

JULY 2016

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New Brighton Community Association  
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Phone 403.781.6613 | general.nbca@gmail.com  
[www.newbrightonca.com](http://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](http://www.newbrightonca.com)

EXECUTIVE		
Acting President	Amy Gregson	<a href="mailto:general.nbca@gmail.com">general.nbca@gmail.com</a>
Vice President	Sidra Barkat	
Secretary	VACANT	
Treasurer	Carol Wellens	
BOARD OF DIRECTORS		
Memberships Director	Cathy Eastman	<a href="mailto:members.nbca@gmail.com">members.nbca@gmail.com</a>
Communications Director	Alanna Creagh	<a href="mailto:communications.nbca@gmail.com">communications.nbca@gmail.com</a>
BOARD COMMITTEES & SPECIAL GROUPS		
School Committee	Ryan Thompson	<a href="mailto:info@newbrightonschool.com">info@newbrightonschool.com</a>
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](http://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](mailto:gm.newbrighton@shaw.ca)

##### Parks and Amenities Supervisor

John Riess • [parks.newbrighton@shaw.ca](mailto:parks.newbrighton@shaw.ca)

##### Recreation Manager

Tanya Hinchelwood • [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca)

##### Customer Service Supervisor

Clare Lovely • [newbrightonclub@shaw.ca](mailto:newbrightonclub@shaw.ca)

##### Safety & Facility Foreman

Justin Trach • [foreman.newbrighton@shaw.ca](mailto:foreman.newbrighton@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](http://www.newbrighton-connect.com)



## NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • [www.newbrighton-connect.com](http://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 anniver-

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](mailto: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](http://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](mailto:general.nbca@gmail.com)  
Website: [www.newbrightonca.com](http://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](http://www.newbrighton-connect.com).

communications.nbca@gmail.com  
**Editorial Content DEADLINE 1<sup>st</sup>**  
 of each month for the next month's issue

# KEYBOARD SHORTCUTS

## SENDING E-MAIL MESSAGES

Use the following keys (if you are emailing a document or a message) when the insertion point is in the email header. To move the insertion point into the email header, press **SHIFT+TAB**.

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# NEW BRIGHTON RESIDENTS ASSOCIATION

## Make it a summer of new experiences with the NBRA programs!

Summer is here! Time to finalize those summer plans and get ready for the best summer yet! The New Brighton Residents Association is here to help with those plans by offering a variety of classes for both adults and children.



Adults can enjoy Short Form Tai Chi, Yoga, Strollersize, Boot Camp Burn, Zumba and so much more!

Kids will love our Little Ninjas, Zumba kids, Art Classes, Mini Camps and of course much more!

Registration is currently open for both residents and non-residents, so be sure to invite your friends! Classes start the week of July 4th!

It's so easy to register, simply call 403-781-6613, click on our website ([www.newbrighton-connect.com](http://www.newbrighton-connect.com)) 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 cancelled, so what are you waiting for? Registration for our summer programs is now open!

Programs are available for both residents and non-residents, different price points are applicable.

## School Break Fun!

Make the most of your school break this summer with our themed summer camps! Available for campers ages 3-5 & 6-10. We will take you through a whole week of

education, games, crafts and much much more! Enhancing each campers experience and knowledge of their favorite themes! All camps run Monday – Friday, with complimentary before and after care available upon request. Both half day and full day options are available.

**Week 1: July 4-July 8:** Embark on a journey Around the World!

**Week 2: July 11-July 15:** Get in touch with your inner cowboy or cowgirl with Western Week!

**Week 3: July 18-July 22:** Get creative with Art Extraordinaire

**Week 4: July 25-July 29:** Hone your survival skills during Child vs Wild

**Week 5: Aug 2-Aug 5:** Head north for a fun filled Arctic Adventure! Spaces still available for our full day & half day PM camp

**Week 6: Aug 8-Aug 12:** Calling all athletes its Sports Spectacular week!

**Week 7: Aug 15-Aug 19:** A fun filled week of discovery with Science Alliance Wait list available

**Week 8: Aug 22-Aug 26:** Dive into all things ocean with Sail the 7 Seas

## 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!

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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 5 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!

## Upcoming Special Events

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

### We are so lucky!

To have such a fantastic community and we would like to thank everyone who came to join us at our NBRA Beer Gardens and 3 on 3 Basketball Tournament events held on June 11th!

A special thank you is extended to our AMAZING SPONSORS for this event: Naiad Irrigation Systems Ltd, First Calgary Financial, Molson Coors and Panago Pizza!! Without them these events would not have been such a success!!

### Stampede Breakfast

**Saturday July 16th from 9am to 12pm**

Yee-haw!! Country season is upon us and this means our annual Stampede Breakfast is just around the corner! Dust off your cowboy hat and boots, and get

ready to kick up your heels! Join us Saturday, July 16th and enjoy a pancake breakfast on us with country line dancing, petting Zoo, bouncers, photo booths, a live band and fun western games!

RSVP is not required for this event, but be sure to grab your friends and family to mosey on down to the New Brighton Club for the best Stampede Breakfast in Cowtown!

### Lawn Chair Theater

**Friday August 12th from 9pm to 12am**

It's movie night in New Brighton! The NBRA will be hosting our outdoor movie event, Friday, August 12th. 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!

Check our facebook page and website for updates on the movie that will be featured!

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](http://www.newbrighton-connect.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](mailto:pc.newbrighton@shaw.ca) call 403-781-6613 or visit our website [www.newbrighton-connect.com](http://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](mailto:pc.newbrighton@shaw.ca) or call 403-781-6613 extension 1.

## Clubhouse Activities

### Storytime

Every 2nd Monday from 10:45-11:15am

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!!

# NEW BRIGHTON RESIDENTS ASSOCIATION



### 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 & improved Seniors Club! We will be offering a variety of different activities including crafts, games, a monthly potluck 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. July will feature; crochet club, bridge day, stretch & strengthen, and paint lessons.

### Under 18 Club (12-17yrs)

Friday July 8th, 6pm -9pm and Friday July 8th, 6-9pm (\$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. July's theme will be Splash Party!

### Movie in the Club

Friday July 22nd, 7pm -9pm \$5 per family (2 adults & 3 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](http://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 Manager at 403-781-6613 extension 1 or via email at [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca)

## 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 3 visits a new card must be purchased within the main office.

~continued next page~

# NEW BRIGHTON RESIDENTS ASSOCIATION

## 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](http://www.newbrighton-connect.com) and click the Newsletter sign up button on the right hand side of the page.

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

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## New Brighton Real Estate Update

Last 12 Months New Brighton  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$459,950.00	\$452,725.00

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

	No. New Properties	No. Properties Sold
May 2016	28	22
April 2016	39	20
March 2016	24	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
June 2015	28	28

To view the specific SOLD Listings that comprise the above MLS averages please visit [new\\_brighton.great-news.ca](http://new_brighton.great-news.ca)

# McKenzie Towne STAMPEDE BREAKFAST

**July 14, 2016**  
**9:00 am – 11:00 am**  
High St. SE, McKenzie Towne

**Volunteers needed!** Visit [mtcouncil.com](http://mtcouncil.com) for volunteer information. Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help.

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



Calgary

### New skateboard park being constructed in your community.

Similar to playgrounds, skateparks encourage unstructured play, physical activity, community vitality and quality time with friends and family.

**For more information on this project visit [calgary.ca/skateparks](http://calgary.ca/skateparks).**

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## IN & AROUND CALGARY

### EMS: Heat Related Illness

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

#### Heat exhaustion

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

#### Heat stroke

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

#### First aid

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

#### Prevention

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



New Brighton  
**mybabysitterlist**

Name	Age	Contact	Course
Hannah	12	403-207-1794	Yes
Takira	12	587-777-3266	Yes
Karina	13	403-454-1185	Yes
Victoria	13	403-697-3282	Yes
Aya	13	587-893-3788	Yes
Hala	14	403-455-5004	Yes
Emily	14	403-437-0956	Yes
Shion	14	403-970-1891	Yes
Jordyn	14	403-203-1184	Yes
Izzy	15	587-350-2080	Yes
Tyra	15	403-604-0013	Yes
Armeen	15	587-707-1456	Yes
Danielle	16	403-455-4609	Yes
Kaitlyn	16	302-726-0000	Yes
Andrea	16	403-714-3930	No
Shannen	16	403-919-7200	Yes
Kiana	16	403-809-4973	Yes
Lauren	18	403-305-0526	Yes
Kristy	19	587-432-1616	Yes
Jessica	20	403-808-7353	Yes
Pia Ginelle	24	778-227-6330	No
Katie	25	403-560-3042	No
Rayna	25	403-809-6986	Yes
Catalina	30	403-619-9159	No
Paula	31	587-899-3250	No
Ifeoma	31	587-229-0333	Yes
Carla	33	403-681-9299	No
Maricel	40	587-435-3382	Yes
Seema	41	587-892-9970	Yes
Rhem	42	403-606-5551	No

#### Calling All BABYSITTERS

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

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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

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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](mailto:general.nbca@gmail.com)

visit our website: [www.newbrightonca.com](http://www.newbrightonca.com)



## Blue-winged Teal

### a Little Dabbler

By J.G. Turner

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

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

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

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to

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

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

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

### Deck Covers & Enclosures

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- ◆ SCREEN ROOMS ◆ WINDOWS

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

### July at Trico Centre

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

### Membership Specials while the Pool is Closed

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

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

### Summer Fun for Families, Children, Youth

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

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

### Summer Programs for Adults

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

### Summer Programs for Older Adults

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

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 31

## IN & AROUND CALGARY



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

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

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

Visit [calgarycommunities.com/events](http://calgarycommunities.com/events) to register today!

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

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

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



## Going on a Holiday? A message from the Federation of Calgary Communities

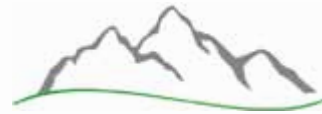
### Building Safe Communities Program

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

Below are a few tips to help reduce your risk:

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

For more helpful safety resources, check out the Federation of Calgary Communities website at [calgarycommunities.com](http://calgarycommunities.com) and visit the Virtual Resource Centre.



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



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## IN & AROUND CALGARY

### Where there's water, there IS a risk

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

#### Life jacket safety

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

#### Swimming is a lifesaving skill

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

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

Before you raft or boat

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

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

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

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with you.

For further information visit [calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx](http://calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx)

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



#### The New Adventures of Engine 23

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

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

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

### Historic Calgary Week July 22-August 1, 2016

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

## SHC Wellness Centre July Highlights

Are you staying in town in July and looking for some things for you and/or the kids to do?

Find out how we can help at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness). A few of our FREE programs are highlighted below:

#### Healthy Eating for Pregnancy

**July 4 OR August 8 6:30-8:30pm**

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

#### Introduction to the New Journaling

**July 5 6:00-7:30pm**

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

#### Art Therapy with Heart: Creative Writing & Vision Boards

**July 6 10:00am-12:00pm**

Creative expression helps patients & families with the

feelings that come with diagnosis/treatment of cancer. Adults who are receiving or moving beyond cancer treatment will engage in a creative writing activity to stoke personal images of resilience. You will create a vision board reminding you of your capacity to 'bounce back'.

#### Mindfulness

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

**July 21 6:30-7:30pm**

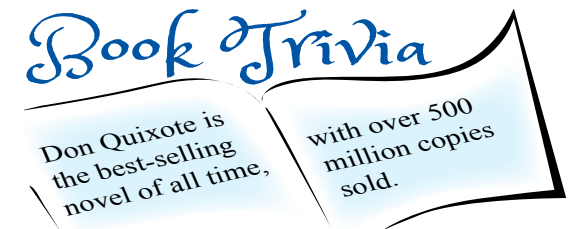
Mindfulness is an approach to self-care that can help you to deal with stress, pain, anxiety & illness by being more present to the moment. It's about finding a way to relate to your life's challenges by encouraging you to remain present so you can let go of the past & worry less about the future.

#### The Truth about What Works in Weight Management

**July 20 5:30-8:00pm**

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

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



# PET INSURANCE



## is for everyone, including Vets

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

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

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

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

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

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

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



## Cilantro Lime Chicken Salad with Creamy Avocado Dressing

*Written by: Rae-Ann Hagen, Registered Dietitian*

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

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

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

### **Cilantro Lime Chicken Marinade**

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

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

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

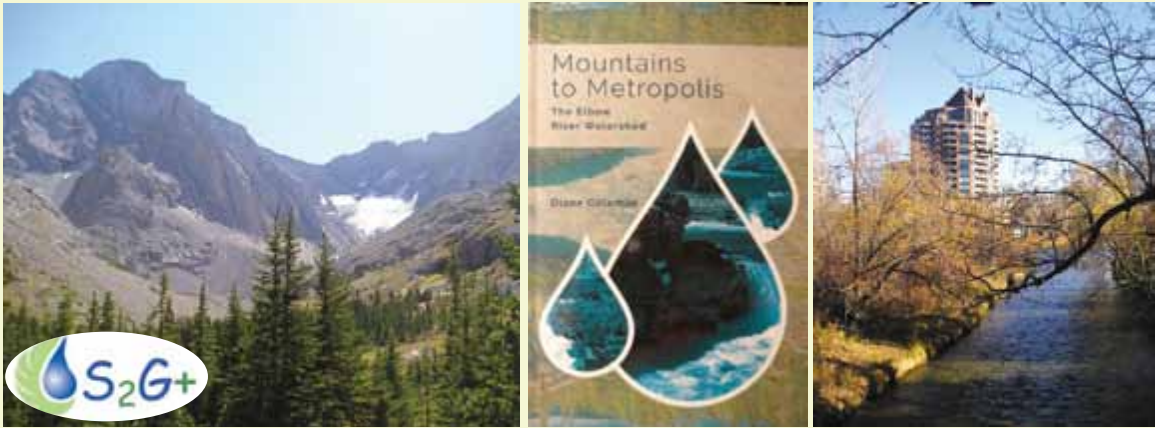
2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

### **Creamy Avocado Lime Dressing**

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

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





# New Book

## Mountains to Metropolis: The Elbow River Watershed

**S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!**

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus*

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

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

### AUGUST 5 TO 7 EXPO LATINO

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



### AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

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



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

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





# 10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

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

### Can I tell from the ground?

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

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

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

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

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

### What does hail do to a roof?

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

Hail does several things:

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

### Do I need to get my roof replaced right away?

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

### What does hail hit look like?

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

### Why would my insurance company replace my roof?

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

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

The amount of shingles to remove from your roof is the

~continued on page 31~

## IN & AROUND CALGARY

### July Programs and Events in Fish Creek

[www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)

#### Parks Day & Creekfest

Free Fun for the Whole Family!

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

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

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

#### Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

#### Minibus Tours

##### Archaeology in the Park: Finding the Pioneers

Tuesday, July 12, 1:00 – 4:00 pm

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

##### Photography Tours: Unleash the Power of Your Digital SLR Camera

Tuesday, July 19, 9:00 – 11:00 am

In this beginner's level photography class, you will learn

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

#### Wellness Programs in Fish Creek

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

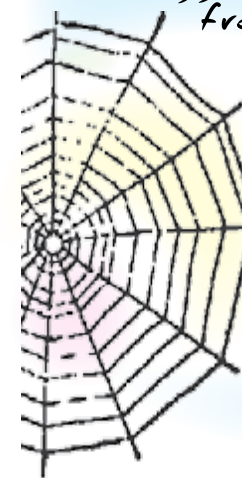
**Yoga:** 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton

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

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

## Insects and Technology

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



*Discovery Magazine*





Canadian Cancer Society  
Société canadienne du cancer

# How to enjoy the summer sun safely

By Paula Trotter

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

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

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

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

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

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

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

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

## IN & AROUND CALGARY

### Fish Creek Provincial Park Summer Tour Series 2016

This summer discover the natural wonders of Fish Creek Provincial Park.

Bring your family and friends and join us as we explore this oasis in the city.

Come prepared for the weather and walking (easy trails). Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera. Included this season visits to Big Hill Springs and Glenbow Ranch Provincial Parks and guest presenters from Trout Unlimited Canada, The Friends of Fish Creek Provincial Park Society and more.

Registration Required: Please phone (403) 297-7927 or email [Roland.Kirzinger@gov.ab.ca](mailto:Roland.Kirzinger@gov.ab.ca)

Admission: By donation (suggested \$5.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park.

#### Tuesday, July 5:

##### **Accessibility and Inclusion in Alberta Parks**

Do barriers prevent you from getting out in nature and parks? On this tour Jill Miller will share with you the innovative ways Alberta Parks is removing barriers to get everyone outside, regardless of ability, age, or cultural background. Come try out the Park Explorer, an adaptive wheelchair developed by Alberta Parks staff and find out more about the Push to Open Nature initiative.

When: 7:00 p.m. – 9:00 p.m.

Where: Fish Creek Environmental Learning Centre, Shannon Terrace Day Use Area

#### Tuesday, July 12:

##### **Glenbow Ranch Provincial Park Tour**

When: 9:00 a.m. – 12:00 noon

Where: Glenbow Ranch Provincial Park (maps and directions will be provided)

#### Tuesday, July 19:

##### **Fish Creek as Theatre: The Ongoing Play Between Native and Invasive Plants in Fish Creek**

When: 7:00 p.m. – 9:00 p.m.

Where: Boat Launch Parking Lot (Located off Bow Bottom Trail S.E.)

#### Tuesday, July 26:

##### **Fish Creek's Native Grasslands**

When: 7:00 p.m. — 9:00 p.m.

Where: Bebo Grove (South end of 24 St. SW)

#### Tuesday, August 2:

##### **Big Hill Springs Provincial Park Tour**

When: 10:00 a.m.—12:00 noon

Where: Big Hill Springs Provincial Park (maps and directions will be provided)

#### Wednesday, August 9:

##### **Trout and the Bow River**

When: 7:00 pm – 9:00 pm

Where: Mallard Point Day Use Area (Access off Canyon Meadows Dr. S.E.)

#### Tuesday, August 16:

##### **Birding Basics**

When: 7:00 p.m. – 9:00 p.m.


Where: Votier's Flats (South end of Elbow Dr. SW)

#### Tuesday, August 23:

##### **The Good, The Bad and the Beavers**

When: 7:00 pm – 9:00 pm

Where: Bow Valley Ranch Visitor Centre, Bow Bottom Trail SE



### Animal Trivia

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



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

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

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

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

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

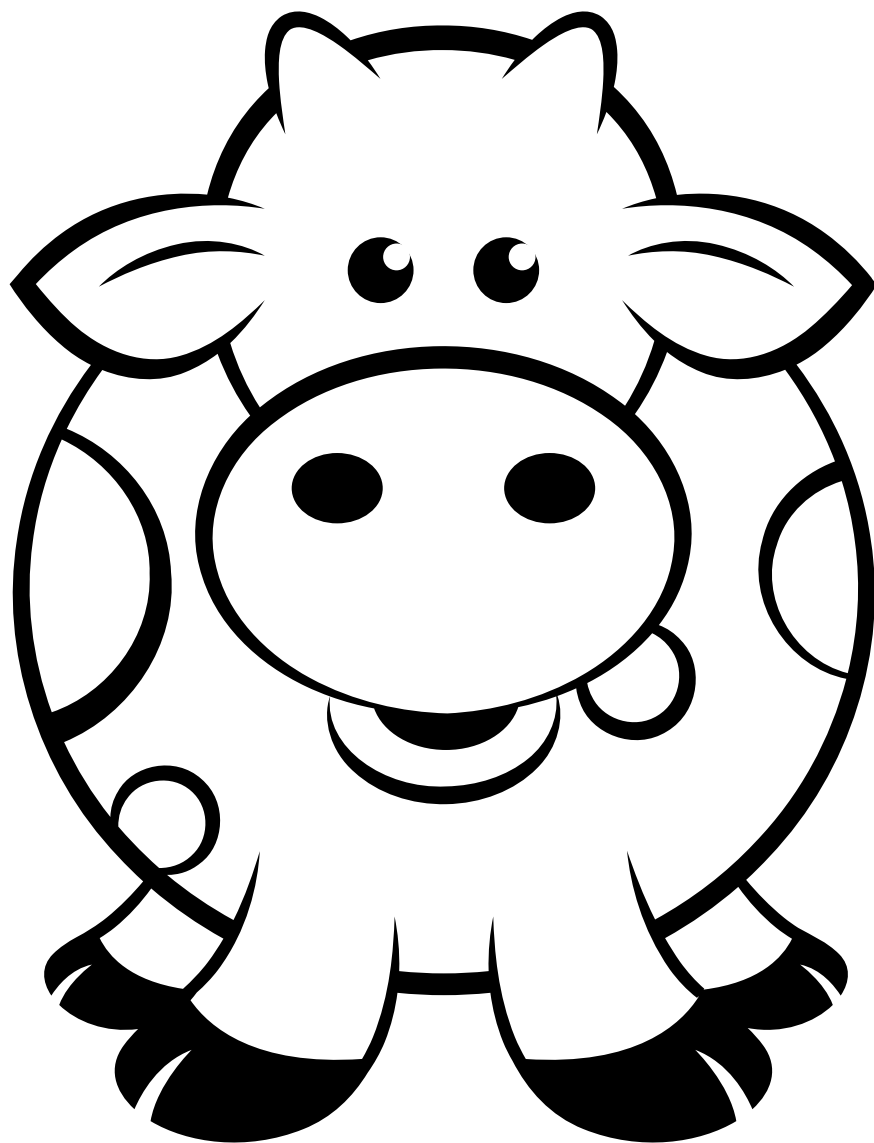
**In my adjustment, my insurance company deducted some money for depreciation, what is that all about?**

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

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

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





## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

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

### HOSPITALS / URGENT CARE

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

### OTHER

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

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

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

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

**FLC SENIORS CLUB – TAI CHI 55+** Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca)

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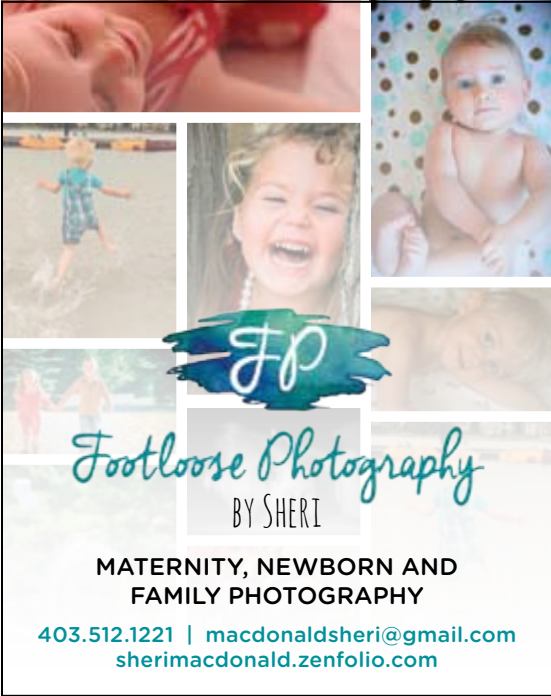
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Web: <http://shanekeating.blogspot.com/>

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

#### Recreation Centre Update

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

#### Great Plains

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

#### Quarry Park

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

#### New Brighton Regional Athletic Park

The opening for this outdoor athletic park was on June 25<sup>th</sup>.

#### Seton

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

#### Deerfoot Trail Study

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

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

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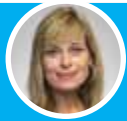




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