

JUNE 2017

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PARKLAND news

THE OFFICIAL PARKLAND COMMUNITY NEWSLETTER



PARADE OF GARAGE SALES

SAT JUNE 10th
8:30 TO 3PM

SPRING CLEAN-UP AND RECYCLING DAY

SUN JUNE 11th
9AM TO 2PM

**PARKLAND COMMUNITY ASSOCIATION
AGM**

JUNE 22nd

CANADA DAY CELEBRATION

JULY 1st

ALDERTALK
JUNE 17th 12-2PM



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- * SINCE 1986 WE HAVE DONATED A PORTION OF OUR COMMISSIONS ON EVERY TRANSACTION TO THE ALBERTA CHILDREN'S HOSPITAL FOUNDATION



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Advertising Opportunities

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

Editorial Submissions

• **REMINDER REGARDING SUBMISSIONS**
 Submissions due to PCA office by email at parklandca@telus.net or in person M-F 10-4 by the 1st of prior month ie June 1st for July issue.

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Check out our website: www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Parkland Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Parkland Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information	511	
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PROGRAMS & CLUBS @ PARK96



JUNE CALENDAR OF EVENTS

Parkland Preschool

Monday – Friday 9:00 AM – 5:00 PM
403-225-0083

Parkland Soccer U6, U8, U10, U12

Monday & Wednesday evenings 403-278-5330

Fish Creek Renshikan Karate Dojo

Mondays 8:00 – 9:00 PM
403-225-1894 Frank Prystupa

Calgary Kyokushin Karate

Thursdays 6:00 – 9:30 PM 403-225-3516

Yoga

Tuesdays, Wednesdays, Thursdays, Saturdays.
Yoga classes for different age groups
Living Kindness Yoga 403 862-5727

Parkland Book Club

3rd Friday 1:00 – 3:00 PM
403-278-5462 Janice Schneider

BOARD GAME CLUB

Tuesday, June 20 at 7pm-10pm

Info: Darren at parklandboardgamesclub@gmail.com

PAMJAM – Parkland Acoustic Music Jam

Tuesday, May 6 & Wednesday May 21 at 7:00pm
To sign up go to www.meetup.com/PAMJAM/

ADULT SUMMER TENNIS LESSONS

June 13 to August 14

More information and the registration forms are online
www.park96.com

Cardio Tennis (all levels) – Mondays 8pm-9pm
Adult Tennis 2 – Mondays 7pm-8pm

THIS IS SUMMERFEST! PRESENTS TROOPER

SATURDAY, JUNE 24

www.parklandsummerfest.com

JUNIOR TENNIS SUMMER CAMP

July 24-28

Park96 is holding a summer tennis camp for children
aged 5 to 14 years from July 24-28 from Monday -

Thursday. Details and registration forms are at www.park96.com or in the Park office.

Ages 5 – 7 (9am-10am) - FULL

Ages 8 – 10 (10am-11:30am)

Ages 11+ (11:30am-1pm)

BASKETBALL CAMP

July 31 – August 4

5 days from 9am-12pm

Ages 8-12 are welcome and the camp runs rain or shine.

REPTILE CAMP

July 25-29, August 8-12 & August 15-19

Check out www.calgaryreptileparties.com for more information.

STRENGTH AND RESTORE YOGA

Join Jane for gentle stretching followed by relaxation;
mindful yet strengthening class!

Monday 10:00 am & Thursday 7:30 pm

Contact: 403 281-7553 email: janesponiar@gmail.com
www.LivingTaiChi.ca

WOW! & GENTLE: WOMEN ON WEIGHTS

Do you want to build and maintain strength in a fun, safe
and supportive environment? WOW! and Gentle classes
are Strength and Conditioning for all Women. To sign up
and for more info: <http://www.womenonweights.com/>,
or call Susan 403-660-4194

For more information on the monthly calendars contact:
Jennifer Stone, Park Administrator park96@telus.net
403-271-7516

MOMMY CONNECTIONS

Wed mornings 11-12pm.

A group for Moms and babies. If interested call the hall
at 403 278-5330.

PARK96 ANNUAL FEES

Invoices for the 2017 Annual Fee were mailed to each
residence the first week of January avoiding the Holi-
day rush. The annual fee is \$200.00 (including GST) and
interest will begin on April 1, 2017. Parkland Residents
have options how to pay:

1. Mail in a Cheque payable to the **Parkland Community Centre**.
2. Drop off your cheque in the Park96 mailbox just left of

PROGRAMS & CLUBS @ PARK96

the main gate. Make sure to indicate your property
address.

3. Come in person to the Administration Office to pay
by Debit or Credit Cards. Extended Office Hours
for January are posted on the Park96 Website
www.park96.com

If you have any questions don't hesitate to contact the
Office at park96@telus.net.

NEED A FOB?

Are you new to Parkland and need a FOB? Drop into
the Park Office with proof of your new address and
fill out a membership form. Homeowners are given a
complementary access FOB. Check out the Office hours
on park96.com, press the door bell and Office Ad-
ministrator, Jennifer Stone will let you in. Or book an
appointment at park96@telus.net during a time that
works for you.

If you plan to bring between 10 to 40 people to the
Park for an outdoor gathering, please notify the Park
Office to avoid over booking. If you wish to bring more
than 40 people to your gathering then once again
contact the Park Office at park96@telus.net and pay a
minimal per person fee. Parkland Residents must stay
on site at all times when bringing guests into the park.

PARKLAND HOUSE SITTING REGISTRY

The House Sitting Registry matches home owners look-
ing for a house sitter with those wishing to offer house
sitting services. This is a great job for a teen, with some
parental supervision or a home owner wishing to ex-
change with another. House sitting duties could include:
emptying the mail box, picking up the paper, clearing
away flyers, watering plants and generally keeping an
eye on things. All service arrangements and remunera-
tion are determined by the owner and house sitter.

This registry service is free of charge and only available
to Parkland residences. To have your name included in
the registry or to obtain a number of a sitter near you,
please phone Dave Wiebe at 271-9230.

PARK 96 PARKLAND CENTRE

14660 Parkland Blvd. S.E., T2J 6L5

Phone: 403-271-7516 • Fax: 403-271-7517

park96@telus.net • www.park96.com

Park 96 is a private gated facility owned by the property
owners in Parkland who have paid all fees owing and
are deemed to be "Members in Good Standing" or the
designate of such owner. The current fee is \$200.00 due
annually on January 1st, part of which is a \$96 encumbrance
on each property or residence. This fee is used to maintain
operations, support social and recreational programs and
finance park improvements. The Park is managed by an
elected Board of Directors of up to 15 members. This Board
meets at 7:00 pm on the fourth Tuesday of each month,
excluding July and August. Members with questions or
concerns are welcome to attend these meetings, with
prior notice of their desire to be added to the agenda, or
may contact the Board President, Keith Watson, directly at
park96@telus.net.

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The Parkland Community Association is a Registered Charity operated by an elected Board of community member volunteers. We represent the municipal interests of Parkland residents; we are your voice in city planning decisions. The annual \$25 membership fee is voluntary, but membership is required for some community sponsored events. Your membership fees help us bring community members together through various programs and events such as:

- Community Garden
- Soccer
- Canada Day Breakfast
- Parade of Garage Sales & Community Clean Up Day
- Seasonal Parties – Winterfest, Fallfest, Halloween
- And more!

Board of Directors

President	Sean Ferguson
Vice President	Leanne Black
Treasurer	Sunil Bagwe
Secretary	Janice Schneider
Civic Director	Laura Di Lello
Trico Representative	Julie Kyliuk
Directors-at-Large	Cheryl Boswell Adam Feuchuk Linda Mannix Jenn Vanderlann
Past President	Cindy Ross
Hall Contacts	Laurie Bradley Erika Diaz

Follow Us on

- facebook.com/Calgary Parkland Community Association
- Website: Calgaryparklandcommunityassociation
- parklandcanews@gmail.com
- parklandca@telus.net



Board Meetings:

Board meetings are customarily held at the Parkland Hall on the fourth Thursday of each month at 7:00 PM, with the exception of July and August. All community association members are welcome to attend our meetings. As our dates and times can change, we ask that you contact the Hall at 403-278-5330 or parklandca@telus.net to confirm any upcoming meetings that you would like to attend.

Board Membership:

The Parkland Community Association board is made up of volunteers who care about, and live in our community. Board involvement is a great way to make a contribution that ultimately ensures Parkland remains a fantastic place to live. If you want to join our board please call the hall at 403-278-5330 or come to our board meetings, held on the 3rd Thursday of each month.

Parkland Community Hall – Rentals:

Are you hosting a party and need more space? Looking for a venue for an upcoming baby shower or birthday party? The Parkland Hall is an affordable venue to consider! The hall features a bright hardwood-floored gym, kitchen, and meeting room – all available for community members and the public to rent.

Meeting Room Fees:

To inquire about Parkland Hall rental rates and availability, please contact Laurie Bradley and Erika Diaz at 403-278-5330 or by email at parklandca@telus.net.

Parkland Community Hall:

The hall is an affordable venue to host functions such as birthday parties, dance recitals, baptisms, retirement parties, and baby showers. The hall has features such as a bright gym with large windows. On the southwest side, you can see onto the beautiful community garden. The gym can accommodate up to 100 people and our meeting room can fit up to 35 people. Rental rates include the use of tables, and chairs and the use of the kitchen whereby a stove is available for re-heating food and the use of a fridge for storage.

If interested call Laurie Bradley or Erika Diaz at 403-278-5330.

Other Community Representatives

Community Resource Officer	Constable Matt Forest 403-428-6645
Parkland Girl Guides	1-800-565-8111
167th Parkland Scouts	Michelle Stager 587-351-2719
Parkland Cares	Julie Kyliuk parklandcaresyyc@gmail.com
Parkland Babysitting Co-op	Jill Vaters mjvaters@shaw.ca
Parkland Babysitting Registry	Eleanor Molina 403-271-2668
Parkland Housesitting Registry	David Wiebe 403-271-9230
Parkland Preschool	403-225-0083
Prince of Wales Elementary	403-777-6880
St. Philip Fine Arts School	403-500-2072
LDS Church, Parkland State Centre	403-278-8565
Parkland Soccer	403-278-5330
Bow View Ringette	bowviewringette.com
Bonavista Hockey Program	lbbreakershockey.ca
Newsletter Editor	Erika Diaz and Laurie Bradley parklandcanews@gmail.com
Delivery & Advertising	Great News Publishing 403-263-3044

Parkland Hall Rentals Rates

Room Size	Room Capacity	Hourly rate prime time (evening)	Non-prime Hourly rate (daytime)	Weekend rate	Deposit
Meeting Room					
330 sq/ft	30	\$30/hr	\$20/hr	\$30/hr	Negotiable
Gym Room					
1200 sq/ft	100	\$40/hr	\$40/hr	\$400/day	\$500



Babysitting Registry

The Parkland Babysitting Registry is a listing of those who wish to offer babysitting services, casual, part-time or full-time, including teenagers and dayhome moms. Anyone looking for a babysitter can call the registry and receive the names of sitters fitting their requirements.

If you are interested in having your name added to the Registry, or wish to obtain the name of a sitter in your area, please call Eleanor Molina at 403-271-2668.

It is time once again to update the babysitting registry. If you would like to have your name remain, or be removed from the list, please call to advise.

This registry service is free of charge and available to Parkland residents only.

Parkland Babysitting List

New to Parkland?
Looking for a sitter?
Call Eleanor Molina at 403-271-2668
if you want to be added to the babysitting list or require a sitter.



Board Meeting

Parkland Community Association annual general Meeting Parkland Community Hall, 505 Parkvalley Road SE Thursday, June 22 – 7pm Members of the Parkland Community Association are invited to attend the Annual General Meeting scheduled for Thursday, June 22, 2017 at 7:00PM.

Our Board of Directors is an elected group of Community Association members. The Community Association relies on volunteer Board Members responsible for coordinating annual events and programs that contribute to our vibrant community, and to provide strategic direction for the Community Association and the operations of the Parkland Community Hall. During our AGM, we will be electing a slate of Board Members, including the following positions:

- President
- Vice President
- Treasurer
- Secretary
- Memberships Director
- Civic Director
- Trico Representative
- Directors at Large

We invite any members in good standing, who are willing to make a contribution to an important role in our Community Association to stand for election.

Agenda (tentative):

- Call to order
- Confirmation of Quorum
- Appointment of Secretary
- Approval of the 2015-2016 AGM Minutes
- Approval of the Audited Financial Statements for the fiscal year ending March 31, 2017
- Call for Nominations
- New Business
- Adjournment

UPCOMING EVENTS



PARADE OF GARAGE SALES

Saturday June 10th from 8:30 to 3pm. Registration to participate in the garage sale is at the hall 505 Parkvalley Road SE on Friday night June 9th at 6-8pm. Please bring an item for the food bank when you register.



SEVENTH ANNUAL SPRING CLEAN-UP AND RECYCLING DAY

Sunday June 11th 9am to 2pm. Come help us tidy our community. Come bring your recycling, and volunteers will direct you to which bin/truck will take your items.



CANADA DAY

Parkland community association will be hosting their annual Canada Day celebration. This will take place from 9:30 to 11:30 at the Parkland Community Hall. This is a special year, Canada's 150 birthday! And to celebrate breakfast will be offered free of charge! There will be a live band, line dancers and activities for the whole family. Volunteers are needed to make this event a success. Contact the hall at 403 278-5330.

Parkland Community Hall

505 Parkvalley Road



**Baptisms, Dance Recitals, Dance Rehearsals
Birthday, Wedding, Family reunion, Showers – baby or bridal**

**Rental rates includes the use of a
Kitchen, tables, chairs, and outdoor patio.**

Give the hall a call 403 278-5330

SCHOOL SHOUT-OUTS

St. Philip Fine Arts School

It is hard to believe that another year is coming to a close and we are already planning for the upcoming school year! As a Fine Arts School, we expose our students to imaginative and creative experiences and we integrate the Fine Arts into all areas of the curriculum.

Bringing another great year at St. Philip Fine Arts School to an end we look forward to our Year-End Mass at St. Bonaventure Parish. We also look forward to recognizing the efforts of our grade 6 students. This spectacular group of young leaders are sure to move on to great things!

The Fine Arts program integrates the arts with academic subjects and allows students to experience links between the arts and other core subjects. Learning through the arts is active, engaging, and fun. For more information regarding this program of choice, please call the school at 403-500-2072 or view our website at: <https://www.cssd.ab.ca/schools/stphilip/Pages/default.aspx>

On behalf of all the staff at St. Philip Fine Arts School, we would like to wish all our families a safe and enjoyable summer spent with friends and family. We look forward to seeing all of our new and returning families on Tuesday, September 5th, 2017 for another exciting school year.

Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

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Parkland Cares



Parkland Cares is a community-based organization of families and neighbours committed to helping others.

Many heartfelt thanks to all the caring neighbours and friends that have contributed their time, donations and kindness to our initiatives this year. Your contributions have meant so much to the organizations we help.

Our Easter Bake Sale was a hopping success! We raised over \$500. Some of this money has been sent to support charitable causes at Prince of Wales and St. Phillip schools. We also used a portion to purchase supplies for Birthday Bags.

On April 30th, Bonavista Cares and Parkland Cares volunteers assembled over 100 gift bags to donate to the Calgary Food Banks Birthday Bag program. They were so grateful to receive these bags. The bags will be given to clients that often struggle to buy these items for their children.

Do you know a senior in our community that could use assistance with snow removal, yard clean-up or other support? Contact us if you know someone that might benefit from a helping hand from a community volunteer.

Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help us with any of our planned events.

Our next planning meeting is **Tuesday June 13th @ 7:15 at Park96, we would love to see you there.**



403-863-9927
parklandcaresyyc@gmail.com
Parkland Cares Calgary

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

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Prince of Wales School

Parents and students showed their appreciation during the last week of April for the dedication, commitment and hard work of the staff of Prince of Wales school (POW). A big round of applause to the more than 30 people at POW who contribute to the top-quality education delivered to the students each day at school. POW parents appreciate the teachers and support staff every day, but dedicate a week each year to make the staff feel special with games, lots of food, and other tributes.

The generosity and empathy of POW students shone in April and May with the grade two students taking the lead in a fundraising effort to support the community of Kugaaruk, Nunavut. The grade two students were learning about communities across Canada. As they explored ways of life in the Arctic, they were sad to learn that a fire had devastated the community school in Kugaaruk. Not just a center for education, the Kugaaruk school served as the community center. It included an arena, breakfast and lunch pro-

gram, and space for special events. After exploring how to best support this community, the grade two POW students developed a noon-hour intramural indoor hockey program with participation from other grades based on donations. Fundraisings efforts resulted in an amazing \$750.

The POW team has continued its preparations for the families from Legacy who will join the POW community in September. In April, Legacy families were invited to an evening open house, and in May, students were able to visit POW during the school day and get to know the classrooms and teachers.

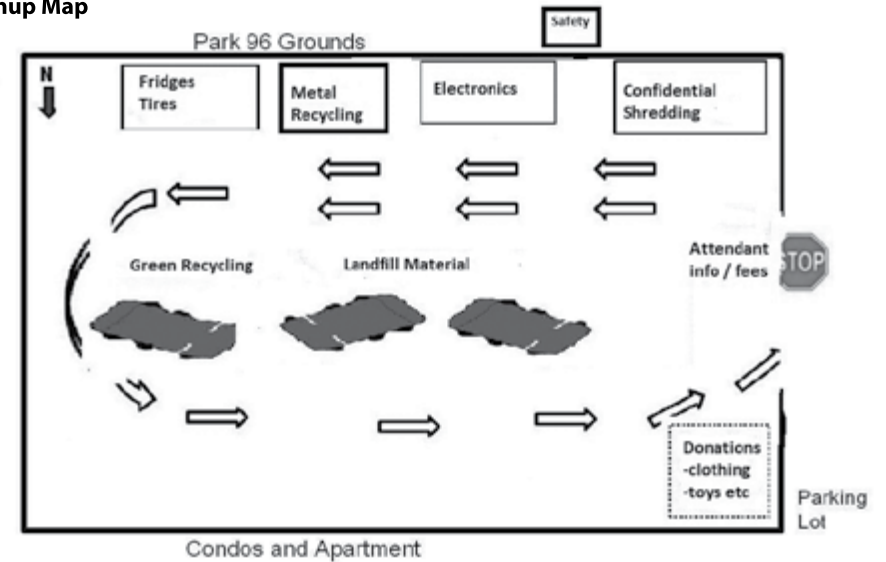
As summer approaches, so too is the end of the school year. Students and teachers will spend June wrapping up their lessons and some lucky students will have the opportunity to experience outdoor field trips.



Seventh Annual Spring Clean-Up and Recycling Day in Parkland

Sunday, June 11th 9 AM – 2 PM
at the PARK96 Back Parking Lot

Spring Cleanup Map



SUPPORT YOUR COMMUNITY



Parkland Community Association Memberships

Last Name: _____ First Name: _____

Address: _____ Postal Code: _____

Phone Number: _____ Email Address: _____

Drop off at the Community Hall or mail to:
Parkland Community Association
505 Parkvalley Road S.E., Calgary, AB T2J 6M4

Do Not Enclose Cash

Enclosed is a cheque for \$25

Please contact parklandca@telus.net or call 403-278-5330 if interested in purchasing a membership

Come out to help us tidy up our community:

- Any refundable bottles will be given to Parkland Cares.
- **Cerebral Palsy is on site** and they will take clothing, kitchen utensils, DVDs, CDs, games, toys, and your old clothing. For a complete list check out cpalberta.com/donate/recycle-clothing-bottles.
- Recycle your branches, leaves, garden waste, and grass at the green truck. (Use paper not plastic bags.)
- Best Shredding will return to shred and dispose of your old confidential papers.
- Recycle Logic will again safely rid you of your old tired electronics (computers, monitors, printers, cell phones and TVs) from your basements and garages.
- GFL will be providing our metal dumpster. So dig into your garden/tool shed and unload your old tools, barbecues, etc. or rid your home office of filing cabinets to fill our metal bins. To save space we request you take the legs off the barbecues as well as any wood.
- Recycle those old tires hanging on the wall of your garage.

- Get rid of your old refrigerators and coolers for a small fee (\$20.00) which will cover the cost of removing the coolant.
- A parent is coordinating the collection of baby/tot car seats. These will be taken to a processor for disposal. The processor is charging \$10 per seat.

Happy, smiling volunteer attendants will be on hand to show you which bin /area to place your garbage, recyclables, and donations. As per last year recyclables are free but garbage costs. A small donation of \$20 per second or more pickups will be accepted. After our costs are handled the remainder will be given to a food bank.

We cannot accept railway ties, animal carcasses, hazardous materials including chemicals, paints, oils, used oil filters etc.

We are in need of volunteers to help make this event a success. If you can help or have questions please email [Steve Mulholland at Smulholland@shaw.ca](mailto:Steve.Mulholland@shaw.ca).

Ticket info - park96.com

June 24

Supported by
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for the Arts

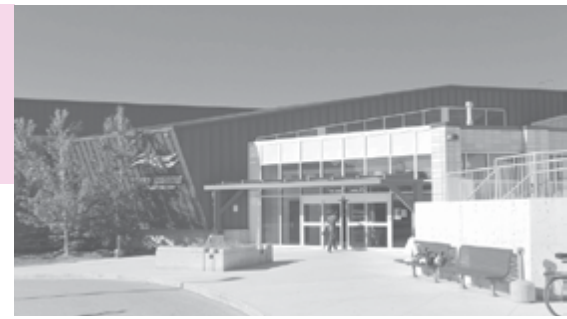
TROOPER

**Get your tickets now and save.
Share the date with family and friends**

Follow us on Facebook > Annual Parkland Summerfest

Join the fun, get your ticket or become a volunteer

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.



June at Trico Centre

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

June 8: Senior's (60 Plus) Event at Trico Centre

Trico Centre's fitness centre is senior-friendly! If you have never been to our fitness centre, we invite you to drop by anytime on Thursday, June 8 to have a snack and see what we have to offer for those aged 60 and older. All of the below are offered in celebration of Alberta Senior's Week (with no obligation to purchase.)

- Coffee, tea, and fruit in the fitness centre.
- Trico Centre staff will be available to provide tours of the fitness centre and let you know what services we have available.
- 12-1pm: 15-minute demos of Chair Yoga, Older Adult Fitness Class, Balance Building.
- Register for a free 45-minute personal training session with an older adult specialist (approximately \$80 value; training session will be held at a later date; free session available to those aged 60 and older and new to Trico only; training must be completed by July 31; limited quantity of sessions available.)
- Pick up two free passes to come back to the fitness centre or a drop-in fitness class. (Those aged 60 and older and new to Trico Centre only.)

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care. Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 yrs: Canada 150 Play, Discover

Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Children & Youth

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 yrs, 3-5 yrs, 6-8 yrs), Dance with Me (2-3 yrs with parent), Gotta Dance (3-5 yrs), Little Ballerina 3-5 yrs), Kinder Gym Kids (4-6 yrs), Sportarama (3-4 yrs), Explorasport (4-6 yrs), DANCEPL3Y Kids (6-12 yrs.) See Spring Summer Program Guide or www.tricocentre.ca for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 yrs, adult & child) and powerskating/hockey (7-12 yrs.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See www.tricocentre.ca for details.

Adults/Older Adults

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, and Myofascial Stretch and Release.
- Wilderness and Remote First Aid: June 3 and 4, get your standard First Aid and CPR plus techniques for wilderness and remote areas.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

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

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YOUR CITY OF 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 your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at the Inglewood Bird Sanctuary and Ralph Klein Park. 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 six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders.

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

BRAIN GAMES SUDOKU

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							8	
8			4	1	7		5	
	9	5			3			

FIND SOLUTION ON PAGE 24

FRIENDS of Fish Creek

Parks Day & Creekfest

Saturday, July 15, 2017 – 11:00 am – 4:00 pm
Bow Valley Ranch, Creek Provincial Park

Join us to commemorate the 150th anniversary of Canada and the 25th anniversary of the Friends of Fish Creek Provincial Park Society at Parks Day & Creekfest. This free one-day celebration of nature and community will feature amazing musical acts like Alberta Parks Interpretive Theatre and rising Calgarian country star Jennie Harluk, as well as Wellness-based activities, guided walks, a fly fishing demonstration and a presentation by the Calgary Wildlife Rehabilitation Society! The Friends are seeking Youth Singer Songwriters to perform at Park Day & Creekfest on July 15! Are you 17 years of age or younger and looking for an amazing experience to be part of the Summer's greatest free family festival?

All of the activities throughout the event are free, however the Friends of Fish Creek sincerely appreciate donations. Event sponsorship opportunities are also available. For more information on supporting Parks Day & Creekfest, contact the Friends of Fish Creek - info@friendsoffishcreek.org and visit www.friendsoffishcreek.org/event/creekfest and [facebook.com/CREEKFESTinFishCreek](https://www.facebook.com/CREEKFESTinFishCreek)

25th Anniversary Brick Program

2017 sees us celebrate the 25th anniversary of the founding of the Friends of Fish Creek, and we will be replacing the pathway to the front door of the Cookhouse with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the work the Friends do toward the sustainability and enjoyment of Fish Creek Provincial Park. There is a limited number of bricks available. Get yours today!

\$250.00 / brick and you will receive a tax receipt. For more information contact the Friends or visit www.friendsoffishcreek.org/brick

Capture Nature - Photography Contest

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31.

www.friendsoffishcreek.org/programs/capturenature

Score an Ace for Calgary Kids – Support Outdoor Education in Fish Creek

Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. These students attend schools that do not have the means to provide a field trip to the park, and may be from families that are new to Canada. The TD Learning Naturally program is essential for encouraging a love and respect for nature and teaching the children about the variety of plant and animal life found not only in Fish Creek but also in this unique part of the world. It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have the opportunity. Any amount you donate through BFK will be matched by up to 50% and go towards our goal of raising \$10,000 to bring 1000 elementary school students to Fish Creek Provincial Park.

The Friends are truly grateful to the Patron Group, Shaw Communications, AltaLink and the Shaw

Charity Classic foundation for welcoming the Friends' TD Learning Naturally as one of 124 local youth focused charities to participate in Birdies for Kids for the third year in a row. This program has immense potential and we encourage you to donate and speak to your employer about making a tax-deductible donation. Birdies for Kids is just one aspect of the Shaw Charity Classic Golf Tournament held every year at the Canyon Meadows Golf and Country Club. The biggest names in professional golf from around the globe compete in this world-renowned championship. The tournament will run August 30 – September 3 this year but you can donate now! Please talk to your friends, family, co-workers and employers about donating.

The Friends of Fish Creek thank you in advance for generously supporting this essential program. For more information, please contact the Friends of Fish Creek or visit www.friendsoffishcreek.org/birdies



MLA Calgary - Fish Creek
Richard Gotfried
Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada
T2J 3Z5 ☎ 403-278-4444 📠 403-278-7875
✉ calgary.fishcreek@assembly.ab.ca
🌐 www.richardgotfried.ca 📱 @GotfriedMLA
📱 gotfriedmla

June is upon us and another school year is coming to an end. Graduation is a milestone for many as the pinnacle of high school or a post-secondary experience. It is always a privilege to attend graduation ceremonies and it is a highlight to see young adults launching into a new chapter of their lives

Often in the Legislature, Bills can be controversial, but this spring I was proud to lead the charge amongst opposition parties in raising awareness on Labour Code and Employment Standards consultation. We felt it necessary to take a stand and demand additional time for employers and employees to provide feedback on the far-reaching consequences of changes in legislation for every working Albertan. How we are employed, and under what rules, matters to both business and employees alike. All of us want to have safe and healthy workplaces. Understanding the costs, implications and consequences of legislation requires more than just a short on-line survey or invitation-only engagement sessions.

On the topic of workplace safety, I attended with students, staff, and parents at Dr. E. P. Scarlett High School a presentation around rights and responsibilities that we all have for the safety of ourselves and co-workers. Calgary-Fish Creek resident Julie Hamilton was able to share her message on the importance of worksite safety through her "Missing Tim" initiative on National Day of Mourning. Julie lost her dear son Tim, a Scarlett Grad, to a workplace accident that was 100% preventable. Julie presented her story to hundreds of students to create awareness on what questions to ask on the job site, and to give the students "permission" to walk away from unsafe work. My thanks to Julie for sharing her emotional and heartfelt message in which her loss may give others the chance to avoid life-threatening risk. Everyone deserves to go home safely to their family after a good day's work.

As many start to contemplate summer adventures, I would like to highlight two important tools to make your travels safer. Most of us have smartphones and it is

hard for many to imagine life without them. Although technology can be challenging, it also provides us with opportunities for greater public safety. There are two phone APPS developed to improve the lives of everyday Albertans: **511** and **Alberta Emergency Alerts**. Both 511 and Alberta Emergency Alert are available free of charge. 511 is Alberta's Official Road Report. There is a wealth of real time information and there are constant updates on visibility, road construction, as well as many other items. 511 can also be monitored through Twitter, so if you do not have the app and have questions regarding specific road conditions, I have received immediate responses as late as 11:30pm; now that is service!

Few of us can forget the images of destruction that occurred with the Ft. McMurray wildfire. Individuals had to evacuate on a moment's notice and getting the word out can be difficult in challenging situations. The AEA (Alberta Emergency Alert) app is designed to give off a very loud and recognizable tone when danger or a public service announcement needs to be shared quickly. It can be a water advisory, road closure or evacuation notice, but smartphone warnings can keep us well informed and I would encourage you to use these tools to improve personal safety.

Although session will be ending soon, your comments and feedback help me to better serve you, so please join me for my MLA Café this month, June 16th from 10am to 12noon at my office. Mark your calendars for my 2nd Annual Stampede Hoe-Down in the Downs BBQ on Saturday July 8th from 11am to 2pm at the office, where we will have live music, great food, and fun for all ages! Please say "Hi" when you see me at an event in your community or make an appointment to visit me over the summer.

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Name	Age	Contact	Course
Alec	15	403-720-4072	Yes
Alyse	17	403-271-2668	Yes
Danielle	17	403-991-2292	Yes
Dylan	16	403-271-0682	Yes
Gabby	17	403-225-0157	Yes
Jordan	20	403-978-2253	Yes
Karena	17	403-808-8226	Yes
Kayla	13	403-271-3611	Yes
Mary	15	403-225-3366	Yes
Rhys	16	403-399-7509	Yes

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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.

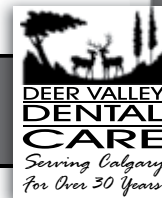
YOUR CITY OF CALGARY

Seniors' Week

In 2017, The City of Calgary will celebrate Seniors' Week from June 5 - 11 to acknowledge the contributions of seniors to our communities.

Whether it's their time, talent or life experience, seniors' contributions are at the heart of many Calgary communities improving the quality of life for many Calgarians. The City of Calgary supports seniors in many ways throughout the year; learn more at www.calgary.ca/SeniorsWeek.

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BRAIN GAMES SUDOKU

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



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
 403-268-1653

Greetings Ward 14!

Ward 14 Community Calendar

I have always wanted a calendar for community events. Given that I attend most of those events, I can tell you that I have found use for such a calendar. So, I was very happy in February when the resources were finally available to make it a reality. You will find it at calgary.ca/ward14calendar, and you will see details on community events like:

- **Counciltalk:** If you click through the calendar to June 17, you will find the last Counciltalk session of the season. It will run from noon to 2 p.m. at Parkland Community Hall (505 Parkvalley Road S.E.). This year's Counciltalk sessions have been more than I could have hoped for. Most turnouts have been large, and the conversation has been stimulating. I hope to see as many out to the June session as possible, because it will be the last opportunity for a while. Visit calgary.ca/counciltalk for more information.

- **Ward 14 Communities BBQ:** If you click through a little bit farther you will see my annual Ward 14 Communities BBQ. We will have a great time and raise a lot of money for Ward 14's community associations. Look for the BBQ on Saturday, Sept. 16 from 11 a.m. to 2 p.m. specifically. We will be in the Southcentre Mall parking lot. If you want more details visit calgary.ca/ward14bbq.

- **Neighbour Day:** It is on the same day as my last Counciltalk session—June 17—, and Neighbour Day is actually made up of many different events. I can confidently say that June 17 will be a very busy day for me, but busy in a good way. Visit calgary.ca/neighbourday for more info.

That brings me to one last point about the Ward 14 Community Calendar. On it you will find many great events, but some still slip under my radar. So, if you have one that you think is worthy (i.e. has benefit for the communities of Ward 14) send an email with the details to ward14@calgary.ca.

Ward 14 Wordsmith Award

For five years, the winner of my essay contest, and their

entire class, have joined me at a City Council meeting. I read the winning essay on TV during a Council meeting—so everyone can be just as impressed as I—and present the winner with the *Ward 14 Wordsmith Award*.

This year Carine Howie, who is from Midnapore and goes to St. Teresa of Calcutta School, takes home the award: a trophy and a signed Johnny Gaudreau jersey courtesy of the Calgary Flames! Congratulations Carine! It is great to see young people who understand the importance of democracy. Thank you to all of the teachers who instill that importance, and to all the students who participated! I can't wait to see what the students have in store for next year.

Stampede Parade - route reversal

Just one quick note before I go. If you like to attend the Stampede Parade, keep in mind this year the route has been reversed. For more information, you should visit parade.calgarystampede.com.

That is all I have for June. Remember to dust off the boots and hats for July!

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

FROM AUGUST 10th TO 12th 2017, Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to www.calgary55plus.com for information.

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Parkland Real Estate Update

Last 12 Months Parkland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$589,900	\$575,000
March 2017	\$569,900	\$565,000
February 2017	\$635,000	\$613,121
January 2017	\$569,950	\$556,250
December 2016	\$0	\$0
November 2016	\$637,400	\$628,950
October 2016	\$499,900	\$505,000
September 2016	\$664,900	\$649,000
August 2016	\$599,900	\$599,250
July 2016	\$615,000	\$603,250
June 2016	\$554,900	\$559,500
May 2016	\$638,700	\$624,500

Last 12 Months Parkland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	10	9
March 2017	11	5
February 2017	5	3
January 2017	5	2
December 2016	0	0
November 2016	3	2
October 2016	2	5
September 2016	5	6
August 2016	6	7
July 2016	4	2
June 2016	9	3
May 2016	4	2

To view more detailed information that comprise the above MLS averages please visit parkland.great-news.ca

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Yoki & Jeff's Parkland Real Estate Report

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- 1 Tbsp. Salt
- 1 Tbsp. Chili Powder
- 1 Tbsp. Garlic Powder
- 1 Tbsp. Onion Powder
- 1 tsp Cayenne Pepper (Optional)

Mix brown sugar, paprika, black pepper, salt, chili powder, garlic powder, onion powder and cayenne pepper in a bowl. Store in an air-tight container or keep in the freezer in a sealable plastic bag.

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"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"

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Not intended to solicit properties already listed for sale