

AUGUST 2016

DELIVERED MONTHLY TO 13,700 HOUSEHOLDS

your **ASPEN** **SPRING**

BRINGING ASPEN ESTATES/WOODS, COUGAR RIDGE, SPRINGBANK HILL, WENTWORTH & WEST SPRINGS RESIDENTS TOGETHER





THE ARMORY

Ready for Move In This Summer!



COVE PROPERTIES
FOUNDATION STRENGTH HISTORY



Personal touch. Global reach. The core values that define us

Beautifully Designed Project

- Spacious suites designed for luxury living
- Secure, underground heated parking
- Individual Storage areas for each Unit in parkade
- Premium hardwood options available to personalize your home
- Eight designer colour packages (each with optional upgrades)
- Spacious private balconies

Gourmet Kitchens

- Quiet energy saver dishwasher
- Solid Wood cabinets with soft close dovetail pullouts
- Oversized, flat surface eating bars

Spa-inspired Bathrooms

- Fully tiled walk-in showers in all Master Ensuites

Exterior Building Finishes

- Smooth finish acrylic stucco with beautiful brick base and columns, true fir timber accents
- Dura-deck coating on balconies
- Min. 25 year roof shingle
- Extensively landscaped grounds including in-ground irrigation system

HVAC and Electrical Features

- 4 port USB outlet in kitchen
- Smart wiring for HDTV in every unit
- Air conditioning included in all suites
- Pot lights throughout

Building Life Safety Features

- State of the art video surveillance at key access points to building
- Fully sprinklered parkade and balconies



145 Burma Star Road SW, Calgary AB
Show Home: 403.984.0928

Engel & Völkers Calgary
Licensee of Engel & Völkers Canada Inc.
#140 - 215 9 Avenue SW
Calgary, Alberta
Office: 587-387-2228
www.markdevernden.com

MARK D. EVERNDEN
Private Office Advisor
c 403.829.3776
f 403.592.7791
e mark.evernden@evcanada.com

**You only live once -
we show you where!**

Not intended to solicit properties already listed for sale.



Springbank Hill DENTAL

403.454.4757

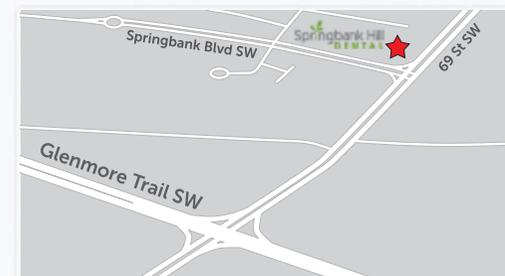
NOW OPEN

- Family and Cosmetic Dentistry
- Evening and Weekend Appointments
- Direct Insurance Billing
- Dedicated Children's Play Area with iPads
- Botox Cosmetic & Therapeutic Treatments
- Start-to-Finish Dental Implants
- Invisalign Clear Braces



New Patients and Emergencies Always Welcome

DIRECTIONS



CONTACT INFO

Dr. Michael Sander, DMD
Springbank Hill Dental
#133 - 7460 Springbank Blvd. SW
Calgary, AB T3H 0W4

T: 403.454.4757
W: www.springbankhilldental.com
E: springbankhilldental@gmail.com



The Best Pizza In Town

ORANGE BOB PIZZA PASTA RICE

#8 - 7337 Sierra Morena Blvd. SW T3H 3V4
For Pickup or Delivery - Call 403.242.5678
www.orangebobs.com

PIZZA - UNLIMITED TOPPINGS
Large\$15.95 Medium\$13.95

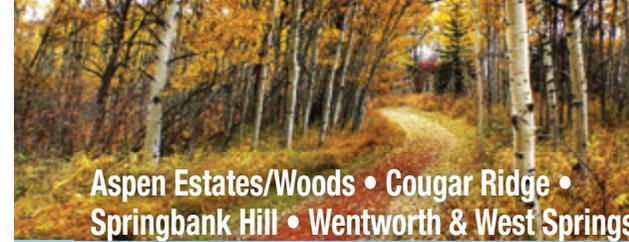
HEALTHY & FRESH KOREAN KITCHEN
Korean Bibimbap Rice Bowl\$9.50

**STAMPEDE LARGE PIZZA
LIMITED TIME ONLY**
Large only..... \$15.95



HOURS OF OPERATION

Monday – Saturday 3:00 pm – 10:00 pm
Sunday and Holidays 4:00 pm – 9:00 pm



Aspen Estates/Woods • Cougar Ridge •
Springbank Hill • Wentworth & West Springs

Elected Officials



Ron Liepert
MP Calgary Signal Hill
#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666
Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca



Councillor Richard Pootmans
Ward 6 Office
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430
Fax: 403-268-3823
Email: ward06@calgary.ca
Web: www.calgary.ca/ward6



Mike Ellis
MLA, Calgary-West
Unit 234, 333 Aspen Glen Landing SW
Calgary, AB Canada T3H 0N6
Phone: (403) 216-5439
Fax: (403) 216-5441
Email: calgary.west@assembly.ab.ca



Debora Drever
MLA, Calgary-Bow
6307 Bowness Rd NW
Calgary, AB Canada T3B 0E4
Phone: (403) 216-5400
Fax: (403) 216-5402
Email: calgary.bow@assembly.ab.ca

NEWSLETTER AD SALES



Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

How to Successfully Move Through Life Transitions	6
My Babysitter List	9
Real Estate Update	9,11,13,15
At a Glance	14
Calgary Wildlife	20
Your Community Business of the Month	22
Everything Is Energy . . .	34



GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING ASPEN WOODS, SPRINGBANK HILL AND
WENTWORTH FOR 6 YEARS!



How to Successfully Move Through Life Transitions

From surviving to thriving to ultimately flourishing

We all go through changes and these transitions are a natural part of life. Some may be more difficult or unexpected creating an initial feeling of shock or they can be exciting, energizing and uplifting. Even good changes are often stressful.

Common Life Transitions

We all have our own stories of the changes that we have experienced in our lives. A death of a beloved pet, the diagnosis of a serious or chronic illness, divorce, becoming a parent or retirement create the need to adapt, accommodate or integrate new ways of being in the world or of doing life. Other common life transitions are career change, empty nest syndrome and ageing.

Impact of Life Transitions

To move through change there is always going to be a feeling of loss, a redefinition of roles or self-identity. These may be significant losses and take some time to move through to get to a place of acceptance or it is a loss that is expected in order to move onto something bigger.

There are models of change that have been proposed that guide us through the stages of grief and loss but change is unique to each person. It is important to remember that we also weave in and out of the stages. Honour your process. There are no magical rituals.

Tips for how to move from simply Surviving to Thriving and ultimately Flourishing

1. Acceptance

It is important to accept the reality of our situation. You will want to move from self-doubt and uncertainty to acceptance and confidence. To move forward you will need to change those patterns that keep you stuck. Make a list of things that you want to do differently.

2. Social Support

Meaningful connections are critical throughout this process. This may be a good friend or anyone in your world that really “gets you”. You need to share your story with others who are truly present, engaged and listening and who can be honest in their feedback with you and speak with real empathy from the heart. Where can you find this or do you already have this in your life and just need to access the support?

3. Opportunity for Growth

To see new opportunities in your life it is important to move beyond being stuck and feeling that you are just “surviving”. This will require you to be open to new ways of being in the world. You can develop a more hopeful perspective that you could not see before. Use your support network to help you identify these opportunities.

4. Past Successes

Draw on past successes. This is known to be a highly effective strategy for moving forward. Make a list of those things that have worked and what applies to this situation.

5. Self-Care

In situations that cause us distress we often forget to take care of ourselves and it is critical for moving through a time of change. This could be a walk in a nearby park, a bubble bath or a coffee with a good friend. The little things count. They can help you feel centred and grounded. Make a list.

6. Sense of Identity

Your sense of self may be significantly impacted. There is often a need to redefine the self. Try on new and different ways of being and interacting. Ask yourself “what will bring me fulfilment, satisfaction and joy?”

Carol Fredrek and Jack Dobbs, Registered Psychologists.



MEET LOCAL PRODUCERS AND BUY STRAIGHT FROM THE SOURCE

AUG 4, 25 / SEPT 15
WEST SPRINGS CO-OP
FROM 3 TO 7 PM

POP-UP FARMERS
MARKET
VISIT LOCALYYC.COM

CO-OP

Back To School

STUDENTS & KIDS EYEWEAR

2 Pairs up to

60% OFF*



Back To Work

ADULTS EYEWEAR

Buy 1 Pair, get the 2nd Pair at

50% OFF**

**“I’m going back to school.
He’s getting me there.”**

“My dad used to really dislike going to school. He said it was a struggle to follow along. That’s why he brought me to FYidoctors for a back to school eye exam. He ended up becoming an engineer. I want to be a pilot. He’s going to help me soar.”



220 - 339 Aspen Glen Landing SW, Calgary, AB
403.242.9222 | fyidoctors.com

ON NOW. COME IN TODAY!

*Discount applies to a 2 pair purchase only. 60% off applies to private label frames and Pepe Jeans and Sight For Students branded frames only. 25% discount will be applied for all other branded frames (see store for details). Discount valid with both frame and lens purchase only (cannot be sold separately). **Buy one complete pair at regular price, and get a 2nd pair at 50% off of equal or lesser value than the 1st pair. Complete pair includes regular priced frame, lenses and HD+ coating. ***Certain restrictions apply. See in store for details. Ends September 30, 2016. *Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc.



50% Off Select Non Prescription Sunglasses.***



Springbank Hill Real Estate Update

Last 12 Months Springbank Hill
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$792,450.00	\$782,750.00
June 2016	\$769,950.00	\$762,250.00
May 2016	\$738,950.00	\$711,600.00
April 2016	\$819,900.00	\$795,000.00
March 2016	\$743,000.00	\$720,000.00
February 2016	\$724,000.00	\$696,000.00
January 2016	\$564,900.00	\$547,500.00
December 2015	\$824,450.00	\$787,500.00
November 2015	\$799,900.00	\$750,000.00
October 2015	\$1,044,400.00	\$1,012,000.00
September 2015	\$879,950.00	\$857,500.00
August 2015	\$684,900.00	\$656,500.00

Last 12 Months Springbank Hill
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	4	1
June 2016	7	7
May 2016	8	6
April 2016	9	3
March 2016	6	6
February 2016	5	3
January 2016	9	3
December 2015	6	1
November 2015	5	1
October 2015	2	4
September 2015	11	2
August 2015	5	0

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

COMMUNITY NEWSLETTER AD SALES

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca

Aspen Spring mybabysitterlist

Name	Age	Contact	Course
Aida	16	403-852-6410	Yes
Alexi	16	403-836-5291	Yes
Alice	16	403-998-7696	Yes
Andrea	41	403-796-7840	Yes
Angelica	20	403-805-2008	Yes
Brodie	15	403-805-1469	Yes
Christoph	24	587-998-6172	Yes
Ellen	15	403-240-0165	Yes
Emily	13	403-462-5771	Yes
Eugene	19	403-703-4488	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	32	587-830-6217	Yes
Ijeoma	15	587-580-7791	Yes
Jenny	16	403-890-6588	Yes
Jonathan	16	403-532-2668	Yes
Kashish	15	403-909-6936	No
Katherine	15	403-835-4547	Yes
Lauren	17	587-215-6198	Yes
Madison	13	403-830-9326	Yes
Marites	40	403-891-3771	No
Megan	16	403-970-6836	Yes
Melanie	13	403-532-2668	Yes
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Rowan	18	587-707-2542	Yes
Sarah	17	587-896-8519	Yes
Sophie	28	403-990-8311	Yes
Yvette	14	403-217-5191	Yes
Zandra	22	403-828-8259	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.

Little
First
SPORTS

STEPS ACADEMY

LSA - Call for locations 403-700-5596

FSA - #2122, 8561 8a Ave SW

SSA - 230 Canada Olympic Drive SW

stepsacademy.ca

info@firststepsacademy.ca

Possible Care for 10 YEARS!

Starting from:

Infants to Toddlers to Preschoolers
to Kinders to Grade students!

Smartly

Themed

Educational

Program

Systems



Exclusive programs with WinSport



Aspen Woods Real Estate Update

Last 12 Months Aspen Woods

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$986,500.00	\$967,500.00
June 2016	\$879,900.00	\$860,000.00
May 2016	\$884,394.00	\$854,000.00
April 2016	\$1,046,999.50	\$1,022,500.00
March 2016	\$903,950.00	\$882,500.00
February 2016	\$1,250,000.00	\$1,060,000.00
January 2016	\$1,159,900.00	\$1,140,500.00
December 2015	\$713,500.00	\$684,750.00
November 2015	\$775,000.00	\$747,000.00
October 2015	\$942,450.00	\$900,900.00
September 2015	\$819,000.00	\$770,000.00
August 2015	\$925,000.00	\$898,000.00

Last 12 Months Aspen Woods

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	17	12
June 2016	15	15
May 2016	25	16
April 2016	19	14
March 2016	14	10
February 2016	16	9
January 2016	19	2
December 2015	7	4
November 2015	16	5
October 2015	11	6
September 2015	15	9
August 2015	17	8

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

COMMUNITY NEWSLETTER AD SALES

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.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 AS@great-news.ca

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

It will not rust, rot or shift, and there are no seams for weeds to grow through.



Locally Owned & Operated



Free Estimates 403-875-8463



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.



West Springs Real Estate Update

Last 12 Months West Springs MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$749,900.00	\$786,000.00
June 2016	\$685,000.00	\$682,300.00
May 2016	\$614,450.00	\$587,000.00
April 2016	\$798,000.00	\$770,000.00
March 2016	\$549,900.00	\$537,250.00
February 2016	\$744,000.00	\$720,000.00
January 2016	\$823,999.50	\$792,800.00
December 2015	\$644,900.00	\$630,000.00
November 2015	\$939,950.00	\$933,500.00
October 2015	\$666,000.00	\$649,000.00
September 2015	\$650,000.00	\$640,000.00
August 2015	\$557,400.00	\$548,750.00

Last 12 Months West Springs MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	26	15
June 2016	34	20
May 2016	21	16
April 2016	20	17
March 2016	24	16
February 2016	19	11
January 2016	23	8
December 2015	10	7
November 2015	13	12
October 2015	15	4
September 2015	14	11
August 2015	19	20

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

COMMUNITY NEWSLETTER AD SALES

GREAT NEWS PUBLISHING 27 YEARS
Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca
www.great-news.ca



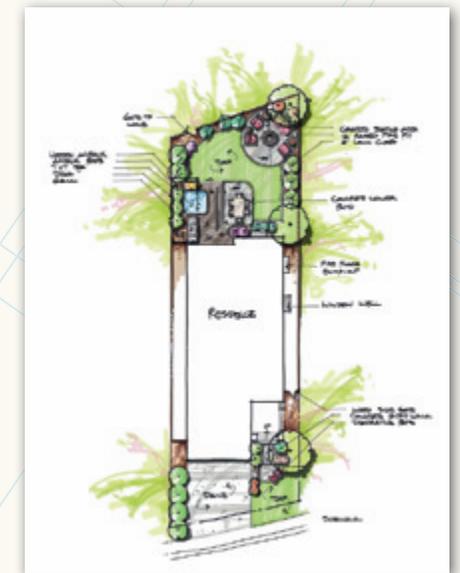
CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Tip Top Soil

GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

**SEPTEMBER 3
CALGARY HIGHLAND
GAMES**

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



**SEPTEMBER 16 TO 18
CALGARY GREEK FESTIVAL**

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



**SEPTEMBER 21 TO 25
HERITAGE INN INTERNATIONAL
BALLOON FESTIVAL**

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30

August 26 to September 5 - Calgary Pride Parade and Festival: Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca

September 1 - Easter Seals Drop Zone: On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca

September 3 to 4 - X-Fest Calgary: This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com

September 9 - Calgary Night Market: Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708

September 10 to 11 - One Love Music Festival: The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca

September 13 to October 1 - Waiting For the Parade: Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com

September 14 to 18 - Beakerhead: Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com

September 20 - The YWCA Walk a Mile In Her Shoes: Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com



Cougar Ridge Real Estate Update

Last 12 Months Cougar Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$574,800.00	\$548,000.00
June 2016	\$622,500.00	\$612,000.00
May 2016	\$561,950.00	\$543,500.00
April 2016	\$559,000.00	\$544,250.00
March 2016	\$525,000.00	\$520,000.00
February 2016	\$509,900.00	\$493,500.00
January 2016	\$544,900.00	\$529,500.00
December 2015	\$549,900.00	\$532,000.00
November 2015	\$524,900.00	\$519,000.00
October 2015	\$545,900.00	\$540,000.00
September 2015	\$549,900.00	\$555,555.00
August 2015	\$659,500.00	\$662,000.00

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

	No. New Properties	No. Properties Sold
July 2016	17	17
June 2016	10	9
May 2016	11	12
April 2016	14	8
March 2016	11	21
February 2016	12	5
January 2016	18	3
December 2015	9	3
November 2015	6	7
October 2015	9	7
September 2015	11	5
August 2015	11	7

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

COMMUNITY NEWSLETTER AD SALES
GREATNEWS PUBLISHING 27 YEARS
 Great News Publishing Ltd.
 403.720.0762 | 403.263.3044
 sales@great-news.ca
 www.great-news.ca

**IMPORTANT CHANGES TO TAX-EXEMPT
WEALTH TRANSFER STRATEGIES**

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

**PLEASE JOIN US FOR AN EXCLUSIVE
AND INFORMATIVE EVENT**

**TAX-SMART INVESTMENT AND
ESTATE STRATEGIES**

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. Registered trademarks of Royal Bank of Canada. Used under licence. ©2015 RBC Dominion Securities Inc. All rights reserved.



Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour count-down to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.



403.818.3118 403.819.8753 showtimehomedesign.com

AWARD WINNER

Calgary Home + Design Show
Calgary Home and Garden Show



INTERIOR & EXTERIOR RENOVATIONS

Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows, siding, stonework and roofing. **SHOWTIME** does it all. Design services included at no extra cost. 35 years experience. Licensed, Insured, WCB. Professional, experienced trades.



Nails Time

Services:

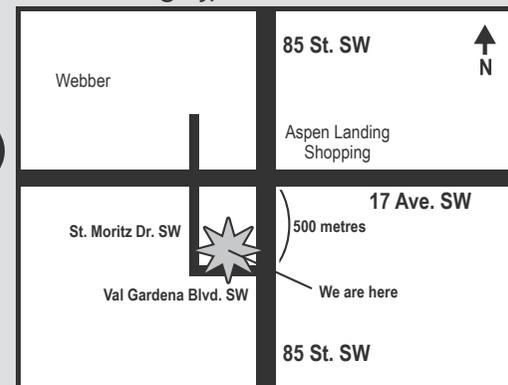
- Full Nail Services
- Waxing
- Eyelash Extension
- Kid's Specials
- Nail Parties (Birthday, Anniversary etc.)
- New Shawnessy location

To book an appointment:

www.nails-time.com
Call: 403-249-8844

Phone: 403-249-8844
Email: sales@nails-time.com
Website: www.nails-time.com
Address: 4104, 288 St Moritz Dr. SW, Calgary, T3H 5H8

Business hours:
Mon-Fri: 10:00AM to 7:00PM
Sat: 10:00AM to 6:00PM
Sun: 11:00AM to 5:00PM



BOOKING DISCOUNT

20% For Eyelash
& **10%** for other services

- A Brand New, Spacious and Professional Nail Salon for Springbank Hill, Aspen Woods, Signal Hill, Christie Park and West Springs
- We commit to provide best services with our top-notch Technicians
- We follow very strict health and safety standards in our operations
- Walk-ins are welcome - but to serve you better, please book an appointment in advance

Gift Cards are Available • www.Nails-Time.Com

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 44

IN & AROUND CALGARY

How will Calgary's main streets evolve in the future?

The City's Main Streets initiative has heard from Calgarians like you. In addition to considering your input, City planners have been working with economic research experts and industry partners to understand what the market demand, opportunities and challenges are for development in main street areas.

To see what The City learned about your main street neighbourhood through this work, visit calgary.ca/mainstreets.

Upcoming opportunities to get involved" There will be more opportunities to share your input about the future of Calgary's main streets in the fall.

Visit calgary.ca/mainstreets to become a subscriber and receive email updates about event dates and online input opportunities.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

Ornamental Landscape maintainers

Full Service Landscape Company specializing in:

- Tree pruning
- Shaping,
- Trimming,
- Tree removal
- Tree Health Assessments



Don MacDonald, Arborist

Over 45 years' experience
One of Calgary's most respected professional Arborists & Journeyman Landscape Gardeners
Graduated of Horticulture - Dalhousie University

Onsite ISA Certified Arborists at every job
TOP QUALITY EXPERT SERVICE

403.273.7957

Gymnastics & Cheerleading for all ages & abilities!



FALL REGISTRATION NOW ON!

Check out our new, bright & spacious location!

4040 Bowness RD N.W.
(Veteran's Way)

403-503-0662

**CHEERING
10 YEARS
STRONG!**

www.calgarystarsgym.com



the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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



The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order

to transition to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

REGISTER NOW FOR OUR 23RD SEASON!

- AGES 2 & UP
- SMALL & TALL / PRESCHOOL
- TAP / JAZZ / BALLET
- HIP HOP / MUSICAL THEATRE

📍 LOCATED IN COACH HILL PLAZA

[REGISTER ONLINE](#)

WWW.DANCESPECTRUMCALGARY.COM

☎ 403.240.4594

Dance Spectrum Inc.



A CIR REALTY TOP PRODUCER

Consistent • Professional • Results

Call me for a *free* home evaluation.



Brad Herman REALTOR®

P 403-815-5375

E brad@bradherman.ca

W bradherman.ca



Because a Great Experience Begins with a Great Agent.™

your COMMUNITY BUSINESS OF THE MONTH



Blast Visualizations

They say home is where the heart is, and at Blast Visualizations, we know that's true. Being a new Calgary family business, we understand that a home is more than the walls that define it; it's where you make memories. A home is where you *live*.

What started as a personal project - would built-in shelving really look good there? - became a passion. At Blast Visualizations, we provide you with photo-real renders to show you what your renovation or home build will look like. Construction can take months, or even years, and there's no reason for you to be left blindly waiting anymore. Building our portfolio coincided with renovations in the family, and seeing how much our work reduced their stress pushed us to move forward.

Architectural visualization is an emerging industry focused on showing the potential of a space. We work with builders, designers, and individuals, because everyone should be able to see the spaces that matter

to them. Producing high quality renders is a three-fold process. First, we need to build the models. At Blast Visualizations, we build virtually all of our models from scratch so that we can show you the exact products you are looking at. Once the models are complete, we need to stage them, because an unfurnished room doesn't do justice to a space. After the models are built and staged, we need to render it. Rendering refers to running computer algorithms that simulate light. The way the light is reflected in the image depends on the materials and geometry of the model. Light doesn't bounce off a sofa the way it does off a mirror. Well made materials make a huge difference in the quality of a render; in real life, you wouldn't mistake linoleum for tiles, or believe you are in a log cabin because someone has used log wallpaper. This holds true in renders. We provide 2K (2048 x 1080 pixels) preview renders partway through so that you can make adjustments before the final image is complete, and once you are satisfied with what you see, we provide high quality 4K (4096 x 2160 pixels) final images. Being part of an emerging industry means someone is always raising the bar. At Blast Visualization, we're

challenging status quo, and fighting a battle against 'good enough' flat renders. We thrive on details, because when it's your home, the details matter.

A design which looks great in a magazine doesn't necessarily suit your busy family of four. Judge for yourself if the design fits your family. Paint samples don't show you what an entire wall that colour would look like. No matter how well done the architectural drawings are, they don't say *home*. Our images do. The models we build aren't for construction. They're for you. Renovations are stressful, and we want to do what we can to minimize that stress. We also want to help reduce construction waste by making sure you are making the design choices that work for you without having to literally tear out the tiles (or your hair).

Check out our website at blastviz.com and let us know what you think!



An hour with us could be the best investment you've ever made.

Salma Garde
Sr. Financial Advisor CFP, PFP, FCSI
Calgary Southwest
Email: sgarde@atb.com
Tel: 403-974-3330

Michael Lo
Sr. Financial Advisor CIM, FMA, CFP
Calgary Southwest
Email: mlo@atb.com
Tel: 403-512-1554



atb.com/invest

ATB Investor Services™

ATB Securities Inc. (Member, Investment Industry Regulatory Organization of Canada; Member, Canadian Investor Protection Fund) is a wholly owned subsidiary of ATB Financial and is a licenced user of the trademark ATB Investor Services.™ Trademarks of Alberta Treasury Branches.



Healing Matters
Psychological Services
403.249.9337 healingmatters.ca

SPECIALIZATIONS

Relationships
Life Transitions

Careers
Body Image



Carol Fredrek
Registered Psychologist



Jack Dobbs
Registered Psychologist

Book your Free 30 minute Consultation



HOME GARDENING WITH BARBARA

SAN MIGUEL DE ALLENDE

Barbara Shorrock

Mexico is a popular travel destination for Canadians; it is a wonderful country. Having visited coastal resorts many times, I chose a different city this past January – San Miguel de Allende in the state of Guanajuato. San Miguel (SMA) is high up in the Sierra Madre Occidental Mountains, at an elevation of 6400 ft (Calgary is 3500 ft) situated at almost the geographical centre of the country, northwest of Mexico City. It was cool at night and warm, dry and sunny during the day. Because it is in mountainous terrain, there is no airport, and you have to either land in Mexico City or Leon. I chose Leon, and the shuttle had me at my little house in about 90 minutes. San Miguel is one of several colonial cities settled by the Spanish in the 16th century. Their quest for precious metals was successful when they discovered vast quantities of silver, and they proceeded to build cities with impressive architecture that has been preserved and continues to enchant visitors and expats hundreds of years later. Recognized as a Unesco National Heritage Site, the city centre has been maintained and looks much the same as it did in the 1500's and 1600's with massive stone mansions and narrow cobblestone streets. It is very walkable but some streets are so steep that a taxi is necessary.

The Parroquia, a unique church that was originally built in the colonial style, then remade in the 19th century by a local builder who copied the façade from a picture of a European Gothic church has become SMA's emblem. It faces El Jardin (The Garden), a square which is the gathering place for visitors and locals alike. This part of town is full of shops, restaurants, banks, language schools and markets. The biblioteca (library) has a large collection of Spanish and English books, theatres, meeting rooms and a café. I attended Spanish classes there and met many new friends. The city has a population of about 140,000 of which 10,000 are American and 1,000 are Canadian. Some have chosen to live there full time,

some come down for the winter every year, and many were like me, visiting for only a month or two. If you are interested in history, arts or culture, San Miguel offers unlimited quantities. It is full of artists, both native and foreign, some of the best showing their work at La Fabrica, a huge building that was formerly a muslin factory in days gone by. The local markets bring in artisans from the surrounding countryside and there is no shortage of beautiful fabrics, jewellery and objects of art to choose from. The restaurants are among the best Mexico has to offer. On weekends, it felt not unlike Banff, as families from Mexico City flocked into town for a short getaway. Weddings in the famous church are popular with young lovers. Every Sunday there is a guided "House and Garden" tour to 2 or 3 homes, some massive and grand, others smaller and quaint. Once a week an English language newspaper hits the street with everything that is happening for the next week listed – an essential resource if you don't read Spanish. Festivals with parade and fireworks are frequent as celebrations are an integral part of the Mexican culture. The most impressive one in January was the birthday celebration of Ignacio Allende, the leader of the rebellion against Spain that resulted in Mexico's independence.

The city has many language schools, a university, and several colleges. El Charco, the large botanical garden featuring native cactus, succulents, and birds is just a short bus ride away. An enormous plant sale takes place in a downtown park in January, with every perennial and annual you can imagine for sale. So many were recognizable as they also are sold in our local nurseries in the spring; it was difficult to look and not buy.

If you are looking for a different sort of Mexican holiday, I highly recommend San Miguel de Allende.

Barbara Shorrock is a traveler, gardener, ESL teacher, retired realtor, and book lover. She can be found most first Wednesdays at the Queensland Garden Club.



First-Class Independent Living and Assisted Living.

Residents enjoy a premium all-inclusive lifestyle with convenient on-site amenities and services right at home.

We offer three options:

- Independent Living • Assisted Living • Respite Stay

Choose to relax or join in activities!

Professional care and support is available if needed 24/7.

South of Bow Trail SW, off 85th Street SW

SPACIOUS 1 BEDROOM SUITES AVAILABLE!

Call (403) 240-4404 to book your tour and complimentary lunch.

First-Class Retirement Living www.amica.ca

Amica at Aspen Woods
10 Aspenshire Drive SW, Calgary, AB
403-240-4404



IT'S THE HÄSTENS
**SUMMER
 SALE!**

AT GOLDGRASS HOME



GET BETTER SLEEP NOW!

Upgrade to a Hastens - the world's most luxurious bed.

Save up to \$4000 off your new Hastens Mattress.

Order yours by August 31, 2016 to take advantage of this amazing deal.

exclusively at

GOLDGRASS HOME

1237 9th Avenue SE - (403) 452-1001 - www.goldgrasshome.com



**IN & AROUND
 CALGARY**

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

Register
 for
 Fall Classes

403.246.5511

www.alivedanceworks.com



Daytime, After School,
 and Weekend Classes
 Baby - Adult



Get your Yoga Class
 punch card TODAY!

Dance for
FREE
 in
September!

FREE APPLICATION TOOLS WITH THIS AD



PROTECT
 your investment
SEAL
 your own concrete



422 Manitou Road SE
 877-240-2508

HOURS
 Mon - Thurs 7-6
 Fri - 7-5 Sat 8-2

"Ask for Surecrete HS240 or
 HS340 for the ultimate in concrete
 waterproofing and protection"



www.hardrockdevelopments.com

IN & AROUND CALGARY

Centre Street Bridge celebrates 100-year anniversary

2016 marks the 100-year anniversary of one of The City of Calgary's most iconic landmarks – The Centre Street Bridge.

The Centre Street Bridge, which crosses the Bow River along Centre Street, has been a part of the city skyline since 1916 with its four arches, upper and lower traffic decks and lion sculptures.

It was built by The City of Calgary 100 years ago for \$375,000. It replaced the MacArthur Bridge, a steel truss bridge built in 1907 by land developer A.J. MacArthur who had acquired the land that would become Crescent Heights and wanted people to have easy access to it.

Local historian and author Harry Sanders says the original bridge was built without any consideration for alignment with the roads. "(MacArthur) gets some investors and forms a stock company and they build a little bridge. They have no permission to build this bridge. All they did was acquire the land at either end and built a bridge across it. He hopes people will now live in Crescent Heights, which they do."

Once the bridge was in use, they offered to sell it to The City for \$17,000, which The City turned down. Then they offered it for \$5,000 but taxpayers voted against purchasing it. Eventually, The City agreed to pay \$1,300 for it.

"But now The City is thinking about a beautiful new bridge as Calgary is undergoing an enormous period of growth and wealth," explains Sanders. "So, in 1914, rate-payers approved a plan to build a more modest bridge."

The Centre Street Bridge was opened to traffic on Dec. 18, 1916, 17 months after the original MacArthur bridge was destroyed in a flood in 1915.

Roads Director Troy McLeod says the bridge, which was constructed to be resilient, is now seen as a symbol of the strength in our city. "What has been consistent in Calgary over the past 100 years is the resilience of our

people and the Centre Street Bridge is a perfect reminder of this strength in our community," he says.

The Centre Street Bridge was protected as a Municipal Historic Resource in 1992. It is historically significant as the second oldest bridge to span the Bow River and has long-served as one of the main links between downtown Calgary and areas north of the Bow River. As such, it was instrumental in the early development of neighbourhoods north of the Bow River, especially Crescent Heights, Mount Pleasant, Tuxedo Park, Winston Heights and Renfrew.

To learn more about the Centre Street Bridge's 100-year anniversary, visit Calgary.ca/roads.



Workers on the bridge during its construction in 1916. Glenbow Archives



The Centre Street Bridge has long served as one of the main links between downtown Calgary and areas north of the Bow River. The first vehicles crossed the Centre Street Bridge on December 18, 1916. Pictured are City of Calgary Engineer George W. Craig, Bridge Designer John F. Greene along with driver Tom Hornebrook. Glenbow Archives.

Image Dental
Family & Cosmetic Dentistry

Honest, Patient Focused Care
You Can Trust

We Welcome New Patients!

Book a Consult to Meet the Dentists!
Call 403-217-3100 | OPEN SATURDAYS!

Dr. Harry Harder Dr. Cheryl Lee
Dr. Adam Siray Dr. Travis Polischuk

Family & Children Dentistry | Sedation Dentistry | Implants | Direct Billing
West Springs Co-op Shopping Centre #315, 917 - 85 St SW (near Tim Horton's)

The Views are breathtaking

- Gated Community
- Age Restricted
- Luxury Living
- Lock & Leave
- Security
- Curtain Walls
- Window Views
- Steel & Concrete Construction
- Reserve your Terrace or Brownstone now then Move-In 2018

403.262.5070 theviewscalgary.com



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

IN & AROUND CALGARY

Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!

BRILLIANT BEGINNINGS
Encouraging Little Minds to Shine

**Interactive Baby and Toddler Classes
Parent Support and Education**
www.brilliantbeginnings.ca

JOHN'S
Driveway Sealing
CALL FOR A FREE ESTIMATE
403.604.9029
www.johnsdrivewaysealing.ca
jemslic88@hotmail.com

It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

ESKER FOUNDATION
CONTEMPORARY ART GALLERY

EXHIBITIONS
PUBLIC PROGRAMS | HANDS-ON WORKSHOPS
FREE ADMISSION | FREE PARKING

IN INGLEWOOD
ESKERFOUNDATION.COM



Take A Dip Into The Lower Elbow River's Past

Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start to wind down, we are reminded of the role that our lower Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Today, flows are restricted by the dam, and gravel bars from flooding impede the experience. Storm water emptying into the Elbow River, downstream of the Glenmore Dam is untreated, carrying with it sediments, contaminants, and bacteria from roads, yards, and pets, making it less attractive for taking a dip, unlike earlier days when the crystal clear waters from the Rae Glacier and clean overland runoff reached all the way to the heart of Calgary.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30th Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. "The addition of booms in the river, play equipment (including an outdoor checker board), washrooms attached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at Bowness

Park in numbers of users. Attendance records for 1933 include the observation: 'the number at the Elbow Swimming [Pool] was so great that no record could be kept.'" Reader aligned the use of the pool with the swimming programs of institutions like the YMCA and YWCA.

No longer in use, the historic one-storey, wood -frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. The Elbow Park Swimming Pool and Grounds was designated a Municipal Historic Resource in 2014.

Source: City of Calgary Inventory of Evaluated Historic Resources
Photo credit: Glenbow Archives

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



THE **GR**OCERY **LINK**
From the Store to your Door

TheGroceryLink.com | 1-877-332-0802

10% OFF

YOUR FIRST PICK UP & DELIVERY SERVICE

ENTER PROMO CODE # PD010

NOW OFFERING PICK UP & DELIVERY FROM:

- Superstore Click & Collect
- M & M Food Market
- Bon Ton Meat Market
- Real Canadian Wholesale Club

**We take call in orders and pickup prescriptions at no extra charge*

ASSINIBOINE
LIGHTS & LANDSCAPES

Call Now for your **FREE ESTIMATE**

403.301.3300

www.assiniboine.com

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fences • Decks • Landscape
Designs and much more

WEEKLY & BI-WEEKLY LAWN CARE
Cut & Trim • Fertilize • Pruning
Vacation Services and much more

ASSINIBOINE
LIGHTS & LANDSCAPES

Call Now for your **FREE ESTIMATE**

403.301.3300

www.assiniboine.com

2 yr Quality Guarantee • WCB • Insured • Licensed • Bonded

RESIDENTIAL LEASING GROUP

403.244.6944

www.residential-leasing.com

"Calgary's Preferred Property Management Specialist & Corporate Relocation Service"

EXECUTIVE HOMES AND CONDOS WANTED
FOR CORPORATE RENTALS IN YOUR COMMUNITY

We are looking for new or updated Homes or Condos in your neighbourhood. Contact us today to receive a free rental evaluation.

Residential Leasing Group Inc.
Brad Currie, Broker/President

Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, "Everything is Energy." But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: "We are all connected." In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is "The Big Secret." It is also a universal law. Mastering your own frequency will turn you into a manifesting genius and you will truly astonish yourself and those around

Everything Is Energy...

cont'd

you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aide you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart — it is the best indicator of what is the right thing to do for you.



The Dayhome Connection

OFFERING infant-toddler programs for ages 1-3 years and preschool programs for ages 3-5 years.

PROVIDING loving, nurturing, full day programs with a daily maximum of 6 children.

DELIVERING quality child care in a home based environment; teaching curricular concepts through play and exploration.



SPOTS AVAILABLE NOW
registrar@thedayhomeconnection.ca
 (587)353-5170



Ideal Protein ranked the
#1 DIET OF 2015
 BY DIETSINREVIEW.COM

Take control of your weight and experience why Ideal Protein was named the most popular diet of 2015. **Remedy's Rx Cougar Ridge Pharmacy** 722 85 Street SW

Book your consultation today!

403-399-3749



www.weightnolongercalgary.com



Insects & Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine

IN & AROUND CALGARY

YOUR CITY SECTION

Check out these important updates from The City of Calgary

The City's free summer concert series, Music in the Park, is back! Come enjoy live music with family and friends in beautiful parks around the city.	calgary.ca/parks
You have opinions. We want to hear them! The City is looking for more Calgarians to join Calgary's online panel at citizensview.ca.	citizensview.ca
Explore swimming and flying creatures this summer at The City's free children's nature drop-in programs.	calgary.ca/parksguide
New bus routes are coming to northwest and inner city communities starting September 5, 2016.	calgarytransit.com/2016ServiceReview
This summer, The City is providing a variety of free and affordable community programs and events for families, youth and seniors. Join the movement!	calgary.ca/getmoving

Stay connected to the City of Calgary

facebook.com/thecityofcalgary | twitter.com/cityofcalgary | calgarycitynews.com



Registration, September 7th, 2016 7 - 8:30 pm

Patterson Community Center

KARATE

www.seiwakai.ca

403.560.4508



Now an Olympic sport under
the World Karate Federation

Member of:
Karate Alberta
Karate Canada
World Karate Federation
Japan Karate Federation

IN & AROUND CALGARY

Flood Resiliency

The City is committed to making Calgary a safe, flood resilient community. The 2013 flood caused significant social and economic disruption and unprecedented damages. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

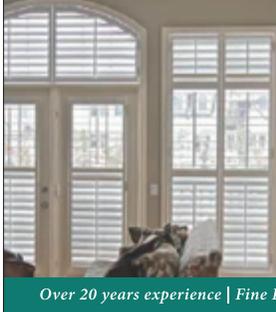
We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.



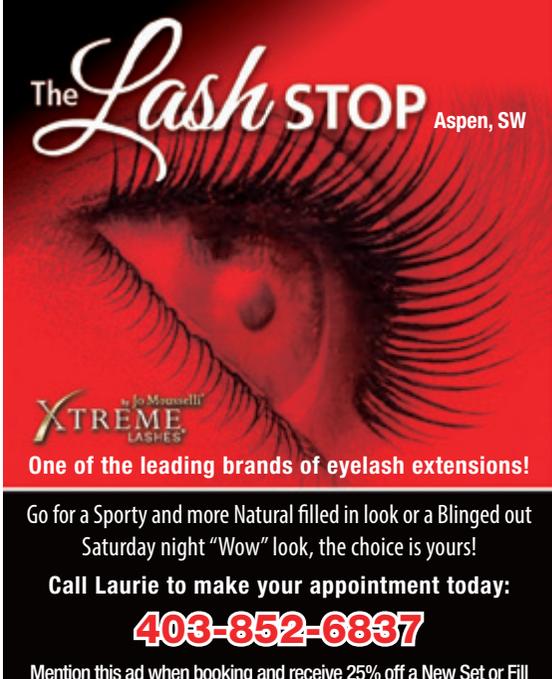
The Sprinkler Guy
Installation, Start Up, and Repair.
Our Prices Won't Be Beat!
Call Today For A Free Estimate.
403-888-8423



The Shutter Works

Tom Thomson
255225 Woodland Rd.
Calgary, AB T3R 1G5
Cell: (403) 660-6346
Shop Phone: (403) 217-1938
info@theshutterworks.ca
theshutterworks.ca

Over 20 years experience | Fine Fit & Finish at Competitive Prices



The Lash STOP

Aspen, SW

XTREME LASHES

One of the leading brands of eyelash extensions!

Go for a Sporty and more Natural filled in look or a Blinged out Saturday night "Wow" look, the choice is yours!

Call Laurie to make your appointment today:
403-852-6837

Mention this ad when booking and receive 25% off a New Set or Fill

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



Get Hip to Flipster!

Calgary Public Library patrons can now access even more digital content on their computers, laptops or mobile devices: Flipster! Flipster has unique and desirable online magazine content that Calgarians want to see, particularly Canadian content. (Zinio continues to be available.)

With Flipster, you can find Maclean's, MoneySense, Rolling Stone, Chatelaine, Flare, and Today's Parent, and much more. Other unique and patron-requested titles in Flipster include magazines from the Time Inc. Group—People, Sports Illustrated, Fortune, Cooking Light, Entertainment Weekly, Food & Wine, InStyle, Real Simple, and Travel & Leisure.

This means more FREE magazines for Calgarians to enjoy on their electronic devices! All you need is your Library card to get started! Visit calgarylibrary.ca or ask your librarian for more information.

Calgary's Newest Library: Quarry Park!

Swim, workout, and check out a book at your NEW Quarry Park Library at Remington YMCA!

The new Quarry Park Library features more rooms for programming and community events, longer hours, and more seating and space. Located within the new Remington YMCA in Quarry Park, patrons have easy access to a fitness centre, swimming pool, and daycare. The Library Book Truck continues to visit the communities surrounding the former Glenmore Square Library.

Western Plains Geomatics
ALBERTA LAND SURVEYORS
C: 403-831-7030 / 403-880-2243
westernplainsgeomatics.com

Construction Surveys
Compliance Certificate
Development Permits
Property Lines Staking
Real Property Reports
Subdivisions
Underground Locating

ABOUT PAINTING

Interior & Exterior
25 years experience
Professional, Reasonable & Reliable
Power Washing Services

- All Painting
- Drywall Repair
- Wood Staining
- Stucco Painting
- Spray Painting
- Ceiling Painting

Licensed & Insured "Free Estimates & Advice"
ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY
SERVING CALGARY & ALBERTA

South 403-252-1366 North 403-239-9022
Our website: www.aboutpainting.ca

Accounting and Tax Services

Bookkeeping - monthly, quarterly or annual • Year-end Financial Statements
Corporate and Personal Tax Preparation, Filing and Planning

Albert R. Rupps Professional Corporation

Chartered Professional Accountant

(587) 703-3961

arrpc@telus.net



**MP CALGARY SIGNAL HILL
RON LIEPERT**

#2216, 8561 8A Avenue SW
Calgary, Alberta T3H 0V5
Phone: 403-292-6666 • Fax: 403-292-6670
Email: ron.liepertC1A@parl.gc.ca

The summer provides an opportunity for families to spend time together. As we begin to close in on back to school time, I wanted to take a moment to report to the constituents of Calgary Signal Hill on an issue that will have a dramatic impact on your pay cheque. As you may be aware, the Minister of Finance recently announced changes to the Canada Pension Plan (CPP) that will result in a significant hike in payroll taxes for business, and mandatory payroll deductions for employees.

If you earn \$30,000/year, you'll take home \$215 less.
If you earn \$60,000/year, you'll take home \$565 less.
If you earn \$90,000/year, you'll take home \$1,098 less.

If you are a business owner, there will be increases in the mandatory employee contributions paid out by you, the employer, which will result in higher operating costs and potential layoffs.

It is critically important to save for retirement and for those "rainy days" that we sometimes see in our lives. However, I believe that dramatic payroll tax hikes are not the solution to ensuring that we all save enough for retirement. You should be able to make your own choices about when, and how you save for your retirement using tools such as Registered Retirement Savings Plans (RRSPs), Tax Free Savings Accounts (TFSA's), and other investments.

This dramatic payroll tax hike directly hurts families, particularly those who are planning on retiring in ten years or so. While you will pay significantly more into the plan because the income limit is now much higher, you won't see the same benefit paid out upon retirement.

It also will be of no net benefit to seniors, since the increased benefits will take almost a decade to phase-in.

Instead of doing a study via the Finance committee regarding this decision and other options that could potentially fortify retirement savings for **all** Canadians

(including those near retirement), the Minister has decided to take a different course and simply push the changes through.

If you have thoughts on the CPP changes or any other matter you feel is important, please call my office at 403-292-6666 or email ron.liepert.c1a@parl.gc.ca.



Chip in "Fore" Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a foursome, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit calgarycommunities.com for more information or to register today!



**MLA CALGARY-BOW
DEBORAH DREVER**

6307 Bowness Rd NW
Calgary, AB Canada T3B 0E4
Ph.: (403) 216-5400 • Fax: (403) 216-5402
calgary.bow@assembly.ab.ca

Summer Greetings Everyone,

The spring sitting of this legislative session concluded on June 7 and I am so pleased to be back in Calgary – Bow for the summer. My meet and greet tour concluded after four individual community "coffee and chat" events and a general town hall, where I provided many of the updates I share with you here.

Since returning to the constituency I have been attending as many community events as possible, including Neighbour Day that was on June 18, 2016. It was great to attend the Valley Ridge block party as well as co-host the Crestmont block party with the Crestmont Community Association. Neighbour Day is an initiative that developed in the City of Calgary after the 2013 flood, as a way to build networks of people within communities in the event of a disaster. It was great to see people making new connections with their neighbours and sharing in conversations about the community. I look forward to continuing the tradition next year!

I will be volunteering at many of the community stamper events this July, including the breakfasts and BBQs put on in Coach Hill Patterson Heights, Bowness, West Springs Cougar Ridge and I have been invited to participate in the official Stampede Parade as well. I hope to see you down there, and please feel free to come and say hello. On July 10th from 12pm-2pm, I will be hosting my first annual Stampede BBQ on the sun deck of the WinSport (Canada Olympic Park) facility. All members of Calgary – Bow Constituency are invited to come by for a free lunch, so bring your family or a neighbour!

In late June I attended the ground-breaking ceremony for the Prominence Way Retirement Community which will be located in Patterson Heights upon completion in 2018. This mainly independent living facility will have 180 accommodations with one and two bedroom suites. I also learned that there will be a large number of amenities including a library, an indoor pool, a salon and spa, and exercise facilities. I was very pleased to participate in this symbolic ceremony and I know that this will have a positive impact on the entire constituency.

My office remains open all summer and I am here to listen, should you have any questions or concerns.

I look forward to taking in the summer festivities with you, and if you are having an event and would like me to attend please feel free to contact my office with the details.

Enjoy!

Deck Covers & Enclosures –
Get Yours Now!
Spring & Summer Sales 20% Off on all:
♦ PATIO COVERS ♦ PERGOLAS ♦ SUNROOMS
♦ SCREEN ROOMS ♦ WINDOWS
FREE ESTIMATES
SHOWROOM DISPLAYS
C8 - 6215 - 3 St SE East of Chinook Centre
403-692-0820
www.desertsunpatios.com

Love to Sing?
Sweet!
Chinook Winds Show Chorus
Check us out!
GUEST NIGHT - Tuesday
Sept. 13, 2016 - 7 pm
Scarboro United Church
134 Scarboro Ave SW
info@chinookwinds.net
chinookwinds.net

ALBERTA COUNSELLING CENTRE
Psychoeducational Assessments and Counselling
JOYCE ACHTNG
PROV. PSYCHOLOGIST
BEd, MC, CCC
587.352.3222
albertacounselling.ca
Assessments Provide:
- Current Academic Achievement.
- Level of Intelligence (IQ).
- Learning Profile.
- Recommendations.
- Diagnosis of Learning Disorders, Intellectual Disability, ADHD, Giftedness, Autism, Anxiety, Depression, and other mental health issues.
Free 30 min. assessment consultation in-office or via Skype or phone

BUSINESS CLASSIFIEDS

For business classified ad rates call
Great News Publishing at 403-263-3044
or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Aspen Estates, Springbank Hill, and Wentworth. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

EXCELLENT DAY HOME IN ASPEN WOODS: that is in the process of being approved. Full time and part time child care, first aid, police clearance. Multi lingual provider from education field. Caring and nurturing, multi-cultural meals. Inclusive pre school curriculum and outdoor activities. Please call 403-397-2761 for more information.

NEED A HOUSE OR PET SITTER? Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@live.ca.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbell Sinclair 403-397-7141 for your free quotation.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

HOLISTIC HEALING: Lose weight, quit smoking, gain confidence, release stress and use the power of your mind with Clinical Hypnotherapy. Balance your health with iridology, nutritional analysis, BodyTalk, EFT, NLP, psychological kinesiology, sound therapy, Touch for Health, Reiki and more. Be your best! Call 403-801-1582 or visit www.cherylecote.com.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

DAYHOME IN STRATHCONA PARK SW: Play and Learn Childcare has openings for full time, part time, and before-and-after school care for children of all ages. Call Lorraine at 587-352-5337 for more information.

DJ PAINTING AND CONTRACTING: is a licensed, insured, and locally-owned company that offers top-quality services at affordable prices. As a small company, we're invested in you, providing personal solutions to turn your vision into reality. Call Devon 403 807 6857 or Dan 403 993 6816 or visit www.djdecor.ca.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

HAPPY MAID HOUSE CLEANING SERVICE: Are you looking for a cleaning company you can trust? Not only quality cleaning, we offer security you can trust. We offer weekly, bi-weekly, monthly and construction cleaning. Phone now 403-807-0909.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

MATH TUTOR: Experienced math tutor, excellent references, accepting students who are in kindergarten - senior high school incl. Math 30, calculus and linear algebra. Call, text or email Nicha 403-891-3985/nicha.ki@hotmail.com and we can work out the times.

DOG WALKING & PET SITTING SERVICES: We are professionally trained and specialize in 1-on-1 dog walking, pet sitting, and other pet services. Visit www.bluenosedogwalker.com for full service list and pricing. Contact Keren at info@bluenosedogwalker.com or 403-383-3293 to book.

EKS ACCOUNTING & BOOKKEEPING: Your neighbourhood professional Accountant & Tax Preparer. Standard services for businesses and individual clients: Bookkeeping, GST, payroll, financial statements, year end, T1 and T2 tax return. Free electronic filing, half price on preparation of dependent children's tax returns, seniors 20% discount. Contact Evelyn at 403-255-2598/403-826-9027 or evelynk@eksaccounting.com, www.eksaccounting.com.

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

CONFIDENCE/VOICE/PIANO/GUITAR COACHING: All levels and ages welcome. Email cmcgrathmusic@gmail.com or visit www.crystalmcgrath.ca for more information. Professional recording studio located in Crestmont. Register today.

DRUM LESSONS FOR THE FALL: Playing the drums is fun! It also helps in the development of coordination and dexterity. Beginner to intermediate private lessons by retired pro drummer, teaching basics of the drum kit, rudiments, reading, rhythm and popular grooves. Call now to book for openings for September and October. 403-695-7153.

PERSONALIZED CLEANING SERVICES LTD: Let us help you take advantage of this beautiful summer by giving you the gift of time! Residential, move out's, one time, commercial, we meet all your needs! All supplies provided! Insured and bonded! Just simply call, text or email Kim at 403-875-6219 Also visit us at www.pcscalgary.com.

~continued next page~

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NANNY NEEDED: For 11 years old child in Northeast area, Calgary. Duties include unsupervised care of child, meal preparation, light housekeeping. Salary \$13/hour, 40 hours per week, weekly work schedule changes. Email your resume to Jomero2005@yahoo.ca.

WEBSITES: Custom designed, professional, complete packages (logos, domains, images, design and hosting), built by a Calgary Company for small businesses! Visit us on the web at www.guerilla-marketing.ca or call 403-371-4549.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

MATH TUTOR - CERTIFIED TEACHER: Need some help with your Math course? A certified teacher with 10 years of experience can help! Get a better understanding of concepts, help with homework, and review/study for exams. Tutoring all Junior and Senior High Math. Try a free session today! Call 403-607-0854 or email quachjulie@gmail.com for more details.

REGAL HOUSE CLEANING: Based in Aspen Woods. Your neighborhood cleaning company. Keep it in our community. Why pay other company's travelling time, when we are in the same neighborhood. Competitive rates. Licensed, bonded, and insured. A+ BBB rating. Weekly/bi-weekly/monthly, one off, move-in, move-out. Environmentally friendly products. Professional, uniformed staff. Call 403-671-1995. www.regalhousecleaning.com.

ROSE CLEANING COMPANY: Residential cleaning. Professional services with 10 years experience. Honesty and reliability are the hallmarks of my work ethic. Insured and references available upon request. Contact me for a free estimate: 403-667-0137, ruizrosa79@hotmail.com.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance and BBB accredited. Providing quality, reliable service, free estimates, and 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and urban farming. "Your dirt is our green". Visit us at: www.russellsawn.com or call 403-686-LAWN (5296).

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

BRAIN GAMES SUDOKU

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

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

SPRINGBANK LADIES TIME OUT invites new and returning members of all ages in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Any questions can be sent to our email at springbankto@gmail.com.



Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

MyW85th



**PHASE 2
NOW OPEN!**

**Local shops, restaurants
and professional services right at your doorstep!**

ARTS & CRAFTS

Colour on Fire

FASHION

APT 22
Blue Ice Diamond Jewelers
BraTopia

HEALTH, MEDICAL AND DENTAL

Aspen Woods Clinic
Dr. Tom Wierzebecki, Periodontist
Inflight Fitness
Mama Massage
Momentum Health
West85th Dental
West End Sports*

HAIR AND BEAUTY

Aydin's Nails and Spa
Great Clips
Red Bloom

PET SPECIALTY

Global Pet Foods
Shaggy to Chic - Wellness Spaw

EDUCATION AND CHILD CARE

First Steps Academy
Kids U*
Mathnasium

FOOD SERVICES

Blue Door Oil and Vinegar
My Favorite Ice Cream Shoppe
Ohh La La Patisserie
OP to Go
Towa Sushi*
Vin Room
VR Wine
Winks
Yuga East Indian Cuisine

BANKS AND FINANCIAL SERVICES

Bank of Montreal
TD Bank*

PROFESSIONAL SERVICES

Athentech Imaging
Bri-mor Developments
Equicapita
Paul Lackan Consulting
Ron Liepert, MP for Calgary Signal Hill
Safway Services Canada
Sandler Training
Tourmaline Oil

*Coming fall 2016



LIVE • WORK • PLAY

west85th.ca



ASPEN LANDING DENTAL

403.263.0055
ASPENLANDINGDENTAL.COM



DR. SAM
KHERANI



DR. SHAHIN
CHARKHANDEH

228 - 339 ASPEN GLEN
LANDING SW
CALGARY - T3H 0N6
(IN THE ASPEN HEALTH CLINIC - 2ND FLOOR)

you deserve a beautiful smile

OPEN EVERYDAY FROM 8AM - 3PM. 7 DAYS A WEEK

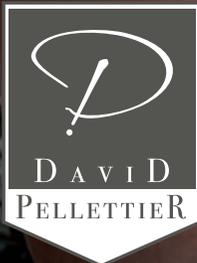
BEST BREAKFAST/BRUNCH FFWD MAGAZINE
2006, 2007, 2010, 2012, 2013
YOU GOTTA EAT HERE! - 2012
CALGARY HERALD READER'S CHOICE BEST BRUNCH
BEST BREAKFAST WHERE MAGAZINE
2007-2011
BEST BRUNCH AVENUE MAGAZINE 2010
BEST BREAKFAST UP MAGAZINE 2009

#104, 350 ASPEN GLEN LANDING SW
(403)457-3000 FOR RESERVATIONS
WWW.DINERDELUXE.COM @DINER_DELUXE

Hooked on
Real Estate

David Pellettier
– REALTOR®

Learn more at:
403.869.7971
westsidecalgary.com



Not intended to solicit clients currently under contract.

MARKET. COMMUNICATE. NEGOTIATE.