

JULY 2016

DELIVERED MONTHLY TO 1,600 HOUSEHOLDS

WALDEN LIFE

THE OFFICIAL WALDEN COMMUNITY NEWSLETTER





After months of construction, we are excited that Southview Church is in the final stages of construction and nearly ready to open! From programs for children and youth to various ministry initiatives for men and women - we have something for both individuals and families. We are looking forward to being a part of your community and we would love to have you join us for a weekend service or church event in the very near future. Visit www.southviewchurch.com for more information. We hope to see you soon!

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Walden Community Association

#300, 151 Walden Gate SE, Calgary T2X-0R2 (Inside ATB)

Phone: 403-256-4000 • www.waldenyyc.ca

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Great News Publishing Ltd.

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PRESIDENT'S MESSAGE

PHello Walden!

Happy Summer!

We are still The WCA Board is so excited to 'launch' our community, so to speak, and we know that with your help and support, we will make this community stand out. We hope to bring you some great happenings this year.

Annual General Meeting moved to September: The first WCA Annual General Meeting will be held in September 2016. At the AGM we will be adding members to the board as well as ratifying our By-laws. Look for the link on the website for the Agenda, candidate information. You will be able to share the events planned for the community, talk with board members and get involved in your community. Date, time and location to come.



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Membership Rewards: We are working to develop Membership rewards. The plan is to canvas the businesses in and around Walden, such as those at Walden Gate, as well as home businesses within our community.

Just a reminder that gaining membership is quite simple, the cost is \$20 per household; you can pay directly at ATB Walden or via our website. Some of the membership benefits include:

- Voting privileges at the AGM: help make decisions on how your community is run
- Reduced admission to community events
- Help your community sustain certain operating costs
- Membership supports events that the community offers such as Stampede Events, Movie Night in the Park etc.
- And creates way for support of future events, such as sporting activities and so on.

If you have questions or would like to be a sponsor, email the memberships committee.

Walden Newsletter: Just a reminder that if you have an idea for an article or have pictures, please email the newsletter. Articles have to be no more than 300 words. And cover pictures must be at least in 1MB in size and 300 dpi. The deadline for content is the first of the month.

So that's it for now. And one last thing, please remember to pay attention and be aware of your community. With the summer now in full swing and school closed for the summer, everyone will be outdoors. Please take your time, whether you are driving, walking, biking, or whatever activity you are involved in, slow down, and pay attention. Let's keep our community safe.

For more updates on all WCA Events, programming and developments, check the WCA website: www.waldenyy.ca.

Thanks

Charmaine Martin
President, Walden Community Association
On behalf of the WCA Board

HEALTH & WELLNESS

BENCH PRESS



Try this fun and effective training program at home. All that you need is a good chunk of determination, a jump rope, push up and crunch and body squat know how and a deck of cards.

Start with the first card in your deck, make note of its suit and numerical value. Once you have trained with this card, return it to the bottom of the deck; draw the next card and perform the exercise dictated by this card. Repeat this process with all of the cards in the deck until you encounter the very first card that you started with. When this first card is once again drawn, you will know that you have gone through the entire deck of cards.

The goal here is to **go through a deck of cards as many times as possible in one week.**

The expectation is that you do not "play" an entire deck of cards in one exercise session but rather do a chunk of cards (whether big or small) based on the time available and your physical abilities and limitations.

Eventually, several smaller sessions using the cards will equate to you having played an entire deck! All face cards and aces have a numerical value of 10.

- **CLUBS= SKIPPING!** Multiply the number on the card by 5 to determine how many turns of the rope are required. As an example, the 3 of CLUBS would dictate that you skip 15 times (3 X 5=15).
- **SPADES= PUSH-UPS!** The number on the card dictates how many push-ups are required. As an example, the 3 of clubs would dictate that you complete 3 push-ups.
- **DIAMONDS= BODYWEIGHT SQUATS!** The number on the card dictates how many bodyweight squats are required.
- **HEARTS= SIT-UPS!** The number on the card dictates how many sit-ups are required.

Enjoy

Geoffrey

Gates of Walden STAMPEDE BREAKFAST



July 16, 2016
10:00 am – Noon
Gates Of Walden

Volunteers needed! Volunteers are the backbone hosting a successful Stampede Breakfast and we need your help. Walden Community Association, is happy to partner with the Gates Of Walden Businesses, for this year's Stampede Breakfast! There will be tons of activities.

See www.Waldenyy.ca for event information.



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IN & AROUND
CALGARY

EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

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

First aid

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

Prevention

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

Creating a Walden
Community
Garden

Are you interested in creating a community garden? This is one of the community activities that is supported by the City of Calgary as well as the Community Gardens Resource Network (CGRN).

What is a community garden? A community garden is just a shared piece of land gardened by a group of people. The garden can be on public or private land and gardeners grow food and flowers that enhance the community and connect the community through gardening in a common area (www.calhort.org/community-gardens/about.aspx).

The city of Calgary believes that

"Community gardens can enhance the health and well-being of neighbourhoods and communities in Calgary. The City values community gardens and supports the creation of new community gardens on public lands, as well as the retention of existing community gardens in the city. We're pleased to support community gardens by working with a variety of community organizations."

(www.calgary.ca/CSPS/Parks/Pages/Programs/Community-gardens.aspx)

Many of the communities have a community garden. If you are interested this endeavour, please contact the WCA and we will help you.

newsletter@waldenyc.ca

Editorial
Content
DEADLINE

1st

of each month
for the next
month's
issue

Walden Community Association
Board
of Directors

President	Charmaine Martin
Secretary	VACANT
Treasurer	Chris Wiencki
Director, Memberships	Clint Kniss
Director, Social Media	Julia Wiencki
Director	Dwayne Robinson

Volunteers
needed!!!

If you would like to volunteer on any of our committees, activities, please contact us via volunteer@waldenyc.ca, We would love to have you!

VISIT OUR WEBSITE:
<http://waldenyc.ca>

Join Us:
FACEBOOK: <http://www.facebook.com/groups/waldenyc>

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Treasurer: treasurer@waldenyc.ca
Newsletter/Website: newsletter@waldenyc.ca
Membership: membership@waldenyc.ca
Volunteer: volunteer@waldenyc.ca



Walden Real Estate Update

Last 12 Months Walden
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$410,000.00	\$405,000.00
April 2016	\$474,800.00	\$465,000.00
March 2016	\$429,900.00	\$425,950.00
February 2016	\$430,000.00	\$427,000.00
January 2016	\$452,400.00	\$443,000.00
December 2015	\$362,950.00	\$355,000.00
November 2015	\$482,400.00	\$473,500.00
October 2015	\$407,000.00	\$399,500.00
September 2015	\$419,900.00	\$415,500.00
August 2015	\$525,750.00	\$512,750.00
July 2015	\$487,449.50	\$476,000.00
June 2015	\$519,900.00	\$519,000.00

Last 12 Months Walden
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
May 2016	9	11
April 2016	17	9
March 2016	14	4
February 2016	2	9
January 2016	16	4
December 2015	11	2
November 2015	3	6
October 2015	9	4
September 2015	6	5
August 2015	8	2
July 2015	8	4
June 2015	3	8

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

COMMUNITY ASSOCIATION NEWS

Walden Community Association: What are we talking about?

The WCA Board meets the 1st Tuesday of every month. If you have an item you would like to bring to the board's attention, please email board@waldenyycc.ca.

Here's what we are talking about:

- **Annual General Meeting: Moved to September 2016:** Once we have the date, time and location, we will send out notices.
- **Memberships & Membership Rewards:** We are looking to build the list of benefits for having a WCA membership. We are planning to approach the businesses at Walden Gate for their support with the hopes they will offer discounts for WCA members. We also are looking at being added to the list of supported communities at Trico Centre and other similar facilities. Once we establish these we will expand out into the surrounding communities. Another perk we also want to include are for those who have home based businesses within our community. If you have a home based business and would like to offer a discount as part of the WCA member rewards package, please email membership@waldenyycc.ca. Also we will put your ad on the website too.
- **Parking Issues:** We are aware of the number of complaint's being made to the city in regards to parking in Walden. The Association has developed a Traffic Committee to help educate and resolve our community challenges. This is being led by Trevor Smith. We are currently working with Age Care and the City of Calgary to improve parking on Walden Dr. We are currently looking at development plans to understand the roads and the design, working with the City of Calgary we will identify areas for improvement. We welcome community input and support. If you would like to participate in this committee, please email volunteers@waldenyycc.ca and we will connect you with Trevor.

What we are working on

Events & Happenings:

Gates of Walden Stampede Breakfast 2016

The businesses of Gates of Walden will be hosting the 2016 Gates of Walden Stampede Breakfast, on Saturday July 16th, from 10:00 am to Noon. Come out and meet

your neighbours. We are looking for volunteers to help with this event. Please email volunteer@waldenyycc.ca!

Movie In The Park – Movie Night

We are still researching having a Family Summer event to bring families and community together for some fun. We are currently exploring Movie Night would be a night out at the movie, possible at Landmark Cinemas or other location in the Fall. At this time, we do not have enough resources to have the Movie In The Park this summer, so we will put this in for Summer 2017. We are exploring these options, but if you have any other ideas, please let us know what you think. info@waldenyycc.ca

Newsletter/Website Updates:

Here are some of the regular articles we are working on for the coming months:

Why we Love Walden? Why did you move to Walden? What do you like about Walden? Drop a few words, and share your thoughts. Tell us why you love Walden, it is a great way to get to know your neighbors and neighborhood. Email newsletter@waldenyycc.ca with your comments. Here's a comment...

"Combining the urban living with suburban feel, I love the tranquility and nature of Walden..."

Charmaine Martin...

- **Who are the People in Your Neighborhood:** Walden is a very multicultural rich community, with people from all walks of life, different parts of the world and different reasons for living in Canada, in Calgary and in Walden. We are looking forward to meeting the members of our community and have them share their story. If you and your family would like to be featured, please contact us at newsletter@waldenyycc.ca.
- **Where's Walden??** We are looking for someone to create a character, named "Walden" for our Where's Walden picture, if you are interested, please email us.
- **The Southwood Church** – Look for our sit down with Stan Wiens, Team Leader of the Southwood Church
- **Pet Corner:** We are looking for someone to run with this feature in the newsletter. If you are interested, please contact the newsletter. This would be an article featuring the pets in our community.



If you value your Community, be sure to purchase your Walden Community Association Annual Membership!

Memberships cost \$20 per address and are valid for 1 year from date of purchase.

MEMBERSHIP APPLICATION FORM

FAMILY NAME: _____
(Last name) (First Name) (Partner)

ADDRESS: _____

HOME PHONE: _____

E-MAIL: _____

WOULD YOU BE INTERESTED IN VOLUNTEERING? Social Committee ☐ Fundraising ☐
Board of Directors ☐ Membership Committee ☐ Special Events ☐ School Issues ☐

Support Your Community Association Buy a Membership Today!

\$20.00 2016 WCA MEMBERSHIP CARD

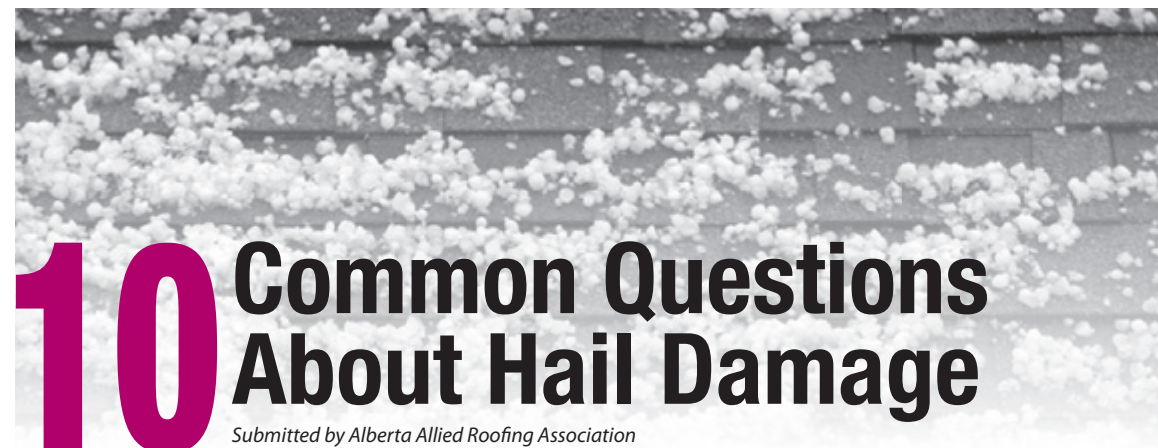
Name _____ (Surname) (Given Name)
Name _____ (Surname) (Given Name)
Address _____ Postal Code _____
Phone # _____ Email _____
Date _____ Can we contact you for Volunteer Activities? Yes () No ()
Cheque# _____ Cash Receipt # _____ E-order ref _____ 126

Walden Community Association
2016 Family Membership Card
The _____ Family
WCA Membership Representative
Membership Expires _____ expires one (1) year from date 126

Fill out the above, enclose your cheque or money order, payable to 'Walden Community Association' and mail to the following address: Walden Community Association – Memberships
c/o ATB-Walden, #300, 151 Walden Gate SE, Calgary, AB T2X 0R2.

- Please allow 3-4 weeks for your membership to be delivered to your home address.
- Memberships can also be purchased directly to the ATB Branch in Walden
- Members of the community association are welcome to attend WCA sanctioned events throughout the year. Not only will you be able to meet others within Walden, but to help build a better sense of community for Walden.
- Stay connected with what is happening in your community. Members are kept up to date of the developments within and around the community. Being a member secures you a vote at public meetings, or make a difference by join the board and more.
- In the future, other benefits will come from sports, activities and partner discounts; access to youth and community events and programs.

Walden Community Association updates can be found at www.waldenyycc.ca



10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

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

Can I tell from the ground?

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

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

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

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

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

What does hail do to a roof?

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

Hail does several things:

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

Do I need to get my roof replaced right away?

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

What does hail hit look like?

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

Why would my insurance company replace my roof?

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

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

The amount of shingles to remove from your roof is the

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

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

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

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

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

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

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

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

SCIENCE SCENE: Freezing Foods

Why is thawed frozen fruit so mushy? Why are more and more ice cream stores using liquid nitrogen to make ice cream? If you have had the chance to try some you know why. It's delicious!

To answer the first, most of the mass in fruits is water, and the water is held in and between small firm cell walls in fruits. When the water in fruits freeze and expand the ice crystals break the cell walls. This degradation of the cell walls in fruits really affects the texture. You will have noticed this if you have left frozen fruit out for too long. It won't have the same feel or be as rigid as before. This is also why you shouldn't put too much unfrozen products in your home freezer at once as it will result in a long and slow freeze and reducing the quality of the frozen food. Faster freezing creates more and smaller ice crystals in the food while slower freezing creates fewer but larger ice crystals that rupture more cell walls.

Liquid nitrogen is perfect for flash (super fast) freezing, it's boiling point is **-196°C**. This is one of the fastest ways to flash freeze food, 15 seconds. The flash freezing process also helps with creamier foods like ice cream, as the smaller crystals allow for the desired smoother texture and also preserves more of the natural ingredients.

At home, if you put all the Freezies in the freezer at once they will take longer to freeze and form larger ice crystals. Freezing them in smaller numbers and on the coldest shelves (refer to the freezer manual, or Google it) will give you the frozen treat sooner.

Dennis E.



Blue-winged Teal a Little Dabbler

By J.G. Turner
Photo credit: Alan & Elaine Wilson of Nature's Pics Online

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



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

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

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

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

Pet Insurance

is for everyone, including Vets



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

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

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

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

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

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

Jennifer L. Scott, D.V.M.

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Welcome to Summer! My office and I are thrilled to be participating in the many Stampede community breakfasts and BBQ's this July. It is always a pleasure to engage directly with constituents, and a big thank you to both the Community Associations and Resident's Associations for planning these events.

As some of you may have heard Alberta Parks will be implementing user fees at Sikome Lake this summer. The fees will allow Sikome to expand its capacity, upgrade facilities and extend the swimming season into early September. Alberta Parks will invest the new facility fees in consistent public access to the full lake, additional aquatic safety staff and a season that extends through Labour Day. Infrastructure investments will include interior and exterior renovations to buildings on site, including washroom and shower facilities.

Facility fees will range from \$2 to \$10 for a day pass, including the option of a family day pass at \$10 for one or two adults with children living in the same household. Season passes range from \$25 to \$100 for a family pass for unlimited access. Group rates for day cares, day homes and day camps will also be available. The new fee structure includes reduced rates for persons with disabilities and both the Cultural Access Pass and the Calgary Fee Assistance Card will be accepted at the gates.

For up-to-date information from my office on the constituency and province, please visit my Facebook page at RickFraserYYCSE.

If you'd like me to attend a community event, please send an e-mail to calgary.southeast@assembly.ab.ca.





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

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

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

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

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

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

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

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

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COUNCILLOR, WARD 14
PETER DEMONG
www.calgary.ca/ward14
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Howdy Ward 14!

With all that this province has gone through in the last year or so, I hope we can all take some time this month to celebrate in a way that only this city knows how—with the Calgary Exhibition and Stampede! Let's have a good time and show our Albertan neighbours the same.

Counciltalk

I want to extend a tip of the hat to all the patrons of Counciltalk, and especially to those who have attended since the beginning. They have seen just how much it has grown.

The next Counciltalk date will be posted on calgary.ca/counciltalk, and you can sign up for reminders at calgary.ca/ward14connect.

Ward 14 Communities BBQ

I try to gradually ramp up my marketing of the Ward 14 Communities BBQ over the summer to a climax in September. There is still a lot of preparation to be done, and RSVPs to be confirmed. So this month I will go a little more in depth, and hopefully you will tune in next month for more detail.

For those who don't know, my BBQ is a membership drive for Ward 14 community associations. I round up money from generous sponsors to pay for the cost of the event and buy everyone who attends a membership to their community association. We raise a lot of money for the community associations and they add a lot of members, but there is also a chance to visit with and learn about the City of Calgary's various departments and partners. There will be a free burger and beverage too.

This year the BBQ will be on September 24 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You are welcome to join. We will have a lot of fun.

MGA Review

The Municipal Government Act (MGA) defines everything about the City of Calgary (and every other municipality in

Alberta for that matter). Without the MGA as provincial legislation the organization—that City Council manages—would not have official power to operate. In general, the MGA governs all of Alberta's municipalities in three main areas: Assessment and Taxation, Governance, and Planning and Development. It determines how the City of Calgary pays for the services it delivers, how decisions are made, and how the city is built and grows.

The provincial government is reviewing the MGA. Any changes to the act will impact how the city operates, but they could also impact you directly and profoundly. The MGA determines how you are taxed, how you elect representatives in the City, and what you are allowed to build on your property.

I would like to hear your views on this important topic, and I would like you to arm yourself with some information about it. The website mgareview.alberta.ca is filled with useful information about the MGA, and you can contact me anytime. Finally, decisions about the MGA ultimately fall on the Provincial Government, so you local MLA should probably hear what you think about this too.

Have a great July, and a great Stampede. Happy Trails!

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

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AUGUST 5 TO 7 EXPO LATINO

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



AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

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



AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

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Name	Age	Contact	Course
Derly	19	403-397-2344	Yes
Elana	14	403-690-0320	Yes
Kate	12	403-470-6172	Yes
Lucy	17	403-796-8951	Yes
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