that time of year again, time to start thinking about back to school and getting your routine back on track!

We have the perfect fall program line up to get you there with new and old favourites!

Mondays: Junior Zumba Kids (2-5yrs), Triple Fun (3-5yrs), Kids Code Force (6-12yrs), Kids Tennis (3-15yrs), Tai Chi (16+) and Adults Tennis

Tuesdays: Dance & Play, Mommy & Me Meet Up, Junior Artists (7-11yrs), Ball Hockey (5-15yrs), Little Dragons (6-10yrs), Zumba (12+) and Barre (16+)

Wednesdays: Mom & Babe Salsa, Crafty Tots (1-4yrs), Little Ninja's (6-10yrs) and Yoga Exploration (14+)

Thursdays: Mommy & Baby Yoga, Seniors Club, So You Think You Can Dance (6-10yrs), Yoga Kids (3-12yrs), Soccer (3-12yrs), To the Core (45min class) and High Fitness (16+)

Fridays: Yogini-mom yoga

Please visit www.newbrighton-connect.com for complete details and to browse the wide variety of this season's program selection! Registration begins on the 12th of August for residents and the 15th for non-residents. It's so easy to register, simply call 403-781-6613, click on our website (listed above) or visit one of our friendly staff members at 2 New Brighton Drive. Programs which do not meet the minimum numbers of registrants will be canceled, so what are you waiting for?

Spice up your fitness routine!

See a program you want to try but can't commit to the full session? Want to try something new to see results? We offer an "Adult Program Punch Pass" to both residents and non-residents! Perfect for drop in's, trying a new program, or fitting in a class on those not so busy days. The 10 class pass is available within the office of the New Brighton Club and is valid for 1 year from the date of purchase for only \$125.

Gift certificates

Want to get a friend involved? We have gift certificates available in the main office in all denominations!

~continued next page~

NEW BRIGHTON RESIDENTS ASSOCIATION

Upcoming Special Events

Our 2016/2017 Events are posted on our website (www.newbrighton-connect.com) and Facebook page (www.facebook.com/NewBrightonClub), so be sure to RSVP and save your space for all NBRA events today!

Yee-Haw!

We had such a great time at our annual Stampede Breakfast! Thank you to everyone who joined us July 16, 2016 for a morning of games, pancakes, music and fun! We would also like to extend an extra special thank you to our AMAZING SPONSORS for this event: Todd Purcell of Dominion Lending, Trevor Morrison of Morrison Real Estate, Naiad Irrigation Systems Ltd, Morrison Homes, First Calgary Financial, ATB Financial, Good Earth Café (Seton Location), and Springfree Trampolines! You are the reason we are able to provide such fantastic events! We appreciate everything you do!

Lawn Chair Theater

Friday August 12 from 9pm to 12am

It's movie night in New Brighton! The NBRA will be hosting our outdoor movie event, Friday, August 12! Show starts at 10pm, so grab your PJ's, blankets and head down to the NBRA Park to save your seats. We will have snacks, drinks and, of course, the big screen to enjoy as you watch the show! Keep checking our Facebook page and website for updates on the movie title. This event is free of charge, however, space is limited and to ensure we have enough supplies for everyone we do require you to RSVP on our website www.newbrighton-connect.com

Harvest Fest



Saturday September 10 from 12-3pm

It's fall again! This means it's time to celebrate our third

annual Harvest Fest, New Brighton's combination of fall and thanksgiving. Enjoy fresh corn on the cob with our corn boil, enter our pie and jam making contests or just take part in the day's many activities including: a bouncer, airbrush tattoo's, hay rides and many more fall themed activities! This event is free of charge, however, space is limited and to ensure we have enough supplies for everyone we do require you to RSVP on our website www.newbrighton-connect.com

Community Clean Up



The New Brighton Community Association will be hosting their annual Community Clean up this year on Sunday September 11 in the clubhouse parking lot. More details can be found at www.newbrightonca.com or email general.nbca@gmail.com

Calling all Volunteers

We are always looking for great volunteers like you! Interested in getting involved in one of our spectacular events? Please contact pc.newbrighton@shaw.ca call 403-781-6613 or visit our website www.newbrighton-connect.com for more details!

Sponsorship Opportunities

Would you like to get involved in the community? Have your company logo and presence in the foreground of everyone's mind attending NBRA events. We have a variety of Sponsorship opportunities available! If you are interested in becoming a valued sponsor please let us know! Email pc.newbrighton@shaw.ca or call 403-781-6613 extension 1.

NEW BRIGHTON RESIDENTS ASSOCIATION

Clubhouse Activities

Storytime

Every second Monday from 10:45-11:15am

August 2, 15 and 29

The book truck will be on site from 10am to 12pm. Spend the morning with the Calgary Public Library, hearing stories and singing songs the whole family can enjoy! Great for ages 0-5years!!



Mommy & Me Meet Up

Every Tuesday from 10-11:30am, \$2 drop in! or \$55 for the year!

Bring your Littles and join us for a fun morning of activity, stimulation, and socialization. Kids will enjoy games and toys, while parents will enjoy coffee, snacks, and great company! Plus, every 2nd Tuesday of the month the Government of Canada's Early Education Initiative will be joining us and setting up interactive games!

New Brighton's Seniors Club

Every Thursday from 10:30am- 12:00pm

The New Brighton Club is excited to offer our new and improved Seniors Club! We will be offering a variety of different activities including crafts, games, a monthly book club and so much more. Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer! We can't wait to meet you.

Under 18 Club (12-17yrs)

**Friday August 5, 6pm -9pm
(\$2 drop in, includes snacks)**

We are excited to offer Tween/Teen Nights! Bring your friends and enjoy a new activity every month. Join us for a fun night of friendly competition, games and of course lots of laughs! For only \$2 you can enjoy snacks, Karaoke, Minute to Win it, Amazing Races and so much more! This is a perfect place for you and your friends to hang out. August's theme will be Mexican Fiesta!

Movie in the Club

Friday August 26, 7pm -9pm \$5 per family (two adults and three kids)

Join us for an exciting evening of family fun! Indulge in popcorn, pop, and the hit movie all for the low price of \$5! We offer a cozy space for the kids to get comfortable and plenty of seating for parents to sit back and relax. Check out our website at www.newbrighton-connect.com and browse under "News and Events" to find the movie of the month. Spend a great evening with your family, and most importantly, enjoy the show!

Around the Clubhouse and Community

Looking for New Ways to Promote your Business?

The New Brighton Residents Association has launched advertising information for upcoming events, programs and local businesses on the monitor located in our skate change room. This fantastic marketing opportunity would provide businesses the ability to reach 700 people on average a week, for as little as \$15 a month. We have a variety of sizing options available! For more information and to get your business recognized in the clubhouse please contact our Recreation Assistant at 403-781-6613 extension 1 or via email at recassist.newbrighton@gmail.com

A Special Space for Your Special Event!

Looking to plan your next event? The New Brighton Club has rental space available to make that next special event a fantastic celebration! Our Banquet room, studio room and/or board room could be just what you need to make your next event a truly memorable one! Check out our availability by calling 403-781-6613 ext. 2, to see if we can help make your event dreams a reality

Want to stay connected?

We always have new and exciting things to share! Connect with us on Facebook, Instagram and by joining our mass email and keep up to date on all the latest and greatest news, events and what's happening in the clubhouse and community. To join our mass email, visit us at www.newbrighton-connect.com and click the Newsletter sign up button on the right hand side of the page.



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IN & AROUND CALGARY

Meet for Coffee 55+

If you are single and 55 years or over (near retirement or already retired) you may be interested in expanding your social network. +55 CONNECTIONS is a group for singles that meet for activities and friendship. This is not a matchmaking service. We provide a comfortable atmosphere for everyone that would like to meet others their own age that have similar interests, and wish to enjoy an active social life. Activities include pot lucks, lunches, and wing night at a local pub, picnics in the summer and much more. Come meet us for coffee any Thursday at 10:30 am. Call Lois at 403 286-3869 or Fern at 403 281-3027 for more information.

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.

IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.


Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

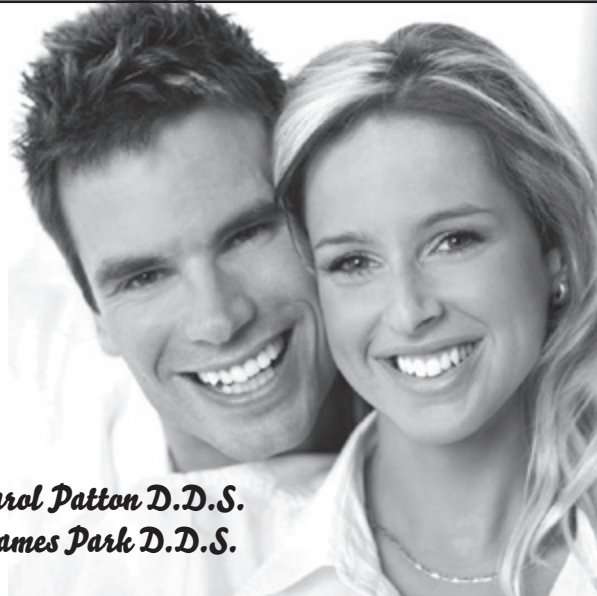
For more information or to apply, visit calgary.ca/fairentree.



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SUPPORT NEW BRIGHTON COMMUNITY ASSOCIATION

Purchase your membership today!

The difference between a Community Association and a Residents Association is:

COMMUNITY ASSOCIATION

- Annual fee is voluntary
- Made up of Resident volunteers who live in the Community
- LOBBY FOR SCHOOLS IN THIS COMMUNITY
- Act as a political voice and advocate in civic matters
- Manages and directs community sporting leagues
- Works with Block Watch to make our community safer
- Provides articles for the monthly Community Association newsletter, the New Brighton Buzz
- Responsible for working with the City on a wide variety of community issues such as traffic calming, playground zones, city park issues, etc.

RESIDENTS ASSOCIATION

- Annual fee is mandatory through an encumbrance filed on each property in New Brighton
- Created and managed by the Developer until the community is substantially built out, fees go towards the operations and maintenance of the land and amenities (assets) that are owned by the Residents Association such as the Club, 3+ acre park (that includes the water splash park, tennis courts, hockey rink), entry features and pond fountains, for the lasting enjoyment of its membership, the property owners. Coordinates a wide variety of programs and events, at the Club and in the park, to residents in the community.

Because You Value Your Community

Be sure to Renew or Purchase your New Brighton Community Membership (NBCA)

Benefit from sports, activities and partner discounts at Trico Centre for Family Wellness - Secure a vote at public meetings, or make a difference by joining the Board - and more! Please fill out the membership request form below and send it to your NBCA today!

Please select the type of membership you that you would like to purchase:
____ Family (\$20.00) or ____ Individual / Senior (\$15.00)

Name(s): _____ Date: _____

Address: _____ Postal Code: _____

Email Address: _____ Phone number: _____

Please mail or drop off this form and your payment (cash, cheque or money order) to the following address:

New Brighton Community Association

C/O New Brighton Club
2 New Brighton Drive SE
Calgary, Alberta T2Z 4B2

Contact your New Brighton Community Association Board at general.nbca@gmail.com
visit our website: www.newbrightonca.com



IN & AROUND CALGARY

The scoop on dog poop

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

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

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

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

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

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

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IN & AROUND CALGARY

Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!



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CALGARY PUBLIC LIBRARY

Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

With Flipster, you can find Maclean's, MoneySense, Rolling Stone, Chatelaine, Flare, and Today's Parent, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—People, Sports Illustrated, Fortune, Cooking Light, Entertainment Weekly, Food & Wine, InStyle, Real Simple, and Travel & Leisure.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare. The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.



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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.

IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips


- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

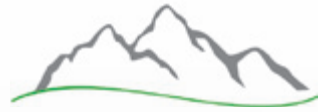
- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



Footloose Photography
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info@omiliaechelon.com | www.omiliaechelon.com



Matt Grigg is a licensed mortgage professional serving the Alberta community.

With a primary focus on customer service, Matt provides expertise in arranging mortgage financing for residential purchases, refinancing and renewals

MATT GRIGG

Quality Lending Services

Desire. Dedication. Determination. That's what **YOU** get when **YOU** work with Matt Grigg. **YOU** can be confident knowing **YOUR** best interests are being cared for. **YOU** can be confident that you will have a dedicated professional partner to satisfy **YOUR** mortgage needs.

PURCHASE MORTGAGE

- Unbiased expert advice, no fee and competitive mortgage options
- Mortgage products offered by multiple lenders including the big banks
- Best Market Rates
- Specialty programs: Self-employed, Purchase plus improvements, Investment properties, New to Canada

MORTGAGE RENEWAL

- Don't just sign lenders offer at renewal time. Get expert advice, compare and save!
- No Cost Switch Program
- Canada's best prepayment options



MORTGAGE REFINANCE

- Best Market Rates vs. Your Existing Rate
- Renovations and Home Improvements
- Consolidate high interest credit cards
- Lower your monthly payments

CORE VALUES

The values driving Matt Grigg's quality lending services also drive him in his everyday life. He is passionate about building trusting relationships, serving his community and helping individuals reach their real estate goals by getting ahead of the process.

WHAT DOES THIS MEAN FOR YOU?

- Win-Win for YOU: There is no cost to YOU. Matt is compensated by the lender for providing them with qualified business. The fee is the same regardless of what lender is chosen and it is not built into the rate.
- Matt will be YOUR dedicated partner throughout the mortgage process.
- He will provide current information on how mortgages work and what is applicable to YOU.
- Matt will provide proactive solutions to help find a competitive mortgage that works for YOU.
- YOU can have confidence and trust in the results of YOUR unbiased mortgage options.
- Matt will work as YOUR intermediary between YOU and the lender (bank) to negotiate mortgage loans.
- Matt will continue to support YOU beyond the home buying purchase.

WHY UTILIZE A MORTGAGE PROFESSIONAL?

- Benefit from an unbiased advisor. Rather than working for one financial institution, Matt deals with many financial institutions on a daily basis. This allows him to offer YOU more choices and highly competitive options.
- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.



TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

Kyla Workman



MATT GRIGG
Mortgage Professional

403.863.3997 | matt@mattgrigg.com | www.mattgrigg.com



SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com



SHC Wellness Centre

August Highlights

Are you staying in town in August 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:

Mindfulness: Body Scan & Breath Practice August 5 12:00-1:00pm

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.

Healthy Eating for Pregnancy 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.

Family Peer Support Group August 9 or 23 6:00-8:00pm

Family and friends often have a difficult time coping with a mentally ill relative or friend and wonder how best to help. The Family Peer Support Group provides

caring support and specific information and resources to aid individuals in maximizing their ability to assist those affected by mental illness while staying balanced in the process.

Resume Writing

2-day series August 13 & 20

Do you want more interviews? Are you interested in writing a high-impact resume that identifies your abilities, skills and accomplishments?

Don't forget about our weekly meditation session. This runs every Tuesday from 5:00-5:45pm and is running throughout the summer!

JOIN US! In the Kids Zone at South Health Campus Family Fun Run.

September 10, 2016 9:30am-1:00pm

Save the Date for this fantastic **FREE** family-friendly event at Calgary's newest health campus.

For more information, please visit www.ahs.ca/shcwellness.

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

Mental Wellness Recovery Groups

It is possible to recover and stay well

Depressed? Anxious? Certified Peer Specialists guide you through a structured group program proven to help people recover from depression & anxiety. 10 weeks, 2-hrs/week. 12 person max. Funded by South Calgary Primary Care Network. No fee for adults living south of Anderson Rd.

Call 403-616-3004 or go to www.mentalwellnessrecovery.com

Active Learning Programs Ltd.



French Immersion Preschool and B & A care for Sam Livingston, Lake Bonavista and Alice M Curtis Schools

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403.473.0600 | www.activelearningprograms.ca

August 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.)

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.



Kat's Nail Envy
Certified Nail Technician offering sculpted gel nail enhancement in my home based salon.
403.613.4778 | katsnailenvy@gmail.com
Facebook: Kat's Nail Envy
CALL E-MAIL OR TEXT TO BOOK AN APPOINTMENT!

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. 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, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

Trico Centre is located at 11150 Bonaventure Drive SE. 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.



The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt

Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition to their largely insectivore diet in South America.
- Look out for these hawks in farmer's fields in the au-

turn, chasing grasshoppers on foot!

- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

ST. MARGUERITE SCHOOL

Construction of St. Marguerite School is well under way, with the exterior nearing completion. The school is scheduled to open in late fall 2016 and will serve Kindergarten to Grade 5 students living in the New Brighton area with the addition of Grade 6 students the following school year. Registrations have begun in earnest for the coming school year. If you would like to register your child or require information, please contact us at 403-500-2127 and follow us on twitter @StMargueriteCCSD.

As you may be aware, the Calgary Catholic School District will be opening 3 new schools in the coming year. Prince of Peace in Auburn Bay, Our Lady of the Rosary in Cranston and St. Marguerite in New Brighton will provide the District with much needed space and resources for the residents in these communities.

Based upon continued growth in these areas, it is anticipated that all three schools could be near or at capacity within a few years of opening. We are encouraging Catholic parents with children not yet attending school to please visit each school website for information regarding future registrations.

www.ccsd.ab.ca/schools/princeofpeace
www.ccsd.ab.ca/schools/ourladyrosary
www.ccsd.ab.ca/schools/stmarguerite



Joyce Achtnig BEd, MC, CCC, Provisional Psychologist
& Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour count-down to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.



New Brighton Real Estate Update

Last 12 Months New Brighton
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$468,500.00	\$455,000.00
May 2016	\$461,950.00	\$454,000.00
April 2016	\$442,450.00	\$432,000.00
March 2016	\$459,500.00	\$444,000.00
February 2016	\$459,900.00	\$440,000.00
January 2016	\$446,950.00	\$440,500.00
December 2015	\$450,500.00	\$439,500.00
November 2015	\$447,900.00	\$437,500.00
October 2015	\$458,786.00	\$447,500.00
September 2015	\$462,400.00	\$453,500.00
August 2015	\$457,400.00	\$450,000.00
July 2015	\$477,400.00	\$465,500.00

Last 12 Months New Brighton
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	23	21
May 2016	29	22
April 2016	37	20
March 2016	21	25
February 2016	30	23
January 2016	29	10
December 2015	10	16
November 2015	13	23
October 2015	33	23
September 2015	27	22
August 2015	21	20
July 2015	25	20

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

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 29

Insects and Technology

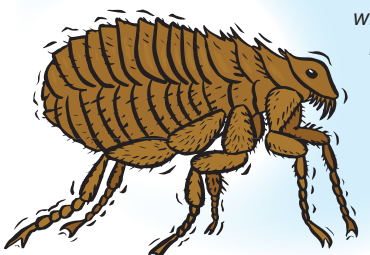
Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A

manufacturer has produced a near-perfect rubber with 98 percent

resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine

Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, "Everything is Energy." But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: "We are all connected." In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is "The Big Secret." It is also a universal law. Mastering your own frequency will turn you into a manifesting genius and you will truly astonish yourself and those around

Everything Is Energy...

cont'd

you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aid you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart — it is the best indicator of what is the right thing to do for you.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summer's evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

BUSINESS CLASSIFIEDS

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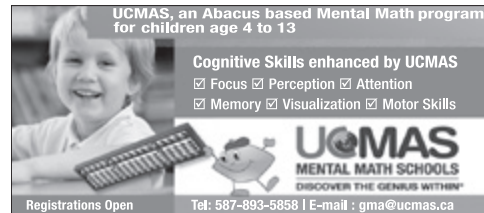
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Plant Trivia

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.



Name	Age	Contact	Course
Andrea	17	403-714-3930	No
Armeen	15	587-707-1456	Yes
Aya	13	587-893-3788	Yes
Aya	13	587-349-3788	Yes
Breanna	27	403-862-8392	Yes
Carla	33	403-681-9299	No
Cassidy	12	403-671-0064	Yes
Catalina	30	403-619-9159	No
Cate	14	403-720-8180	Yes
Danielle	16	403-455-4609	Yes
Emily	15	403-437-0956	Yes
Hala	14	403-455-5004	Yes
Hannah	12	403-207-1794	Yes
Ifeoma	31	587-229-0333	Yes
Izzy	15	587-350-2080	Yes
Jessica	20	403-808-7353	Yes
Jordyn	14	587-893-2450	Yes
Kaitlyn	16	302-726-0000	Yes
Karina	13	403-454-1185	Yes
Katie	26	403-560-3042	No
Kiana	16	403-809-4973	Yes
Kristy	19	587-432-1616	Yes
Lauren	18	403-305-0526	Yes
Leah	27	780-952-9327	Yes
Maia	13	403-474-5102	Yes
Maricel	40	587-435-3382	Yes
Paula	32	587-899-3250	No
Pia Ginelle	24	778-227-6330	No
Rayna	25	403-809-6986	Yes
Rhem	42	403-606-5551	No
Seema	42	587-892-9970	Yes
Shannen	16	403-919-7200	Yes
Shion	14	403-970-1891	Yes
Takira	12	587-777-3266	Yes
Tyra	15	403-604-0013	Yes
Victoria	13	403-697-3282	Yes

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IMPORTANT NUMBERS

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Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

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

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

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M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



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kara.weber@rbc.com

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West Island College (Blackfoot & Glenmore)

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Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

