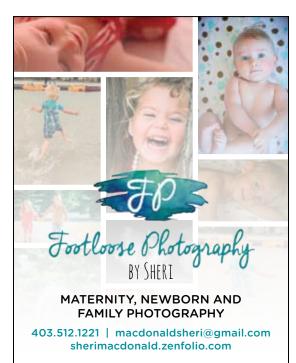
NEW BRIGHTON buzz

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New Brighton Community Association

2 New Brighton Drive SE Calgary, Alberta T2Z 4B2 Phone 403.781.6613 | general.nbca@gmail.com www.newbrightonca.com

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PRESIDENT'S MESSAGE

By Amy Gregson

2015 – 2016 was a great year of moving forward in New Brighton. As many of you may be aware, our Community Association has been active on many fronts. The New Brighton Elementary School Parent's Association has been very active in the community hosting monthly bottle drives and most recently a Silent Auction all to raise money for the New Brighton Elementary School. The group has done great work and will be very important to getting a playground and other things for the school.

Once again we partnered with the New Brighton Resident's Association to hand out flyers at the Stampede Breakfast. This gives the New Brighton CA the opportunity to get more exposure to the residents in the community. The Resident's Association also allowed us to host our Community Clean-up in September where we had out the City of Calgary organics and garbage pickup, electronics recycling, the Women's Shelter and the



Parents Association. It was well attended and we are looking forward to hosting more in the future. We also hosted our First Annual Block Party of June 21. The New Brighton Gardens held a very successful block party on Neighbours Day where they had a potluck and BBQ with everyone bringing out their BBQs to the park to cook on. Even Nenshi stopped by. We were thrilled to help support them.

Looking ahead to 2016, I believe that the CA will be busy representing the "civic voice" of those who live in New Brighton. We will continue to work closely with our elected officials on important issues such as transit. We are also looking forward to the opening of the three new schools and athletic park, along with the continued construction of the skatepark. The Community Association will continue to play an active role in representing the residents of New Brighton.

Our big initiative is the start of a community garden. The community garden will be located new the new Dr. Martha Cohen Jr. High. Thank you to Martin Blake who has stepped up to start this project. The NBCA has submitted all the documents in order to get a site visit from the city. We have been looking for people to start a committee. We will need people to help with the design, looking for grants and getting the garden off its feet. We have had interest from some people, and will look forward to hosting our first committee meeting in the near future.

We are hosting another Neighbour Day BBQ this year again. We had three submissions this year and are thrilled to support the winning street again this year. We will also be partnering with London Drugs to hold our Community Clean-up this year on Sunday, September 11.

Finally, I would like to take the time to thank the volunteers who have sat on our Board this past year. In particular, I would like to thank Ryan Thompson for his service and that he will still be on the New Brighton Elementary Parents Association. I would like to welcome Amanda Zarate, Karen Duffy and Trevor McMurtrie to the team as they all recently stepped up to be on the board. I would also like to thank the backbones of our organization Alanna Creagh and Cathy Eastman for all their support and work over the past year and to former President Amber Stewart for her help in transitioning everything.

As always, we will continue to have room at the table for anyone and everyone who may be interested in joining. The time commitment is small (one meeting per month) but the benefits are tremendous. We have a great deal of fun and take pride in the work we do on behalf of the New Brighton Community.

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 & S	PECIAL 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

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 anniver-

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.

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 banguet 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 quests! 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

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

\$40 per hour Residents Non-Residents \$50 per hour

BOARD ROOM

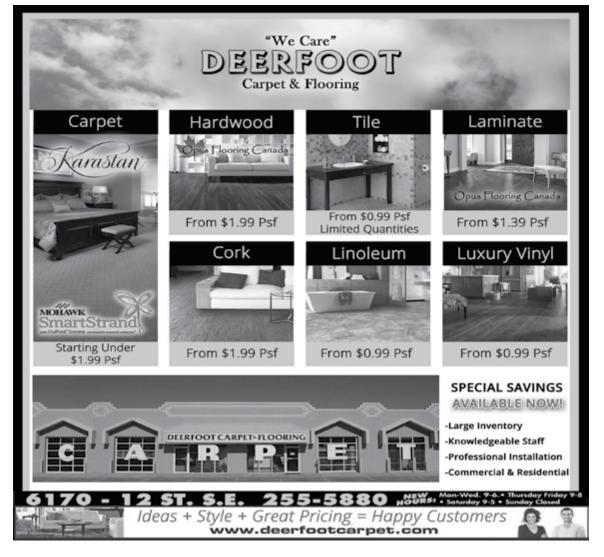
Residents \$30 per hour Non-Residents \$35 per hour

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.



The brilliant color on the mings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screen no matter what the lighting. crystal clear images on screens, no matter what the lighting.

Discovery Magazine





NEW BRIGHTON RESIDENTS ASSOCIATION

Spring fun is at the New Brighton Club!

Spring programs are starting the week of May 9 and limited space is still available so add a little Spring to your Step. With the NBRA's amazing variety of program offerings designed to get you and your child moving and learning!

Children can experience new programs or continue to develop their skills!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Junior Zumba Kids (2-5yrs) 9:30am to 10:30am	Junior Artists (7-11yrs) 6:15pm to 7:15pm	Little Ninja's (6-11yrs) 6:15pm to 7:15pm	Yoga Kids (3-12yrs) 6pm to 7pm
Dance Explosion (4-6yrs) 5:30pm to 6:15pm	Ball Hockey (5-15yrs) 5pm to 8pm		So You Think You Can Dance (6-10yrs) 6:15pm to 7:15pm
Triple Fun (3-5yrs) 6:15pm to 7:15pm			
Kids Code Force (6-12yrs) 6:15pm to 7:15pm			
Kids Tennis (3-15) 4pm to 7pm			

Focus on your fitness goals with professional instruction and without paying gym fees!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Short Form Tai Chi 8pm to 9pm	Beginner Spanish for the Traveller (12+) 6:15pm to 7:15pm	New Mom & Mommy to Be Yoga 9:30am to 10:30am	Kicking Cardio Blast 9:30am to 10:15am
Adult Tennis 7pm to 8pm	Zumba (14+) 6:15pm to 7:15pm	Kangoo Power Jumps 7:30pm to 8:30pm	Yoga Exploration 7:15pm to 8:15pm
	Boot Camp Burn (14+) 7:30pm to 8:30pm		CUT 7:30pm to 8:30pm
			Yogini-mom (Fridays) 9:30am to 10:30am

For complete details and to browse the wide variety of this season's program selections, please visit www. newbrighton-connect.com. Registration is available now. It's so easy to register, simply call 403-781-6613, click on our website (listed above) or visit one of our friendly staff members at 2 New Brighton Drive. Programs which do not meet the minimum numbers of registrants will be canceled, so what are you waiting for? Registration for our spring programs is now open!

NEW BRIGHTON RESIDENTS ASSOCIATION

Planning your Child's Summer Vacation?

Check out our summer camps! We offer a variety of themes with games and activities geared towards learning about each them! Space is filling guickly, so don't miss your chance to secure a camper position!

- •Week 1 (July 4th to July 8th) Around the World Embark on a journey around the world!
- Week 2 (July 11th to July 15th) Western Week Get in touch with your inner cowboy or cowgirl!
- Week 3 (July 18th to July 22nd) Art Extraordinaire Get creative this summer!
- Week 4 (July 25th to July 29th) Child vs. Wild ~ Hone your survival skills during this wilderness training!
- Week 5 (August 2nd to August 5th) Arctic Adventure ~ Head North for a fun filled Arctic adventure!
- Week 6 (August 8th to August 12th) Sport Spectacular ~ Calling all athletes!
- Week 7 (August 15th to August 19th) Science Alliance ~ Join us for this fun filled week of discovery!
- Week 8 (August 22nd to August 26th) Sail the Seven **Seas** ~ Get ready to dive into all things ocean!

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 "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 as busy days. The 10 class pass for only \$125 is available within the office of the New Brighton Club and is valid for 1 year from the date of purchase.

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!

Community Street Market Saturday May 7 from 9am to 3pm

Come shop with us! The New Brighton Residents Association will be hosting our Annual "Community Street Market" at the NBRA Clubhouse and community on



Looking for a mother's day gift? No problem! We will have a special craft on site to help you show mom how special she is.

trucks will also be on site, if you would like to purchase

a tasty treat!

RSVP is not required for this event and is open to the public, so be sure to grab your friends and join us for a day of "treasure" hunting! This event is open to the public.

Registration to be on the map or have a table is available with in the office of the clubhouse, please contact our recreation coordinator at 403-781-6613 ext 1 or email pc.newbrighton@shaw.ca for more details! Single tables are \$20, and Map spaces are \$10

3 on 3 Basketball Tournament Saturday June 11 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 11 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!

~continued next page~

NEW BRIGHTON RESIDENTS ASSOCIATION

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.

Calling all Volunteers

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

The New Brighton Club is excited to offer our new Seniors Club, running every Thursday from 10:30-12pm! Join us for great company, new friends and new activities! Including knitting, crochet, painting days, books clubs, lunches and so so much more!

New Activities or ideas are always welcome, so join us for a morning of fun!

Movie in the Club

Friday May 27, 7pm -9pm \$5 per family (2adults & 3 kids)

Want a great night out? Join us for our monthly movie night. For only \$5 a family you get pop, popcorn and the best seat in the house! Make sure you check our Facebook and website for updates on movie titles! Tickets can be purchased in the main office and are pre-sold for interested families.

Under 18 Club (12-17yrs)

Friday May 6, 6pm -9pm and Friday May 6th, 6-9pm (\$2 drop in, includes snacks)

Introducing tween / teen nights! Each month we will feature a new activity designed to provide our tweens/ teens and their friends for a fun filled night out! Entrance is a \$2 drop in and snacks are provided. Dances, pool nights, amazing races and so much more await! Be sure to check our website and Facebook page for each months activity guide!

Mommy & Me Meet Up

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

Join us every Tuesday from 10am to 11:30am for a morning designed to help "stay at home" community members meet each other. Kids will enjoy games and toys, while parents will enjoy meeting new friends, snacks and of course great conversations! Plus every 2nd Tuesday of the month the Government of Canada's Early Education Initiative will be joining us, setting up interactive games!

Upcoming Workshops

Canvas Creations

Friday May 13 from 6:30pm to 9pm Res: \$23 and Non-Res: \$33

Visit the New Brighton Club for a relaxing evening of creativity! Learn the technique behind different painting styles and get in touch with your inner artist while visiting with friends! Creating your masterpiece from start to finish and take it home to show off your new skills. Drinks will be available for the duration of the workshop. *additional cost for drinks*

Bike Rodeo

Saturday June 4 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 Pedalheads 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.*

NEW BRIGHTON RESIDENTS ASSOCIATION

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 noon on May 24th, 2016. "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 cost. **Box Options:**

Small Box: \$25, 20-25lbs of fruits and vegetables Medium Box: \$30, 30-35lbs of fruits and vegetables Large Box: \$35, 40-45lbs of fruits and vegetables" 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 Coordinator 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, visit 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 conducting numerous card checks daily. All residents in the park must present their cards as proof of residency. All guests must be signed in at the office upon arrival to obtain a confirmation stamp. If you can't provide a card for more than three visits a new card must be purchased within the main office.

A Special Space for Your Special Event!

Looking to make your next event plans? 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 you're event dreams a reality

Want to stay connected?

Visit us at www.newbrighton-connect.com and sign up for mass emails for full details on the latest news, events and what's happening in the clubhouse and community!

South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

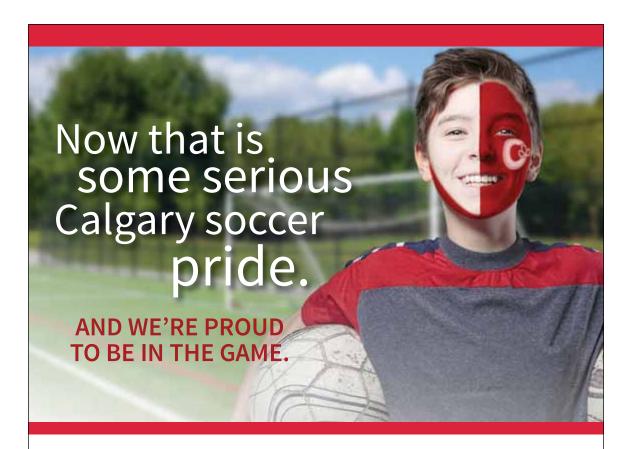


- Our women's clinic provides a safe informative environment for your routine PAP tests and breast exams. Female physicians only.
- Patients may also self-refer for early prenatal care.
- STI testing, contraception, HPV counselling.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment. Visit our website at www.thesundanceclinic.com



South Calgary Health Centre Building 31 Sunpark Plaza SE Calgary T2X 3W5



It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility where you feel comfortable taking your family.
- Saving you money city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



Making your city work for you



New Brighton Real Estate Update

Last 12 Months New Brighton MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2015	\$489,550.00	\$479,500.00

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

	No. New Properties	No. Properties Sold
March 2016	30	25
February 2016	32	23
January 2016	31	10
December 2015	10	16
November 2015	13	23
October 2015	34	23
September 2015	27	22
August 2015	21	20
July 2015	25	20
June 2015	28	28
May 2015	36	32
April 2015	24	24

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







113 Auburn Shores Ld SE

A stunning, custom lakefront home, with your own private dock in the amazing lake community of Auburn Bay!

Only 2 years new, this home has a

spectacular location on a quiet cul de

sac with a sunny west yard and mountain

views. Only steps to the tennis courts,

community centre & all it has to offer.







Open concept home with gorgeous tiger hardwood floors on both main and upper levels, 9 foot ceilings on the main floor and a fantastic open kitchen.



Rvan MacDonald, B.Sc. Sheri MacDonald, M.Sc.

403.519.9102 info@calgaryhometeam.com www.calgaryhometeam.com











Not intended to solicit buyers or sellers currently under contract with a broker

DALERIDGE FAMILY PRACTICE

PHONE: 587-318-4210 OR 587-318-4215

We are pleased to announce that Dr. Marius Conradie and Dr. Trevor Bernhardt are taking new patients.

Our clinic offers specialized services such as Allergy Testing for Adults,
Cosmetic Botox, Botox for Migraine, Hyperhidrosis, Juvaderm, Latisse
and Chronic Pain.

CALL TO BOOK YOUR FIRST APPOINTMENT WITH OUR PHYSICIANS AT THIS NEW CLINIC







Name	Age	Contact	Course
Hannah	12	403-207-1794	Yes
Karina	12	403-454-1185	Yes
Victoria	13	403-697-3282	Yes
Hala	14	403-455-5004	Yes
Meghan	14	403-475-4997	Yes
Shion	14	403-970-1891	Yes
Tyra	14	403-604-0013	Yes
Jordyn	14	403-203-1184	Yes
Emily	14	403-437-0956	Yes
Armeen	15	587-707-1456	Yes
Kiana	15	403-809-4973	Yes
Izzy	15	587-350-2080	Yes
Andrea	16	403-714-3930	No
Shannen	16	403-919-7200	Yes
Danielle	16	403-455-4609	Yes
Kaitlyn	16	302-726-0000	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
Ifeoma	30	587-229-0333	Yes
Paula	31	587-899-3250	No
Carla	33	403-681-9299	No
Tsering	36	587-717-3374	No
Maricel	40	587-435-3382	Yes
Seema	41	587-892-9970	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

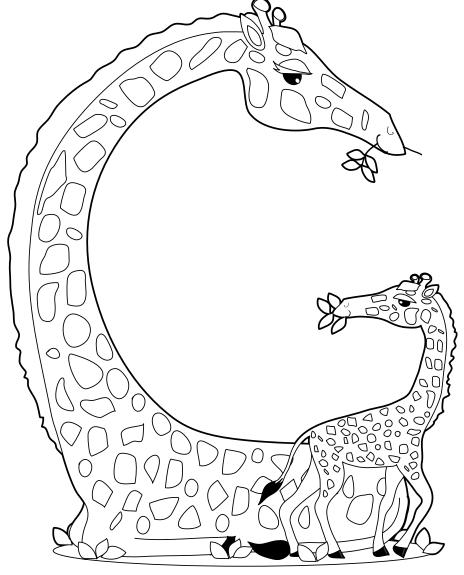
Visit mybabysitter.ca and find available babysitters in and around your community.

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.









MEDICAL CLINIC



Quarry Park

Suite 120, 109 Quarry Park Blvd. SE

Family Doctors accepting new patients

Walk-Ins Welcome 403.930.7111

Douglasglen

Suite 123, 11420 27 Street SE

Female Doctors accepting new patients

Families & Walk-ins Welcome Physical Therapy Massage Therapy 587.318.0740

www.primecarehealth.ca

IN & AROUND SCHOOLS

Special activities in May for **École St. Cecilia School students**

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.





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

May 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, use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

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.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new landbased classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

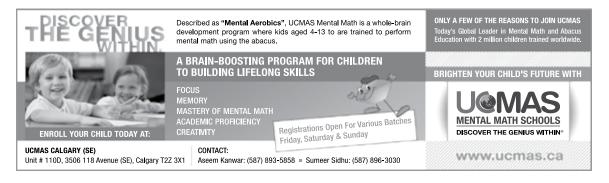
Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.
- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre. ca under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for dropin gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for nonmembers.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca.to.find.out.more.





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

Calgary, Alberta T2Z 4B2

- 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 New Brighton Community Association C/O New Brighton Club 2 New Brighton Drive SE	following address:

Contact your New Brighton Community Association Board at general.nbca@gmail.com

visit our website: www.newbrightonca.com

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\$16,000 \$8,000

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\$9,500 Buying Realtor Fee

\$19,000 \$9,500

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

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Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and talk about opportunities to be had.

Stop by or call today to schedule your free review.



Kevin G O'Hagan

Financial Advisor

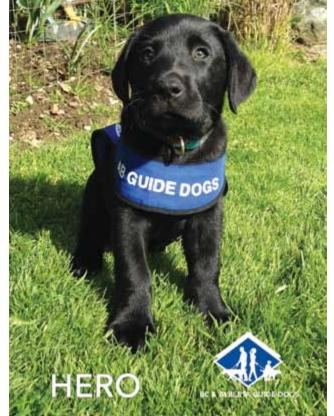
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Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@ albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

AT A GLANCE...

- May 18 to June 1 Ginapalooza: This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www. ginapalooza.com
- June 2 12th Annual Evening of Wine and Wishes: This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- June 2 to 4 Revv52: California: Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium, www.revv52.com
- June 3 and 4 As Heard On TV: This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- June 4 2016 Eddies Short Film Festival: The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- June 4 and 5 Calgary Ukrainian Festival: The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- June 4 to August 28 Afternoon Tea on the Verandah: Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- •June 17 and 18 Vintage With Flair: Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- June 22 to 26 Sled Island: The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



JUNE 24 TEDXYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyyc.ca



IN & AROUND

SHC Wellness Centre

Healthy Albertans Healthy Communities Together

Find out how we can help at www.ahs.ca/shcwellness

A few of our FREE programs are highlighted below

Chronic Pain Management Workshop May 10 6:30-8:30pm

This single, two-hour program focuses specifically on pain management. Participants have the chance to learn new information and skills, discuss ideas and share experiences with others that have chronic pain or care about people who live with chronic pain.

Managing Your Emotional Eating Begins May 12 (3 sessions)

Would you like to know more about emotional eating and managing it? You will learn what influences your food choices, how to build awareness of your own emotional eating, & to build skills and tools to help with your emotional eating.

Compounded or Confused? Bioidentical Hormones for Menopausal Health

May 13 1:00-2:00pm

Hot flashes are real. Today, more women are experiencing symptoms which may be adversely affecting their lives. Mistrust of prescription drugs has led many to search for that perfect product to improve symptoms. SHC Academic Family Medicine Clinical Pharmacist Joe Tabler will explain bioidentical hormone therapy and evidence regarding efficacy and safety.

Parenting Anxious Children & Teens May 16 6:30-8:00pm

Come learn more about anxiety and children. Participants will learn to recognize anxiety in children and adolescents, gain an understanding of different anxiety disorders, and acquire knowledge of parenting strategies to help reduce the effects of anxiety.

Fermented Foods: Sauerkraut May 19 6:30-7:30pm

Join SPUD for a hands-on session in the Wellness Kitchen on fermented foods. We will be talking about why they are good for you and your gut! You will learn how to make tasty, nutritious sauerkraut from scratch. Please bring a large mason jar with lid so you can take your delicious creation home.

Supporting Healthy Relationships with your Kids May 26 5:30-7:30pm

Want to know how you can support your children in healthy relationships? We will review healthy and unhealthy relationships, social pressures on children and strategies in coping with these pressures. It will also give you useful tools and conversation starters to have meaningful discussions with your kids.

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

Spring Cleaning Made Simple

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

Electronics recycling depots

There are several locations around the city to take your old electronics for recycling.

Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

Community cleanups

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.

IN & AROUND

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home - access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them:
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard:
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowsafety.ca.

Alicia Colquhoun

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IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term fire pits'.



What to Look For from a Financial Advisor

Kevin O'Hagan, PFP, FMA, CIWM

There's a lot to know about investing, so it's a good idea to get some professional help. But with so many financial advisors out there, how can you choose one that's right for you?

You may have to interview several prospective financial advisors before deciding on one. When you talk to them, see if you can get a sense of how they might work with you. Specifically, try to answer the following questions:

Does this financial advisor ...

- ... Understand you? Perhaps above all else, you want a financial advisor who will take the time to get to know you and your family, your goals and what's important to you.
- ... Clearly explain investing? Once you enter the investment world, you will likely be curious about it. Why is diversification important? What's a market correction? How do interest rate movements affect different investments? You will want to work with someone who will make the effort to educate you on investment topics and answer all your questions.
- ... Know your investment style? Obviously, you'll want someone who will recommend only those investments that are in your best interest and that can help you make progress toward your goals. Therefore, the person you choose needs to understand your investment personality that is, whether you are an aggressive, moderate or conservative investor.
- ... Have a certain investment philosophy? You may have your own investment style and preferences and so do many financial advisors. In fact, some financial advisors have an overriding investment philosophy that governs many of their recommendations. You need to find this out before you start working with someone.
- ... Communicate frequently? The most knowledgeable financial advisor in the world won't be of much help to you if he or she is not a good communicator. You need someone who will regularly let you know if you're on

track or make suggestions if you're not – even if you aren't scheduled to meet for a while. And, speaking of conferring with your financial advisor, you'll want someone who will meet with you when it's convenient for you, whether it's in person or over the phone.

- ... Avoid making big promises? You want a financial advisor with the expertise and experience necessary to help you decide what is right for you. And you'll want someone committed to your success. But there's a big difference between someone who promises to do the best possible job for you and someone who promises big results. Be wary of financial advisors who claim they can consistently achieve high returns for you there are very few guarantees in the investment world.
- ... Explain how he or she will be compensated? Financial advisors get paid in various ways, often in some combination of fees and commissions. Ask all potential financial advisors how they get compensated; any reputable professional will be upfront about his or her charges.

By finding the answers to these key questions, you should be able to find a financial advisor who is well-suited to work with you. So take the time you need to gather enough information to feel confident in your choice. After all, you're enlisting the help of someone who can have a big impact on your financial future.

KEYBOARD SHORTCUTS

Find, Replace, and Browse through text

CTRL+F
Find text, formatting and special items









Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a callout to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience. Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch

Do you want to play better golf in 2016?

 Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

some professional golf on TV. Your game will improve

because developing and performing your personal pre-

shot routines will ensure that you are always:

- Choosing the best club selection based upon these assessments.
- 3. Taking one or two practice swings with the target in mind and having positive imagery.
- 4. Starting from behind the ball prior to setting up.
- 5. Aiming the clubface first, then positioning your feet and the rest of your body.
- 6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
- 7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
- Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
- 9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links! www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada

The Feline Mystique



I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other guotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs. I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.





BUSINESS CLASSIFIEDS

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BEAUTY FACIAL: New home based business in New Brighton. Serving you with any service needed for Beauty Facial. Threading, Waxing and much more. Please call Pratima at 403-705-2721 or 403-992-8065 for more information and prices.

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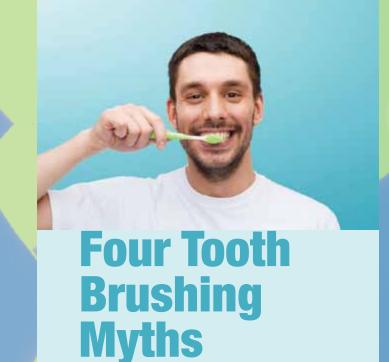
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Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush more, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appoint-

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ment, your dentist won't notice that you just started? Unfortunately, your dentist will notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist

Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.



COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: Ward12@calgarv.ca Twitter: @CouncillorKeats Facebook: http://www. facebook.com/CouncillorKeating Web: http://shanekeating.blogspot.com/

City of Calgary Posts Surplus in 2015

Council was recently informed of a surplus from the 2015 operating budget.

The total surplus is \$86M. Of this, \$54M in savings was found through corporate initiatives and \$32M was found through savings identified at the business unit level.

A number of key factors contributed to this surplus:

- The City decided to not fill a number of job vacancies;
- Low fuel prices made refuelling City vehicles less costly;
- Increased revenues from various fees and fines;

In June Council will decide what happens with the \$54M in savings found through corporate initiatives. The options are:

- One-time rebate to tax payers: Many Calgarians are hurting right now. Calgary is feeling the brunt of rising unemployment rates, and some folks are having difficulty making ends meet. In 2016 Calgarians are scheduled to see a 3.5% increase to their property taxes. Offering a one-time rebate to tax payers would nearly eliminate this increase for the following year. Each property tax bill would see a reprieve of roughly \$100 in 2017.
- Shovel-ready infrastructure projects: There are a number of infrastructure projects that are ready to begin construction, but do not currently have funding. \$54M in funding could certainly help kick some of these projects off. This could translate into the creation of many construction jobs in 2016 for a market that badly needs more employment opportunities.
- City of Calgary "rainy-day" fund: This fund is where the funds are currently sitting. The City has a fund called "the financial stability reserve (FSR). Currently this fund sits at \$374M. The City may draw on this fund during times of economic hardship to continue delivering the services Calgarians depend on.

A few thoughts on these options:

Tax Rebate

- Tough economic situation for many Calgarians
- Especially difficult for folks on El or fixed incomes
- Relief would be a one-time rebate, but my hope would be that efficiencies will also be found in future years
- Hopefully by 2018 the local economy begins to show sounds of improvement

Infrastructure

- Good time to build infrastructure: availability of construction labour, lower costs, low interest rates
- Spending on projects could provide savings in the
- \$54M could fund several projects that could begin construction in 2016

FSR

- This is The City's "rainy-day fund"
- · I would argue that it is currently raining and adding to this fund would not be the best use of tax dollars at this time

Let's Hear From Calgarians

These funds belong to tax payers. While your elected official can share a number of ideas of what could be done, your voices must be at the table for this important decision.

I look forward to Council's debate on what to do with the surplus.

I turn the question over to Calgarians: What would you like The City to do?

Coffee With Your Councillor

Over the next number of months I will be hosting a series of small open houses. Ward 12 residents are welcome to join me for a cup of coffee to discuss issues that matter to them. Here is the 2016 schedule for Coffee With Your Councillor:

- Tuesday, June 21st 7:30-8:30 pm. New Brighton **Residents Association: 2 New Brighton Drive SE**
- Tuesday, September 27th 7:00-8:30 pm. Auburn Bay **Residents Association: 200 Auburn Bay Boulevard SE**
- Tuesday, November 29th 7:00-8:30 pm. Cranston **Residents Association: 11 Cranarch Road SE**

Sign Up for the Ward 12 E-Newsletter

Curious on what is going on in Ward 12? Sign up for my guarterly E-newsletter at Calgary.ca/ward12.



IMPORTANT NUMBERS

ALL EMERGENCY CALLS

ALL LINEROLING I CALLS	211
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
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
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