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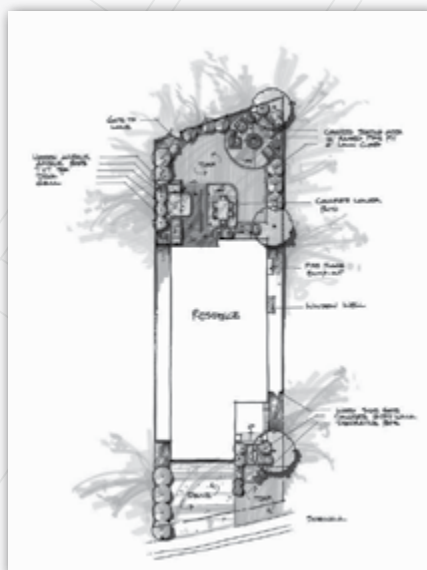
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING WILLOW PARK AND MAPLE RIDGE FOR 13 YEARS!

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

Our students had two wonderful field trips in May. The 4-year-old classes spent some time in the Inglewood Bird Sanctuary classroom before heading off on a beautiful nature walk and picnic. The 3-year-old class went to the zoo and learned all about penguins as they took part in the preschool penguin program. These were two memorable adventures and the students are still talking about them!

The end of May brought a year-end party for all the students. The 4-year-olds proudly participated in a graduation ceremony. June will bring a day to share with families and school friends with a final picnic together at Lake Bonavista.

As our school year comes to a close, we would like to thank all parents and families that helped support our school this past year. We would especially like to thank Mrs. Killam for all the love and devotion she has provided to each and every child, as it has allowed for their early school years to be filled with positive memories.

Please mark your calendars for the 2016/2017 school year orientation on September 6, 2016. We still have a few spots in the 3 and 4-year-old classes! If you would like more information about the preschool please call us at 403-278-9594, email us at mapleridgepreschool@hotmail.com or visit the website at www.mapleridgepreschool.com.

St. Bonaventure Junior High School

June will provide the St. Bonaventure School community with a chance to bring the year to a close through liturgical celebrations, athletics, and final exams.

In Catholic Community of Caring news, St. Bonaventure students and staff will celebrate the annual year end retreats. What a great opportunity to come together and celebrate the year! Please know that our many CCC service learning initiatives have been successful due to the humility of our entire school community! Of special note will be the Grade 9 Farewell Retreat and Mass - a great example of spirituality, citizenship, and excellence.

The St. Bonaventure school community also will participate in a year-end Liturgy of the Eucharist. We continue to appreciate the very special relationship that the school has with the parish in support of Catholic education.

Athletically, St. Bonaventure's track and field team competes at the District championship. Congratulations to our coaches and athletes on hopefully a very successful showing. Moreover, thanks to our parents for their continued support of Falcons' athletics.

Finally, we would like to wish students, parents, staff, school council, and the parish a safe and enjoyable summer. Thank you for your contributions to St. Bonaventure!

Insects & Technology

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

Discovery Magazine



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IN & AROUND
SCHOOLS

St. Boniface

May was a very busy and exciting month! We began the month with a Spring Art Walk evening where our community came together to celebrate the amazing artwork our students have created.

We recognized Mary, our spiritual Mother, and all mothers at our beautiful Marion Celebration. Mary is a source of hope in our times of need and we join with her to be charitable and merciful people.

Also, our students enjoyed dance week with Sound Kreations and were able to showcase their routines for our volunteers at our Appreciation Tea.

Lastly, we ended the month with a Wellness Day. Students worked through workshops that promoted health and wellness and we ended the day with a great lip sync battle!

During the month of June there are many activities planned such as our Garage Sale here at the school,

scheduled on June 11th, field trips, our Sacramental Celebration, Play Day, and our closing Mass at St. Bonaventure parish on June 27th at 1:30.

A reminder to all, that registration is open for Kindergarten. Please contact the school at 403-500-2060 if you have any questions.

We would like to wish everyone a safe and wonderful summer!

Fundraising for a new playground at St Boniface School
We are thrilled to announce that in September 2017, a new playground will be built in our community at St. Boniface Elementary School. Our play structures are over 20 years and ready for retirement.

Our new playground will benefit our students, as well as families in Lake Bonavista and surrounding communities. Highlights include:

- a safe, accessible and durable SofTile solid floor (less mess and dust!)
- a design that will bring more play value by focusing on a wider age range of children
- easy access for people with mobility issues, seniors and parents with strollers
- will also include an outdoor classroom in an amphitheater-style setting. A space for our students to learn outdoors as well as be a picnic area for families from around the community to enjoy.

We need to raise approximately \$330,000 to build our new playground.

Here is how you can help!

1. Do you know any individuals or businesses in our community who would be interested in supporting us either through cash or in-kind donations? We are looking for leads for the following in-kind donations: excavation, skid steer, concrete for post holes, landscaping, site fencing. Send your leads to stboniface@ccsd.ab.ca
2. You can donate directly to our new playground via PayPal on the playground link located on our school's website (www.ccsd.ab.ca/schools/stboniface) or you can drop off a cheque at our school payable to: Parks Foundation Calgary with a subject line of: "St. Boniface School Playground Project".

Thanks for your support!



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 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 February 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 five free passes*

Spring Activities 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.

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

BRAIN GAMES SUDOKU

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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	\$479,900.00	\$470,000.00
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	5
April 2016	9	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**

Should You Change Your Investment Mix Over Time?

Jason Kruse, Financial Advisor

To be successful at investing, some people think they need to “get in on the ground floor” of the next “big thing.” However, instead of waiting for that one “hot” stock that may never come along, consider creating an asset allocation – a mix of investments – that’s appropriate for your needs, goals and risk tolerance.

But once you have such a mix, should you keep it intact forever, or will you need to make some changes? And if so, when?

To begin with, why is asset allocation important? Different types of investments – growth stocks, income-producing stocks, international stocks, bonds, government securities, real estate investment trusts, and so on – have unique characteristics, so they rarely rise or fall at the same time. Thus, owning a mix of investments can help reduce the forces of market volatility. (Keep in mind, though, that asset allocation does not ensure a profit or protect against loss.) Your particular mix will depend on your investment time horizon, comfort with risk, and financial goals.

When you are young, and starting out in your career, you may want your asset allocation to be more heavily weighted toward stocks and stock-based investments. Stock investments historically have provided the greatest returns over the long term – although, as you’ve probably heard, past performance can’t guarantee future results – and you will need this growth potential to help achieve your long-term goals, such as a comfortable retirement. Stocks also carry a greater degree of investment risk, including the risk of losing principal, but when you have many years to invest, you have time to potentially overcome the inevitable short-term declines.

Once you reach the middle-to-later stages of your career, you may have achieved some of your goals that required wealth accumulation, such as sending your children to college or university. However, what is likely your biggest long-term goal – retirement – still awaits you, so you may not want to scale back too much on your stocks and other growth-oriented investments. Nonetheless, including an allocation to bonds can help to reduce some of the volatility of the stock portion of your portfolio.

Now, fast forward to just a few years before you retire. At this point, you may want to lower your overall risk level, because, with retirement looming, you don’t have much time to bounce back from downturns – and you don’t want to start withdrawing from your retirement accounts when your portfolio is already going down. So, now may be the time to add bonds and other

fixed-income investments. Again, though, you still need some growth opportunities from your investments – after all, you could be retired for two, or even three decades.

Finally, you’re retired. At this point, you should adjust your asset allocation to include enough income-producing investments – bonds, perhaps dividend-paying stocks – to help you enjoy the retirement lifestyle you’ve envisioned. Yet, you can’t forget that the cost of living will likely rise throughout your retirement. In fact, at a modest 3% inflation rate, the price of goods will more than double after 25 years. So even during retirement, you need your portfolio to provide some growth potential to help you avoid losing purchasing power.

By being aware of your asset allocation, and by making timely adjustments as necessary, you can provide yourself with the opportunities for growth and income that you will need throughout your life.

NO TIME LIKE THE PRESENT TO KEEP YOUR FUTURE ON TRACK

A portfolio review will help ensure your investments are keeping pace with your goals. Call or visit our office today.

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YOUR CITY SECTION

Check out these important updates from The City of Calgary

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

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Register the kids for a summer nature adventure

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

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

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

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

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

IN & AROUND
CALGARY

BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

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

NATURAL GAS/PROPANE GRILLS

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

CHARCOAL GRILLS

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



Enjoy some family time at Canada's largest man-made wetland

Bring the family to Ralph Klein Park on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Parks Fest! Enjoy an afternoon of face painting, pond dipping, guided walks, nature crafts and more. Learn about Canada's largest man-made wetland, visit the park's Environmental Education Centre and explore the wonders of nature all around.

Don't forget your sunscreen and water bottle, and please leave your furry friends at home. Pets are not permitted on site, excluding assistance dogs.

For more information, visit calgary.ca/parksevents.

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BLACKFOOT DISTRICT

Almost summer! Blackfoot District units are busy as bees with activities both inside and out as many units wrap up their Guiding year. Several units attended Calgary Area Rally Day at Camp Jubilee to learn about Guiding across Canada and around the world.

Sparks units are wrapping things up with community clean-ups, family cook-outs, neighbourhood walks and will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

Brownie units are prepping for camp, year-end BBQs, sleepovers at Telus SPARK and walks in Fish Creek Park. Some girls will advance to new adventures with the Guides in the fall.

Guide units attended Guide Camp Skills event at Camp Jubilee, are prepping for tent camp and travel. Third year Guides are finishing work on their Lady Baden Powell Award and some will be advancing to Pathfinders.

Pathfinder, Ranger and Trex units went to 4Cats studio to splatter paint, attended the Calgary Area geocaching event, went to the opera and made terrariums. Some units are getting ready for a backpacking weekend, tent camp, an outing to Jubilations and travel as well as attending the national camp Guiding Mosaic being held right here in Alberta.

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
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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!

Registration for September is now open for everyone! Girl Guides of Canada has moved to on-line registration. Simply go to www.register.girlguides.ca/OnlineReg or call

1-800-565-8111 for information on a unit near you.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

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Free Tours of Reader Rock Garden

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



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The Million Question Challenge!

What is a puppy?

How many dogs are there in the world?

What would happen if dogs grew wings and could fly?

Calgary Public Library has a new summer learning initiative for school-aged kids called The Million Question Challenge! Kids will ask a million questions this summer, sparking curiosity and wonder. These questions can be about anything and everything – we hope that the questions will be personal and meaningful to each child, and will spur them on to finding some answers, too.

The kid who asks the most number of questions this summer will win a \$250 Toys R Us gift card and get to be the Kid Executive Officer (KEO) of the Library for a day!

We have a ton of fun reading activities this summer, too! Kids from 0-12 can join the TD Summer Reading Club again this year, and read to win prizes. Teens can participate in this summer's Youth Read. Get ready to read & win all summer long! Visit calgarylibrary.ca for details.

Adults can find great summer reads in both the We Recommend collections and the Your Year of Reading guides, available at your community library.



Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the iPad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.



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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

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

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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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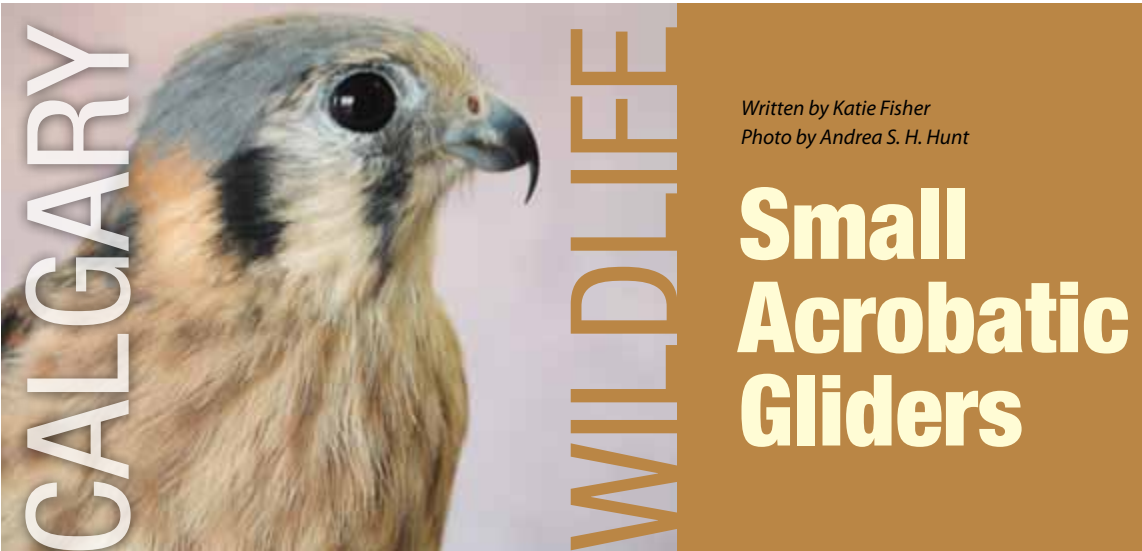
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~continued on page 23~



Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

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

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

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

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

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

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

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

Millennials The New Transformers

Suzanne Smith-Demers – Consultant

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

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

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

One downside for parents of many millennials is having double-duty responsibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

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

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

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

*Source: Statistics Canada 2011 Census

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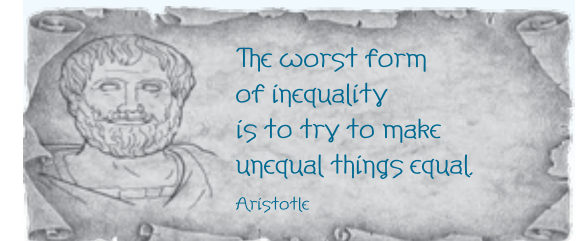
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COUNCILLOR, WARD 14
PETER DEMONG

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Happy June Ward 14!

Ward 14 Wordsmith Award

Every year I hold an essay contest for the Grade 6 students in Ward 14. Every year they write about what municipal government means to them, and every year I am blown away by the calibre of the essays.

For four years the winner of the *Ward 14 Wordsmith Award*, 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 Ian Samuel Benham of Prince of Wales School became the winner of the fifth annual Ward 14 Wordsmith Award. He and Mrs. Armstrong-Shaver's class joined me in Council on May 16 and he received a very special prize in addition to the traditional trophy: a signed Johnny Gaudreau jersey courtesy of the Calgary Flames!

Congratulations Ian! 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.

For those of you who would like to read Ian's essay, you can find it at calgary.ca/ward14.

Counciltalk

I will be holding one more Counciltalk session before summer. It will be at the ATB in Walden (300-151 Walden Gate S.E.) on June 25 from noon to 2 p.m.

This has been the most popular year for Counciltalk yet, and that makes me happy. As good as it is to see young people who understand the importance of democracy it is equally as good to see adults participate in it.

Thank you to everyone who joined me at one of my Counciltalk sessions this year. Keep an eye out for the next one on calgary.ca/counciltalk.

Ward 14 Communities BBQ & Walden Community Association

I think people must be getting familiar with my community BBQ. I will speak about it in a little more detail in the coming months, but for now you should mark it in your calendars. It will be a great time.

The BBQ is on September 24, from 11 a.m. to 2 p.m., and I will be officially welcoming Walden's brand new community association for the first time. It will be in the same location as always: the Southcentre Mall parking lot. You can find out more about the Walden Community Association at wald-enyy.ca and more about the BBQ at calgary.ca/ward14bbq.

Deerfoot Trail Engagement

I want to briefly mention a couple of opportunities to give your input on the future of Deerfoot Trail.

You will have to keep an eye on calgary.ca/engage to get the fine details of the first opportunity, but in general it will be a chance to share your thoughts on what you want to see on Deerfoot. Watch for the Deerfoot Trail Corridor Study on the City's website.

The second opportunity will be focused specifically on the south section of Deerfoot. I will be at the First Alliance Church (12345 40 Street S.E.) on June 23 from 7 to 9 p.m. with area MLA Richard Gotfried, other area councillors, and other stakeholders to listen to what the citizens of Calgary's south have to say.

Thanks for reading. Please feel free to contact me any time.

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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
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Contact news@great-news.ca

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

BRAIN GAMES SUDOKU

2	3	1	5	6	7	8	9	4
4	9	8	1	2	3	5	6	7
5	6	7	8	4	9	1	2	3
1	2	3	9	5	4	7	8	6
7	5	6	3	8	2	4	1	9
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JULY 8 TO 17 CALGARY STAMPEDE

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



JULY 21 TO 23 MILKY WAY NIGHTS

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



JULY 30 SLIDE THE CITY

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



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1 • **July 1 to September 4 - Legends of Rock N Roll:** Buddy
- 2 Holly, Tom Jones, Neil Diamond and Elvis Presley perform
- 3 classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- 4
- 5 • **July 17 - Park Day and Creekfest:** This annual event is
- 6 a celebration of Alberta's natural areas. The whole family
- 7 is invited to come to the park to learn how to protect
- 8 our watersheds and respect the provincial park. www.friendsoffishcreek.org
- 9
- 10 • **July 19 to 24 - Newsies:** This high-energy musical is
- 11 based on the true events of the 1899 Newsboys Strike.
- 12 The show centres around a group of struggling "newsies."
- 13 www.calgary.broadway.com
- 14
- 15 • **July 21 to 24 - Calgary Folk Music Festival:** This year
- 16 is the 37th annual Calgary Folk Music Festival. Expect
- 17 more than 70 different artists from around the world
- 18 to perform on the various stages at Prince's Island Park.
- 19 www.calgaryfolkfest.com
- 20
- 21 • **July 22 to 24 - Fiestaval Latin Festival:** This free, family-
- 22 friendly festival is a multicultural celebration of Latin
- 23 American culture. www.fiestaval.ca
- 24
- 25 • **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just
- 26 what your summer was missing. Join us to meet over 80
- 27 exhibitors, local rescues, listen to live music, check out
- 28 Running of the Bulls - French and English Bulldog Races!
- 29 www.petapaloozawest.com
- 30
- 31 • **July 25 to 31 - Calgary International Blues Festival:**
- This year marks the 12th annual Calgary Bluesfest.
- It's a full week of celebrating the best of blues music,
- with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry**
- Buting:** The two defense lawyers are stopping in Calgary
- as part of their A Conversation on Justice tour. The two
- will do a Q&A session, discuss the Steven Avery case and
- talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street
- festival includes activities that appeal to Calgarians of
- all ages. Expect live music, plenty of street performers,
- a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

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