

JUNE 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **NEW BRIGHTON** buzz

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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.

NEW BRIGHTON RESIDENTS ASSOCIATION

the New Brighton Club and is valid for **1 year** from the date of purchase for only **\$125**.

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

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) and Facebook page (www.facebook.com/NewBrightonClub), so be sure to RSVP and save your space for all NBRA events today!

Thank You! To our Sponsors

The NBRA is very grateful to have such a fantastic community and we would like to thank everyone who came to join us at the "Community Street Market" event held on May 7th, 2016. A special thank you is extended to our sponsors for this event: Naiad Irrigation Systems Ltd, Morrison Homes, Springfree Trampolines, Perogy Boyz and Vasilis. You all helped make this event such a success!!



3 on 3 Basketball Tournament Saturday June 11th from 9am to 5pm

Introducing our first 3 on 3 Basketball Tourney! Join us for an action packed day of half court 3 on 3 games, followed by a nail biting full court final as team's battle for the gold.

The tournament will consist of 8 teams. Registration must be completed in person so please stop by the office to pick up your teams registration package, starting February 12th, 2016. Cost to register is \$50 a team, prizes will be awarded for 1st, 2nd and 3rd! Be sure you register your team soon as space is limit and this tournament will full up quickly!

NBRA Beer Gardens Saturday June 11th from 6pm to 10pm

Get to know your neighbours in a relaxed setting at the New Brighton Clubhouse during the NBRA's 2nd Annual Beer Gardens within the Tennis Courts of the park. A live band, outdoor games and of course beer await! It's the perfect chance to spend time with your neighbours!

All participants must be 18+ to attend and ID will be required at the entrance for all. Grab a beer for only \$4!

Need a babysitter? We will be holding a movie night in the clubhouse for the duration of the event so kids can come hang out while parents enjoy the gardens.

This event is for residents only and is free of charge, however, space is limited; therefore to ensure we have enough supplies for everyone we do require you to RSVP on our website www.newbrighton-connect.com.

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!

Calling all Volunteers

We are always looking for great volunteers like you! Interested in getting involved in one of our spectacular

NEW BRIGHTON RESIDENTS ASSOCIATION

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 Additions

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.



Movie in the Club

Friday June 24th, 7pm -9pm \$5 per family (2adults & 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.

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!

Under 18 Club (12-17yrs)

Friday June 3rd, 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! Be sure to check our website and Facebook page for each month's activity guide and you won't be disappointed! This is a perfect place for you and your friends to hang out.

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!

Upcoming Workshops

Bike Rodeo

Saturday June 4th from 1pm to 4pm Res: \$10 and Non-Res: \$25

A fantastic way to create excitement about biking and being active, join us for a day of cycling fun! Trained Pedalhead's instructors will guide kids through a series of stations including ramps, teeter totters, traffic intersections, bike decorating and more, designed for all skill levels! Learn the proper bike safety tips, have your bike checked to ensure all parts are operating properly and discover the importance of proper helmet safety and fitting. End the day with a bike parade to show off your new skills! *Participants are required to bring their own bikes and helmets.*

Around the Clubhouse and Community Good Food Boxes

Don't forget to order your next Good Food Box before the cut-off date, which is **on June 14th, 2016 at noon**. "The Good Food Box" (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low

~continued next page~

NEW BRIGHTON RESIDENTS ASSOCIATION

cost. Interested in getting a box? Visit us in the main offer to place your order!!

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

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.

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.



McKenzie Towne STAMPEDE BREAKFAST

July 14, 2016

9:00 am – 11:00 am

High St. SE, McKenzie Towne

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

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



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\$16,000	\$8,000	50%
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\$19,000	\$9,500	50%

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.

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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
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
May 2015	\$458,700.00	\$452,250.00

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

	No. New Properties	No. Properties Sold
April 2016	44	20
March 2016	27	25
February 2016	31	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
May 2015	36	32

To view the specific SOLD Listings that comprise the above
MLS averages please visit [new_brighton.great-news.ca](#)



Name	Age	Contact	Course
Takira	12	587-777-3266	Yes
Hannah	12	403-207-1794	Yes
Karina	12	403-454-1185	Yes
Victoria	13	403-697-3282	Yes
Hala	14	403-455-5004	Yes
Shion	14	403-970-1891	Yes
Tyra	14	403-604-0013	Yes
Emily	14	403-437-0956	Yes
Jordyn	14	403-203-1184	Yes
Izzy	15	587-350-2080	Yes
Armeen	15	587-707-1456	Yes
Kiana	15	403-809-4973	Yes
Kaitlyn	16	302-726-0000	Yes
Andrea	16	403-714-3930	No
Shannen	16	403-919-7200	Yes
Danielle	16	403-455-4609	Yes
Lauren	18	403-305-0526	Yes
Kristy	19	587-432-1616	Yes
Jessica	20	403-862-2383	Yes
Pia Ginelle	24	778-227-6330	No
Katie	25	403-560-3042	No
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](#) and choose the Calgary communities
you would like to babysit in.

Calling All PARENTS

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

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

Alicia Colquhoun

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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

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

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

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

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

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

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

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

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

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

JULY 8 TO 17

CALGARY STAMPEDE

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



JULY 21 TO 23

MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



JULY 30

SLIDE THE CITY

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



JULY

IN & AROUND
CALGARY

Backyard Play Safety

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

Water hazards

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

Lawn and garden tools

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

Insect bites and stings

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



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.

IN & AROUND
CALGARY

YOUR CITY SECTION

Check out these important updates from The City of Calgary

Celebrate the contribution of Calgary seniors during Seniors’ Week: June 6 - 12. Visit calgary.ca/seniorsweek for events in your community.	calgary.ca/seniorsweek
Neighbour Day (June 18) is an opportunity for neighbours to come together to celebrate our strong community spirit.	calgary.ca/neighbourday
Stuck on Deerfoot? Share your challenges and recommendations to make this road better at one of our open houses or online.	calgary.ca/deerfoot
Planning on doing some yard renovations this summer? Be sure to visit calgary.ca/homeimprovement .	calgary.ca/homeimprovement
Join with other Calgarians on June 23 to celebrate the Chief David Crowchild Memorial Awards. Learn more by searching Chief David Crowchild on calgary.ca .	Search Chief David Crowchild on calgary.ca
Bring the family to Canada’s largest man-made wetland on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary’s Park Fest!	calgary.ca/parksevents
Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)	calgary.ca/cema

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IN & AROUND CALGARY



Thinking about a yard improvement project?

Garages, decks, fences
and even driveway wid-
ening are just some of

the projects that often require a permit.

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

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

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

Planning, development, licence or permit question?

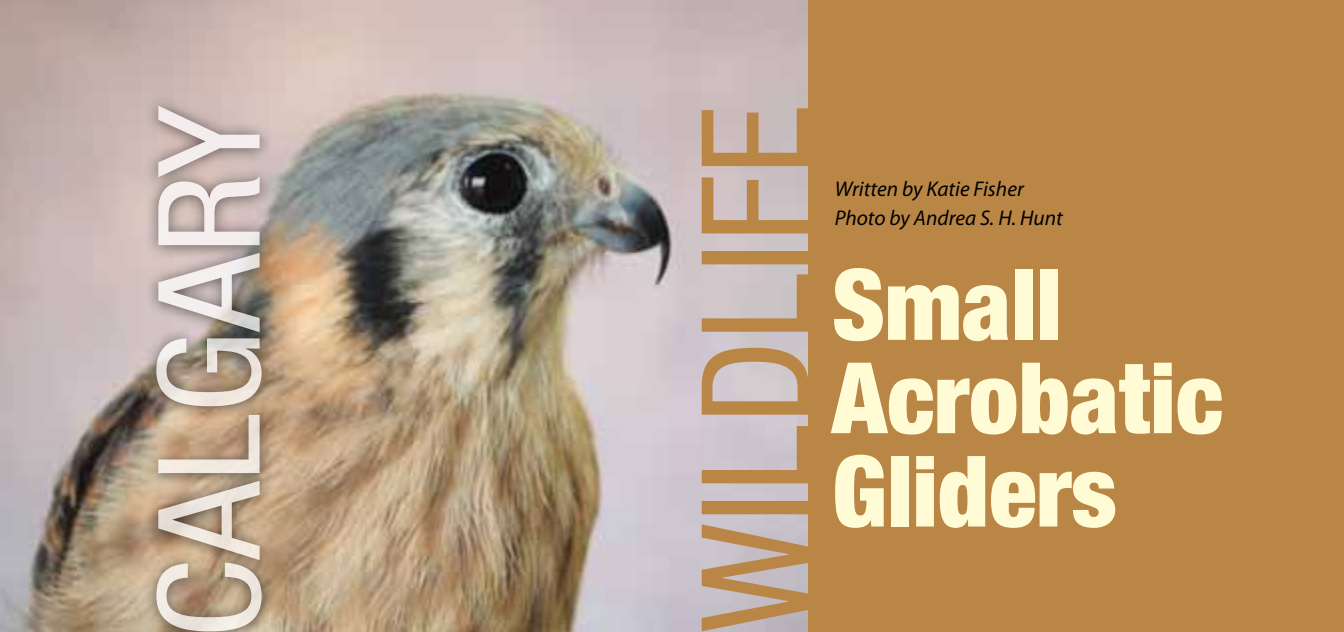
Visit Calgary.ca/homeimprovement or call and visit Planning Services.

Planning Services

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

Call centre: 403-268-5311

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



Written by Katie Fisher

Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

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

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

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

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

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

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

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

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Become a “Well Travelled Reader” this summer with our Little Free Library Passport challenge!

Like books? Like travel? How about a literacy-inspired journey around Calgary? It's free, fun for you, your family, group or team . . . and you can earn a great prize!

At Calgary Reads we inspire a reading-revival movement. Now, as part of spreading the joy of reading – you can take part in our **Little Free Library Passport challenge**:

1. First: visit the Passport Office (aka Calgary Reads – 105, 105 12th Ave SE) and collect your free Little Free Library Passport.
2. Then alone . . . or with your family, friends or group (who have Passports too) – visit the 14 Little Free Libraries (reader citizenship posts!) listed in the Passport. Use the stamps provided at each Little Free Library to stamp your Passport on the corresponding page.
3. Return to the Passport Office with at least 10 stamps in your Passport and receive a custom “Well Travelled Reader” badge to sew onto your jacket, backpack or hat. Treat each Little Free Library as if it were a different country and the stamp as your proof of entrance (visit)!

This adventure is open to anyone. Help us highlight the Little Free Library movement and share the importance of literacy and the joy of reading! On your travels perhaps bring a book or two to leave behind or choose a new (to you) one from a Little Free Library as you visit.

This project is an exciting collaboration with Calgary's 2014-2016 poet laureate Derek Beaulieu. Award winning poet, author and publisher, Derek's creativity flourishes. He created the stunning visual poems in our Passport.

So, be a Well Travelled Reader! Don't forget to share your photos with us @CalgaryReads using hashtag #yycLFLPassport.

The Calgary Reads office will be closed for summer break from July 18 to August 15, 2016. Pick up your free Passport soon and come back late summer to collect your badge! Calgaryreads.com.

Millennials The New Transformers

Suzanne Smith-Demers – Consultant

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

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

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

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

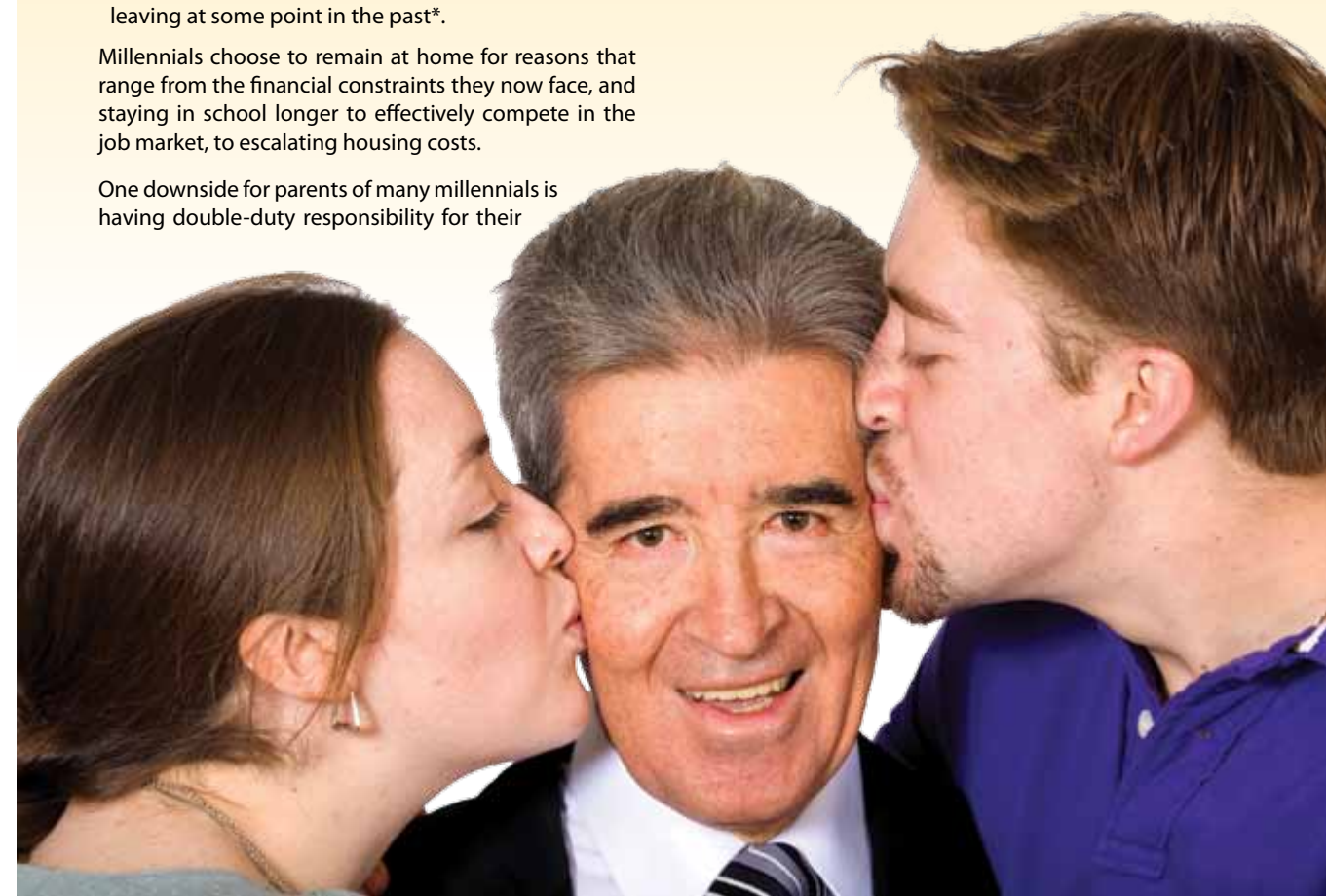
older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

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

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

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

**Source: Statistics Canada 2011 Census*



Free Tours of Reader Rock Garden

Mark your calendars for the National Garden Days at Reader Rock Garden, taking place on Saturday, June 18, 2016. This free event, hosted by the Friends of Reader Rock Garden Society, will be held between 1:00 - 3:00 p.m. at the historical gardens, which are located at the corner of 25th Avenue SE and Macleod Trail South. There will be tours of the garden, a used gardening book sale, draw prizes and light refreshments. Event will be held rain or shine. More information on the gardens at: www.readerrock.com or email us at info@readerrock.com.

POOL REFURBISHMENT MEMBERSHIP SPECIAL!

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IN & AROUND CALGARY

BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

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

NATURAL GAS/PROPANE GRILLS

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

CHARCOAL GRILLS

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

Become a Depot and Help Others in Need Right in your Own Community



I am sitting in my office looking at a map of Calgary. A city of a million people is an expanse of quadrants and communities. And within every neighbourhood, there is someone in need. The face of the food bank is anyone, anywhere but I wonder how we can reach everyone. Then I remember the incredible generosity of this city and that you don't know until you ask: **Will you be a satellite depot for the Calgary Food Bank?**

We are in need of hamper distribution depots in order to make emergency food accessible for families and individuals in various neighbourhoods throughout the city. Because of our main warehouse location in the SE industrial area, it can be extremely challenging for some to pick-up their hampers. This is where a depot location becomes an important part of the distribution process.

What is required?

- Are you accessible by transit, foot or car
- Do you have a space to store and distribute hampers

- Can you operate for two hours
- Do you have double doors where a pallet can be moved through
- Do you have refrigeration
- Can you manage volunteers during distribution
- Will you sign a memorandum of understanding

What we can do?

The Calgary Food Bank wants to make being a depot seamless and stress-free.

- We will screen, qualify and book clients
- We build and deliver the hampers
- We will recruit, train and schedule volunteers
- We can create flexible distribution hours
- We will create and provide depot signage

Ready to help? Visit our website and fill out an application form at www.calgaryfoodbank.com/give/become-a-depot/ or call Selby Quinn at 403-253-2059 ext 201 today!

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BBB A+

IN & AROUND CALGARY



Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

Construction Zone Safety

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

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

For more information on construction zone safety, visit calgary.ca/constructionzonesafety.

For information on road closures and detours, visit calgary.ca/trafficinfo.



Celebrate Seniors Week June 6-12

Seniors make a huge difference in the lives of Calgarians. Celebrate Calgary's seniors this June by attending one of the many community events hosted around Calgary.

There is so much to learn from the members of Calgary's senior community. They have participated in the building and history of our city and continue to impact the lives of those around them. Whether it is sharing their time by volunteering or their love by helping family and friends, Calgary's seniors are integral members of our society. Treat the seniors in your life to a special occasion this June 6 through 12. Learn more by visiting calgary.ca/seniorsweek.

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.cssd.ab.ca/board-of-trustees/, Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

District Leadership

The role of providing leadership for Calgary Catholic School District is comprised of two distinct parts, Governance and Administration, and is a cooperative process. It is through the collaboration of the Board and Chief Superintendent that we are best able to serve our district and meet the needs of our students. The Board of Trustees, as your locally elected officials, have the legislative mandate and are ultimately accountable for student education.

How does CCSD set direction?

We are continually assessing the course of our district and monitoring to ensure we are meeting student needs. There are several key tools that trustees use to ensure we are fulfilling our mandate.

Board Policy - Direction is given to the Chief Superintendent by the Board of Trustees through the policies we set. It is then the responsibility of the Chief Superintendent to put these policies into action; these actions are defined in our Administrative Procedures. We are committed to continuous improvement to best serve our students. On October 7, 2015 the Board of Trustees made a motion to review and revise our policies using the G-TEC Model; Governing Through Engagement and Collaboration. On April 13, 2016, the Board of Trustees made a motion to rescind the current policies and accept our new Board Policy Handbook. The process of reviewing and revising Board Policies and the work of administration to put these into Administrative Procedures has renewed and strengthened the foundation of the district.

Community Engagement - Critical to our success is understanding the needs of the public which we serve. This year an extensive public engagement was facilitated through a ThoughtExchange online survey. Over 10,000 unique individuals participated, providing over 18,000 thoughts with over 600,000 stars applied to prioritize these ideas. This information is used to inform decisions on budget, strategic direction and many other areas.

Strategic Planning - Each year the Board of Trustees and the Chief Superintendent, supported by Senior Administration and district staff, work together to define the district priorities which form the Three-Year Education Plan. Annually, data is received from a variety of sources to help the Board of Trustees and administration assess the impact of the work done in the district. More information about our district Three-Year Education Plan can be found at: www.cssd.ab.ca/AboutUs/ReportsandPublications/Pages/default.aspx

We wish you all a safe and wonderful summer!

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ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to aboretums and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.

IN & AROUND CALGARY

World Elder Abuse Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit calgary.ca/seniorsweek for event information.

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.

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Footloose Photography
BY SHERI

**MATERNITY, NEWBORN AND
FAMILY PHOTOGRAPHY**

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How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

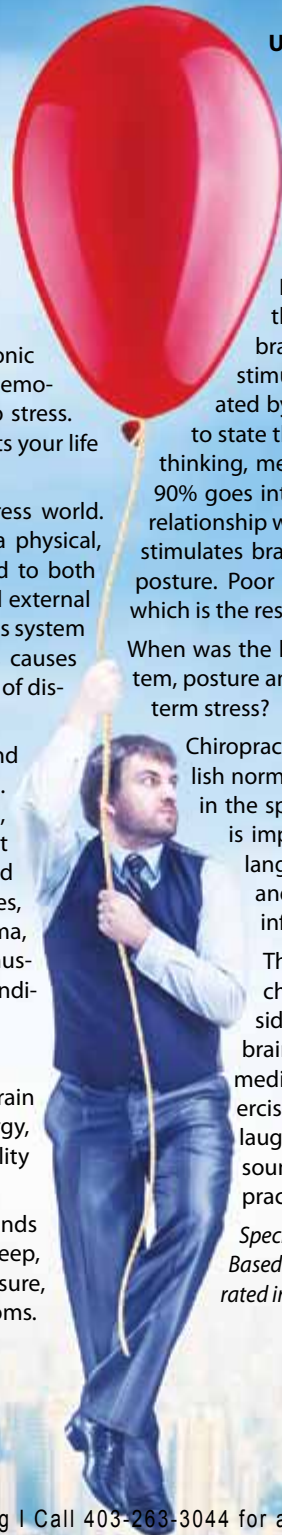
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

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Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

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

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

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

Coffee with Your Councillor

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

Deerfoot Trail Open House

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

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

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Injury Prevention

5 Tips for Preparing Kids for Summer Sports

Dr. Jessica Hiebert, Pediatric Chiropractor



It is now spring and the kids are getting excited for the start of the outdoor sport season. Here are some important points to remember to keep them smiling and free from injury this summer.

Set the Body up for Success: Sleep, nutrition and hydration all have an important effect on the exercising body. Make sure that your child is getting enough rest in the days leading up to practices and games. Eating energy-packed vegetables and staying hydrated will ensure adequate energy to perform at their best!

Warm-up the Body: Performing a dynamic warm-up prior to play is important to ensure that the body is ready for activity. Arm swings, knee bends and jumping jacks are some examples of fun, safe and effective warm-up exercises. Static stretching should only be done after activity during the cool-down as it can decrease strength and stability when done prior practices or games.

Add Movement Variety: Kids that participate in two to three different activities are more likely to avoid injury as compared to those who perform the same repetitive activities. Each activity involves a combination of movement patterns; some activities are based around running (soccer, track), some use one arm/shoulder predominantly (tennis, softball) and some are more full body activities (gymnastics, swimming, yoga). Adding

variety helps to prevent overuse of one particular area which may lead to a repetitive strain injury.

Avoid Activity Burn-out: Activities help kids to stay active physically and mentally but can also lead to stress, fatigue and immune system dysfunction if the child is over-committed. If your child develops chronic infections, colds or flu's, repetitive injuries or changes in overall mood, energy or personality, they may be experiencing activity burn-out.

Get a Pre-Activity Assessment: Body posture and alignment are visual cues that show how well the spine and nervous system are functioning. Gait, balance, flexibility, coordination and joint function should be assessed on a regular basis to ensure the child's body is functioning well for their appropriate stage of growth and development. When the spine and body are in great working order it allows our joints and muscles to work efficiently and facilitates optimal blood flow, nerve function, breathing and healing. When we optimize the body it keeps us free from repetitive strain injury - the most common type of athletic injury in kids!

Summer sports are a great way for kids to meet new friends, get adequate physical activity and learn new skills. Incorporating some of these tips will help our little athletes stay healthy, prevent injuries and keep them out on the field having fun!

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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
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Insects and Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.



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Why Is Oral Hygiene So Important?

Stephanie McIntyre

If you're over the age of 35, you're more at risk of losing your teeth to gum diseases (periodontal diseases) than tooth decay. Dental decay and cavities aren't the cause of tooth loss in adult patients compared to the slow, but highly destructive nature of gum disease. Caused by bacterial plaque, gum disease affects three out of four adults at some point in their life; robbing patients of their smile and oral health. **But the good news is that it can be prevented and controlled with effective oral hygiene.**

Oral Hygiene – Choose Your Weapon

Manufacturers of oral hygiene products have done a great job ensuring that there's an available plaque-fighting weapon that suits the unique needs and preferences of patients. From gum stimulators, floss wands and tapered bristles to sonic toothbrushes with UV sanitizers – there really isn't an excuse for not having a squeaky clean mouth. Not everyone loves to floss as negotiating around crooked teeth or handling floss if you have arthritic hands can be challenging. Talking with your dental team about your dental health needs, along with physical conditions that would prevent you from being able to brush and floss, gives your hygienist and dentist a chance to recommend devices that are

designed to do the job of keeping teeth and gums healthy.

Is Brushing and Flossing Enough?

Good homecare that consists of brushing twice a day and flossing (or using a flossing instrument) once in a 24 hour period builds a great foundation for good oral health. It doesn't take a lot of plaque to cause gum irritation that results in puffy and bleeding tissue – often considered the first signs of gum disease. Keeping tooth surfaces and gum tissue free from damaging bacteria that lives in plaque reduces inflamed gums, prevents pocketing around teeth and slows gum and bone recession. But is brushing and flossing enough to prevent gum diseases? **It's a great start and becomes even stronger when partnered with regular visits to the dentist for a professional cleaning.** A hygienist has special tools and instruments that can access the toughest of spots – removing plaque deposits that are just too tricky for dental floss to reach. The added benefit of having a dental cleaning is that any areas of inflamed tissue are irrigated during the cleaning – often rinsed with a solution that kills harmful bacteria that causes gum disease.



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