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BLACKFOOT DISTRICT

Even in the Summer!

July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some Blackfoot units are travelling this summer and others are attending the national camp - Guiding Mosaic. Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Mission
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown East Village	Kingsland	Stanley Park
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

If you live in one of these communities we can find a unit near you!

On-line registration for the 2016-2017 season has started and is on-going. We are actively looking for not only youth members but adults as well! For more information go to www.girlguides.ca

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

July at Trico Centre

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

Membership Specials while the Pool is Closed

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

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

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

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

Summer Programs for Older Adults

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

IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week.**

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage col-

lection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.



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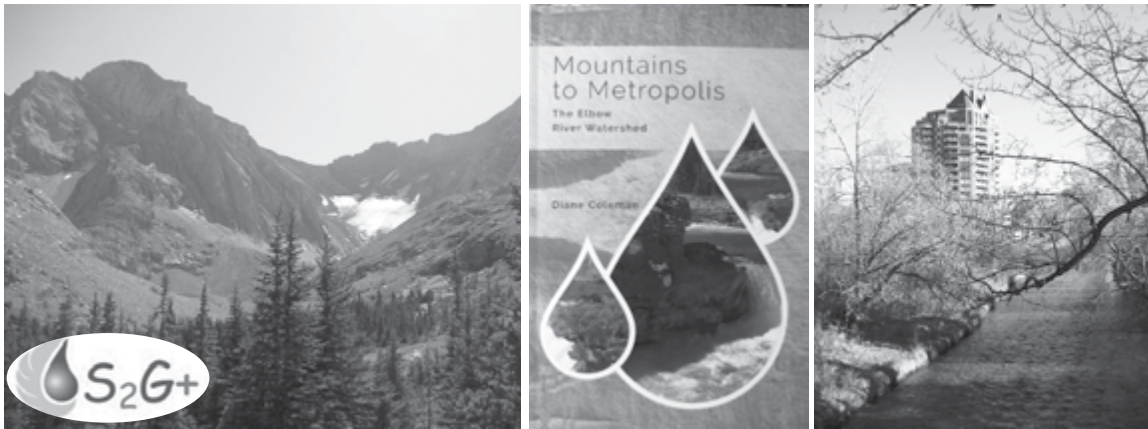
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New Book

Mountains to Metropolis: The Elbow River Watershed

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

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

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

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

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

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

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

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

A Life Insurance Primer

Jason Kruse, Financial Advisor

Life insurance is a basic ingredient of successful financial and estate planning. When you die, insurance can provide financial security for your family. But with so many types of policies available, how do you choose?

The first thing you should know is that life insurance is divided into two broad categories: term insurance and permanent insurance. Both pay beneficiaries a tax-free death benefit if you die while the policy is in force.

Term life insurance provides coverage for specified periods, while permanent life insurance provides coverage that can last a lifetime. Here's a look at how these policies can be used, and some of the variations in each group.

Term life insurance

Term life insurance is often used to cover temporary insurance needs over a specified period. Examples include mortgage and debt elimination, and education funding for children. Most income replacement needs can also be met with term life insurance. Term life insurance is typically available for terms of one to twenty five years. It may also be available until a certain age, often 80 or 85. The death benefit is paid only if you die during the term. Premiums are usually constant during the term, but increase if you renew. There is usually no cash value.

Permanent Life insurance

Permanent life insurance is typically used to cover insurance needs that will exist throughout a lifetime. Examples include final expenses upon death, emergency funding and funds to offset potential tax liabilities on registered assets and capital gains. There are three main types of permanent life insurance:

Whole life: With this "traditional" life insurance you pay a fixed regular premium for a specified death benefit. Coverage never expires.

A whole life policy has a cash value, which is returned if the policy is canceled. While the policy is in force the cash value is used to fund the policy, and policyholders have no control over how it is invested.

Some whole life policies pay dividends, enabling policyholders to benefit from the performance of its participating fund.

Universal life: This type of policy has insurance and investment components. Premiums are partly used to provide life insurance coverage, with the remainder going to the investment component. Returns generated by the tax-exempt investment portion grow sheltered from income tax.

Universal life policies offer a number of fixed and variable investment options, and you can top up the investment component with additional payments. You may also be able to direct more toward the life insurance component, to increase the death benefit.

You can withdraw money from the investment portion, borrow against it, or use it to pay premiums. When you die, your heirs receive the face value of the policy's insurance and in some cases the investment portion as well.

Term-to-100: This provides lifetime protection, usually at a lower cost than other types of permanent insurance. Premiums are generally paid until age 100, but policies typically have no cash value and pay no dividends.

Within each category of insurance you'll find many variations. Speak to a financial advisor or insurance representative about what policy-or combination of policies-suits your needs.

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Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

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

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

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

Cilantro Lime Chicken Marinade

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

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

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

Creamy Avocado Lime Dressing

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

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



How to enjoy the summer sun safely

By Paula Trotter

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

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

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

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

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

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

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

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need

to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).

- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.





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MEDITATION FOR ADULTS OF ALL AGES: by Living Kindness Yoga. Calm your mind, relax your body, and experience inner peace. 7:30 - 9:00pm Wednesdays June, July, and August, plus Tuesday July 26. There will be a new set of five classes starting the first Wednesday of each month. To register, contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

QUALITY CLEANING SERVICES: Professional, consistent, dependable and affordable. Residential and commercial cleaning, post construction, move in / move out. Please call for a free estimate at 403-667-2503.

MINI BOBCAT SERVICE 36" WIDE: Seven days a week. Excavating, patios, hot tub pads, driveways, lawn replacement. Deliver gravel, loam, garden mix, cedar mulch up to four and a half yards. Can haul away and remove general garbage as well as appliances. Call or text Barry at 403-714-7417.

~continued next page~

Maple Ridge



Real Estate Update

Last 12 Months Maple Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$599,900.00	\$587,500.00
April 2016	\$564,900.00	\$551,250.00
March 2016	\$539,900.00	\$525,000.00
February 2016	\$619,839.00	\$595,000.00
January 2016	\$532,400.00	\$518,750.00
December 2015	\$532,400.00	\$518,250.00
November 2015	\$460,000.00	\$434,000.00
October 2015	\$539,700.00	\$542,250.00
September 2015	\$568,500.00	\$549,000.00
August 2015	\$519,000.00	\$515,000.00
July 2015	\$482,000.00	\$455,000.00
June 2015	\$479,900.00	\$461,500.00

Last 12 Months Maple Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	3	1
April 2016	3	4
March 2016	5	3
February 2016	4	3
January 2016	0	2
December 2015	2	2
November 2015	5	4
October 2015	2	6
September 2015	6	4
August 2015	4	3
July 2015	6	5
June 2015	3	1

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

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SENDING E-MAIL MESSAGES

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

ALT +S

Send the active document or message.



Blue-winged Teal a Little Dabbling

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.

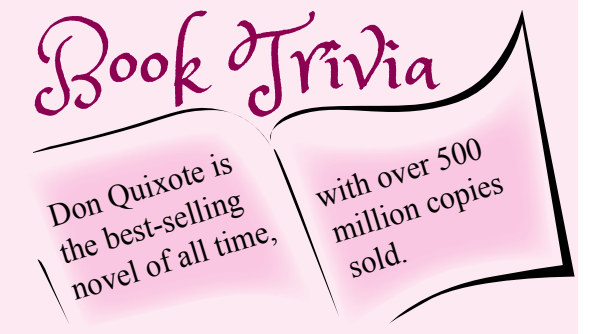
This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It 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.





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Willow Park



Real Estate Update

Last 12 Months Willow Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$496,200.00	\$491,250.00
April 2016	\$694,000.00	\$667,250.00
March 2016	\$542,000.00	\$524,000.00
February 2016	\$599,700.00	\$580,000.00
January 2016	\$519,000.00	\$516,937.50
December 2015	\$514,850.00	\$500,500.00
November 2015	\$492,444.00	\$482,944.00
October 2015	\$599,450.00	\$590,000.00
September 2015	\$499,500.00	\$490,500.00
August 2015	\$499,500.00	\$505,000.00
July 2015	\$549,900.00	\$540,777.00
June 2015	\$514,450.00	\$498,500.00

Last 12 Months Willow Park
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	9	4
April 2016	7	2
March 2016	8	2
February 2016	7	8
January 2016	5	3
December 2015	2	2
November 2015	3	2
October 2015	3	6
September 2015	7	2
August 2015	6	2
July 2015	8	7
June 2015	10	6

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

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.

IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

BRAIN GAMES SUDOKU

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4	5		6			9		
		3		7		8		

FIND SOLUTION ON PAGE 25

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to WR@great-news.ca

Willow Park Maple Ridge mybabysitterlist

Name	Age	Contact	Course
Alysha	12	403-254-8539	Yes
Cassidy	14	587-225-9179	Yes
Alissa	15	403-542-6142	Yes
Kaley	15	587-998-2190	Yes
Mackenzie	15	403-452-6992	Yes
Rachael	40	403-701-2647	No

Calling All BABYSITTERS

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

Calling All PARENTS

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

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



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HOURS OF OPERATION

Monday - Friday 9 am - 7 pm
Saturday..... 10 am - 4 pm
Sundays & Holidays..... closed



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.

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

The year-end party and picnic for our preschool students were a huge success. We had a great time at Lake Bonavista filled with fun, laughter and playing at the beach. A big thanks to the organizers and sponsors! Our sponsors included Safeway and Co-op.

We would like to extend our appreciation to all the parents, families, and friends who have supported our preschool during the past year, as a cooperative, we could not have done it without you all! A special thank you to Mrs. Killam as she has put so much love and dedication into all of the activities for the students for so many years, and creating all of the relationships with her students that have made a lasting impression for each of them (so much so we have her student's children now attending some of the classes).

Have a wonderful summer!

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

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calgary.acadia@assembly.ab.ca

Hi friends and neighbours,

Enjoy the wonderful days of summer holidays and community events near and far, I hope that you all continue to stay safe, hydrated, and enjoy the great weather (fingers crossed)!

As you are reading this, I will likely have welcomed our new addition to our family. Given that the Legislature will not be in session until the Fall, I will be primarily based in Calgary for the summer. I expect to be around the office and at community events during July and August so if you see me out and about with the little one, please come and say hi.

My staff and I continue to hear that traffic and speed in our neighbourhoods continues to be a cause of concern. We are all concerned about the safety and security of everyone whether they are walking, biking or in a vehicle. Please ensure that you report traffic concerns to 311 on a consistent basis so that they can be addressed.

The last thing that anyone needs this summer is a ticket so please remember that government reminders for vehicle registration and license renewal reminders will no longer be mailed to you. Albertans with disabilities will continue to receive their reminders in the mail. Seniors over the age of 70 will continue to receive mailed reminders until April 1, 2017. Sign up for email reminders by visiting your local registry agent, or sign up online at one of the following:

- E-registry (Vehicle Registration and Driver's Licence) <http://reminders.e-registry.ca/>
- Alberta Motor Association (Vehicle Registration) <https://ama.ab.ca/registries/vehicle-registration-online/>
- MyAlberta (Available April 1, 2016) <https://eservices.alberta.ca/notify>

As always, my staff and I are here to help and love to hear your feedback. If you need assistance accessing government programs, want some support for a community event or initiative or just want to say "Hi," you can reach us by email at Calgary.Acadia@assembly.ab.ca, by phoning 403-640-1363 or visiting #10, 8318 Fairmount Dr SE. Our office hours may be reduced during the summer to accommodate staff holidays, but we expect to be open Tues-Fri 10-4.



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

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!

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The good life is God's will and plan for each of us. In the gospel of John chapter 10 verse 10 Jesus said He came to give us the abundant, excessive, beyond measure and superior in quality life and living.

Are we there yet? As you enjoy this summer a good way to take advantage of a road trip is to connect through questions. A strong close knit family doesn't just happen it takes effort. Here are some questions that will make us think and help us connect with one another as we travel down the road. Then keep the conversation going. Once you've tapped into them and let them know you're listening, the possibilities are endless.



- What qualities do you most admire in other people?
- Did you have a chance to be kind to someone today?
- How would you change the world if you could?
- Is it good or bad to be fearless?
- Describe what you think a successful person looks like.
- Is success the same for everyone? Why or why not?
- Have you ever experienced a failure that made your life better?
- Can you think of any famous people who failed spectacularly at something?

Another way to capture their time and open their hearts is by reading together. Reading together gives you another space to learn together and connect on a deeper level.

We pray you have a blessed summer

Jeff and Audrey Loewen Pastor Arise Family Church and Jeff is also a John Maxwell Team certified Member

www.arisefc.org

680 Acadia Dr SE (Willow Ridge Community Center)

Sunday Service
10:15 am

IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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

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Includes one furnace, hot water tank up to 10 vents (must clean all vents) and a FREE standard size replacement filter.

WITH THIS AD ONLY, BEFORE JULY 31, 2016

Additional ducts/vents extra.
Some restrictions may apply.
Cannot be combined with any other discount.

\$500 OFF

FURNACE & A.C. INSTALLATIONS

WITH THIS AD ONLY, BEFORE JULY 31, 2016



PLATINUM PACKAGE
BRUSH METHOD

\$169⁹⁹ Reg. \$199

Includes one furnace, hot water tank up to 10 vents (must clean all vents) and a FREE standard size replacement filter.

WITH THIS AD ONLY, BEFORE JULY 31, 2016

Additional ducts/vents extra.
Some restrictions may apply.
Cannot be combined with any other discount.

FURNACE TUNE -UP \$129⁹⁹ WITH THIS AD ONLY, BEFORE JULY 31, 2016
Some restrictions may apply.
\$50 OFF If done at same time as cleaning



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- Being self-conscious of your smile
- Looking older than your age

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- Working with an independent broker gives you access to over 30 lenders
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CURRENT RATES

*OAC; rates are subject to change

3 year fixed rate

2.29%

5 year fixed rate

2.49%

Prime Rate (VRM)

-0.45%



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