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Councillor Richard Pootmans Ward 6 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-2430 Fax: 403-268-3823 Email: ward06@calgary.ca Web: www.calgary.ca/ward6



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### **NEWSLETTER AD SALES**



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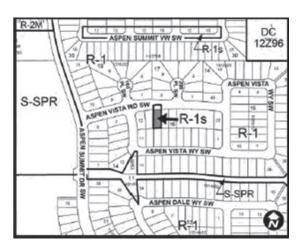
# **Aspen Woods Land Use Change**

Bv Anne Burke

There was a change in land use application at 13 Aspen Vista Road SW

from R-1 to R-1s for a secondary suite. Calgary Planning Commission supported the plan (6-0). The site has a single family home with a walk-out basement, a front attached garage, and driveway. About 900 metres away, there is a transit stop at Aspen Summit Dr./17 Ave. Bus routes 98 and 456 connect to the 69 St. LRT station. There is unrestricted street parking. Access is from Aspen Vista Rd. SW.

There were two letters with concerns abut property values, property maintenance, parking problems, and change in single family homes.







It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility where you feel comfortable taking your family.
- Saving you money city council saw a public solution as the most cost effective: there will be no more spectator fees.
- A community asset open and welcoming to clubs, players and families from across the city.

Making your city work for you

Calgary's city employees

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.





# **Alberta Guide Dog Services**

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@ albertaguidedog.com.

Photo Credit: Alberta Guide Dogs



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Elisabeth Fayt

How often must something happen, before it occurs to

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a callout to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



### **New School Location & Tuition Incentives**

North Point School for Boys taps into boys' natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.

2445 - 23 Avenue S.W.

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016 -17 school year.

Additionally, North Point School is also offering sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families who register a child for the 2016-17 school year.

visit our website www.northpoint.school





Aspen Woods Real Estate Update 277 Strathcona Drive SW Calgary, Alberta, T3H 2A4 Phone: (403) 249-1138 | info@scacalgary.ca www.scacalgary.ca

Last 12 Months Aspen Woods MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
July 2015	\$998,000.00	\$990,000.00
June 2015	\$859,900.00	\$837,250.00
May 2015	\$789,999.50	\$770.000.00

Last 12 Months Aspen Woods MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2016	22	14
March 2016	20	10
February 2016	18	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
July 2015	25	21
June 2015	25	10
May 2015	14	12

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

#### **COMMUNITY NEWSLETTER AD SALES**











## Aspen Spring my babysitter list

Name	Age	Contact	Course
Aida	15	403-852-6410	Yes
Alexi	15	403-836-5291	Yes
Andrea	40	403-796-7840	Yes
Brodie	14	403-805-1469	Yes
Christoph	24	587-998-6172	Yes
Ellen	14	403-240-0165	Yes
Eugene	18	403-703-4488	Yes
Glenda	36	403-478-9693	No
Harvinder Kaur	31	587-830-6217	Yes
ljeoma	14	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	16	587-215-6198	Yes
Lisa	22	403-680-8696	No
Marites	40	403-891-3771	No
Megan	16	403-970-6836	Yes
Melanie	13	403-532-2668	Yes
Nermeen	31	403-827-0792	No
Paige	14	403-241-0487	Yes
Patricia	14	403-804-4202	Yes
Rowan	18	587-707-2542	Yes
Yvette	14	403-217-5191	Yes
Zandra	21	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

**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

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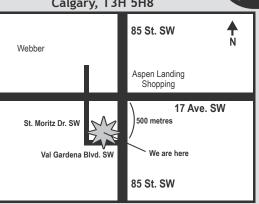
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Springbank Hill Community Association 7541-26 Ave SW Calgary, AB T3H 3X2 Phone: 403.519.0746 | info@springbankhill.org www.springbankhill.org

Last 12 Months Springbank Hill MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
July 2015	\$699,000.00	\$690,000.00
June 2015	\$799,450.00	\$797,200.00
May 2015	\$749,450.00	\$752,500.00

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

	No. New Properties	No. Properties Sold
April 2016	23	11
March 2016	24	18
February 2016	22	7
January 2016	15	1
December 2015	5	4
November 2015	15	1
October 2015	10	2
September 2015	13	2
August 2015	15	9
July 2015	18	11
June 2015	22	14
May 2015	12	10

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

#### **COMMUNITY NEWSLETTER AD SALES**









I am a big fan of local. Eating local, shopping local, playing local.

Luckily for me, some of my favourite things are right in my neighbourhood.

So I walk. Walking is another thing I'm a big fan of.

Admittedly not an early adopter, I am also a recent convert to movement tracking technology. This means I can count the number of steps I take in a day. This is a really good indication of how much you move and once you keep track, you may be shocked at how little you walk in a day.

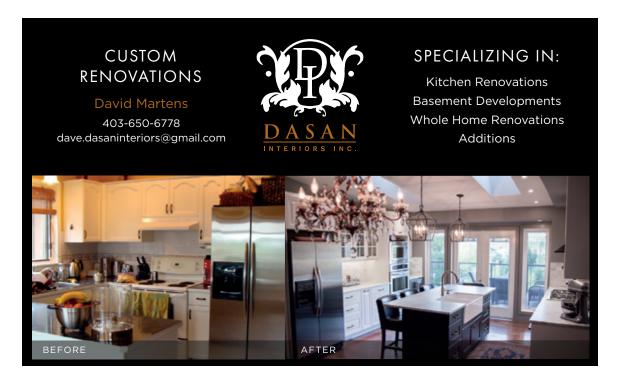
The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

Many people think so and I personally think it is a good goal, although one that you may need to work up to slowly. I don't view walking as 'exercise'. As movement specialist Katy Bowman says, "Walking is a superfood. It's the defining movement of a human." Walking has the power to soothe the mind and clear the head. Plus, as we age, mobility itself becomes more important. 10,000 steps seems like a lot, but you can be sure it will pay off in the long run.

I live in the Haysboro area I have taken to walking further and further in my daily routine. It is not inner city where everything is around the corner, but that works in favour of my step count. Where I used to drive, now I try to walk. Groceries, clothing, banking - it's all within reach. It has improved my wellbeing and it makes me so happy to support my neighbours and my local economy.

Buying Canadian makes good sense now and It might even lead to better health!

Kathy Dodd teaches yoga locally in Haysboro and leads voaa retreats in the Canadian Rockies and elsewhere.





West Springs Community Association Suite 138, Unit 406, 917-85 St. SW Calgary, AB T3H 5Z9

403.770.8585 | communications@wscr.ca www.wscr.ca

Last 12 Months West Springs MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
July 2015	\$699,000.00	\$691,000.00
June 2015	\$629,900.00	\$622,000.00
May 2015	\$594,944.00	\$590,000.00

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

	No. New Properties	No. Properties Sold
April 2016	29	17
March 2016	28	16
February 2016	23	11
January 2016	23	8
December 2015	10	7
November 2015	14	12
October 2015	15	4
September 2015	14	11
August 2015	19	20
July 2015	22	15
June 2015	29	25
May 2015	26	22

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

#### **COMMUNITY NEWSLETTER AD SALES**





















Cougar Ridge Real Estate Update

Suite 138, Unit 406, 917-85 St. SW Calgary, AB T3H 5Z9 Phone: 403.770.8585 • communications@wscr.ca www.wscr.ca

Last 12 Months Cougar Ridge MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
July 2015	\$562,400.00	\$554,250.00
June 2015	\$589,000.00	\$561,500.00
May 2015	\$607,000.00	\$600.000.00

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

	No. New Properties	No. Properties Sold
April 2016	18	8
March 2016	11	21
February 2016	15	5
January 2016	19	3
December 2015	9	3
November 2015	7	7
October 2015	9	7
September 2015	11	5
August 2015	11	7
July 2015	7	12
June 2015	11	16
May 2015	17	8

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

#### **COMMUNITY NEWSLETTER AD SALES**

GREATNEWS 27







# **IN & AROUND**

#### **Get Out and Walk!**

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits - getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around vour community:

- 1. Tell someone where you are going, which route you are taking, and when you will be back.
- 2. Be aware of your surroundings.
- 3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
- 4. Walk facing the traffic.
- 5. Stay away from shrubbery, darkened doorways, and alleys.
- 6. Avoid using headphones so you are aware of the sounds around you.
- 7. Wear colours that are bright and reflect light.
- 8. Walk in well-lit areas.
- 9. Bring a friend or your dog with you for company. 10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website www.calgary communities.com.

### **Spring Cleaning Made Simple**

As you are doing your spring cleaning, be sure to find the right place for all your unwanted stuff from around the house, yard and garage.

By disposing of your materials the right way, you'll keep unnecessary items out of the landfill and give a second life to materials that can be reused, recycled or composted.

Keep your spring cleaning simple with help from these City programs and services:

#### Spring Yard Waste landfill drop-off

Until May 29, take your yard waste to any City of Calgary landfill for free composting.

#### **Electronics recycling depots**

There are several locations around the city to take your old electronics for recycling.

#### Household hazardous waste drop-off

Safely dispose of old paints and stains, pressurized tanks, cleaning products and more. Drop-offs are located at City of Calgary landfills and designated fire halls.

#### **Community cleanups**

Over 100 community cleanups will take place from May to September. Check with your community association to find out when and what items are accepted.

Visit calgary.ca/springcleaning for more details, locations and hours on the above programs.





#### **GIRL GUIDES WANTS YOU!**

Were you in Brownies or Guides when you were a girl? Do you have fond memories of playing games, selling cookies, going camping, and having fun with your friends at Girl Guide meetings?

#### If so, we invite you to consider coming back to Girl Guides as an adult!

Today, Girl Guides is still going strong and is Canada's leading organization for girls and women, with over 80,000 members in communities all across the country.

Girl Guides is full of great women! Our adult members are wonderful role models who support girls to achieve and succeed through fun and adventures.

SARCEE HILLS GIRL GUIDES NEEDS SPARK, BROWNIE, GUIDE, AND PATHFINDER LEADERS FOR FALL 2016!

We have over 60 great women volunteer Leaders in our Sarcee Hills District, and we would love for you to join us! FUN is guaranteed!

Come back to Girl Guides! Interested in joining us? Contact sarceehills district@hotmail.com.





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# **Getting a tax** refund? What now?

Suzanne Smith-Demers – Consultant

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

- 1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
- 2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
- 3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
- 4. Set up a Registered Education Savings Plan (RESP) to fund your children's future education costs. Contributions to investments within an RESP can grow taxdeferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
- 5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage - a single prepayment could potentially save hundreds, even thousands of dollars in interest pay-
- 6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.



### **SUSHI**

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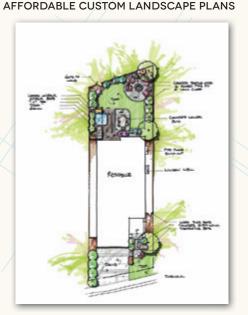
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#### MP CALGARY SIGNAL HILL **RON LIEPERT**

#2216, 8561 8A Avenue SW Calgary, Alberta T3H 0V5 Phone: 403-292-6666 • Fax: 403-292-6670 Email: ron.liepert.C1A@parl.gc.ca

As your Member of Parliament, I value your thoughts and opinions. Over the past few weeks I have been gathering feedback from residents of Calgary Signal Hill on proposed legislation for physician assisted death.

On February 6, 2015 the Supreme Court of Canada ruled that certain sections of the Criminal Code, which deemed it an offense to consent to death or assist another with suicide, were in violation of the Canadian Charter of Rights and Freedoms. This Supreme Court ruling will take effect on June 6, 2016 and it is anticipated that legislation will be passed by Parliament before that date.

The Parliament of Canada established a Special Joint Committee on December 11, 2015 which provided recommendations for legislation amending several Acts of Parliament.

The Supreme Court ruling, the recommendations of the Special Joint Committee and the dissenting report from the Conservative members of the committee are available on my website www.ronliepert.ca.

I encourage you to go to the website and complete a constituent feedback survey. I am seeking your thoughts and opinions on the recommendations in the reports. Your feedback will weigh heavily on how I vote when the legislation comes before Parliament.

If you have any questions or require assistance in completing the feedback form, please feel free to call my Calgary office at 403 292-6666.

Elsewhere, as expected, the Liberal government presented its 2016-17 budget which projects a deficit three times more than promised during the election campaign. The \$29.7 billion dollar deficit is the first of five consecutive deficits which will total close to \$150 billion dollars by 2020-21.

As the official opposition we will continue to work on your behalf to ensure the needs of Albertans and residents of Calgary Signal Hill are heard by the Government. If you have specific questions or feedback, we would like to hear from you as we want to bring your voice to the government on these and other issues.



#### **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

This past spring session I had the opportunity to present my motion to the legislature:

"Motion 501: Be it resolved that the Legislative Assembly urge the Government to review current policies and strategies to increase community capacity to deliver transitional and low-barrier housing for vulnerable Albertans suffering with complex mental and physical health needs."

Access to safe, secure, appropriate and affordable shelter is a fundamental basic human right and every Albertan deserves a warm, safe place to call home. As Albertans endure this tough economic climate, it is critical to be reminded of the fact that getting people into stable, accessible and affordable homes reduces strain on other services.

It is imperative that the Government, in collaboration, with other sectors—including the housing industry, and not-for-profits, and Albertans work together to increase community capacity to ensure especially that all vulnerable Albertans have access to housing. I am proud to say that like my Private Member's Bill, it was passed unanimously in the legislature. I want to thank my colleagues for standing up and supporting it.

Housing is a fundamental part of our society and I am so proud that I had the opportunity to meet with organizations such as Accessible Housing that focuses on highly vulnerable individuals with limited mobility and accessibility challenges. Their expertise in providing safe, affordable and permanent barrier- free housing and supports for individuals with mobility issues, while creating opportunities for them to thrive. They have started the Ramp-It-Up program with collaboration of volunteers and the leadership from small businesses, they can offer sing stepped storefronts with a custom ramp made at no cost to them. I am so excited to utilize this program in Calgary- Bow!



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

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#### JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



#### JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



#### JUNE 24 TEDXYYC

Bringing Calgary's largest and most well-attended, independentlyorganized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary, www.tedxyyc.ca



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

- May 18 to June 1 Ginapalooza: This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www. ginapalooza.com
- June 2 12th Annual Evening of Wine and Wishes:
  This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- June 2 to 4 Revv52: California: Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- June 3 and 4-As Heard OnTV: This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- June 4 2016 Eddies Short Film Festival: The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- June 4 and 5 Calgary Ukrainian Festival: The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- June 4 to August 28 Afternoon Tea on the Verandah: Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www. heritagepark.ca
- June 17 and 18 Vintage With Flair: Find handdesigned, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery, www.vintagewithflair.blogspot.ca
- June 22 to 26 Sled Island: The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

# **COMMUNITY BUSINESS**OF THE MONTH

## **The Gift Designers**

Aspen Spring Communities

Starting in January of 2002, The Gift Designers emerged as a business that would serve Calgarians by helping companies and individuals find the perfect gift that expresses gratitude, congratulations, fondness, love, sympathy, and more and our business is evolving to serve people and businesses throughout the world.

The act of 'Giving' is one of the great characteristics of human beings. Winston Churchill believed that "we make a living by what we get, but we make a life by what we give". Giving is an act of our will to show support for one another for many different reasons. We are blessed to operate a business that works on behalf of the generosity of others.

On the business to consumer side we get several orders every day to help our customers share their gratitude, sympathy, celebration, joy, congratulations, and other sentiments you can imagine. We make it easy for our customers to spend a few bucks in order to make someone else feel like a million!

On the business to business side we are quickly being 'adopted' as the outsourced customer loyalty department for many organizations and professionals who rely on us to help them plan, schedule, source, create, and deliver their gifts of gratitude to their priceless customers, clients, and team members. It's not good enough to just have great gifts and super high quality product; businesses these days need seamless convenience and a confidence they are being well taken care of and that their program is being handled by professionals so they can focus on what they do best. To this end we continue to be humbled by the ever increasing amount of business professionals and companies seeking us out and saying they were referred to us. Thank you Calgary!

We were blessed and fortunate to be awarded the Consumers Choice award in 2015 for Gift Baskets in Southern Alberta and also be a finalist for top customer service at the Calgary Chamber of Commerce Awards, and a finalist in the Customer Service area for the 2016 Business Excellence Awards North America.

Our business exists to empower woman. We give back monthly to organizations locally, and organizations that impact the families and lives of those in areas of poverty.

Occasions we always find ourselves super busy with are Mother's Day and Father's Day. See our ad for an offer for your next online order.

Partnering with you to serve & bless others, Noreen Ward, Owner www.TheGiftDesigners.com • Ph. 403-201-5021



www.TheGiftDesigners.com I 403.201.5021

# **BUSINESS CLASSIFIEDS**

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Oualified 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."

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

BOOKKEEPING: We can take care of your bookkeeping allowing you to run your operations. 20 plus years of experience. Call 403-918-3349 or email alasyl@ymail.com now.

AQUARIAN ELECTRICAL TECHNOLOGIES: Residential and Commercial Electrical Installations and Service. With over 20 years' experience providing 24/7 electrical service and maintenance in the Calgary area. Call Robin at 403-613-1961 for your free in-home quote.

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

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.

#### **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.

#### CLARITY FINANCIAL SERVICES, NEED TAX HELP?

We are here for you. We offer a wide range of services, from bookkeeping, accounting, and taxes along with specialty services for purposes of estate planning and divorce. Supervised by Chartered Accountant and access to a Chartered Accountant when required. Contact us at rporter@clarityfinancialservices.ca or www. clarityfinancialservices.ca.

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.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$100, aeration \$45. 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.

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 evelvnk@eksaccounting. com, www.eksaccounting.com.

# **BUSINESS CLASSIFIEDS**

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BEFORE AND AFTER CARE FOR WEST SPRINGS **SCHOOL:** Spaces available or hold your spot for September 2016. Summer Camp for the last two weeks of July and the first two weeks of August. Drop-ins available. Call 403-477-1973.

FRANK'S VIDEO PRODUCTIONS: We digitize and convert any video tape format, old home movies, slides and photos to DVD. If editing is required, we can make it more professional looking. We record and produce events, sports, recitals, corporate, training and promotional video or any other project you have. European format conversion. In business since 1985. Reasonable rates. Call Frank at 403-252-8075. www.franksvideo.ca.

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

**HUMAN HAIR PERFUMES:** is the fastest growing affordable online beauty supply store. We carry, straight, wavy, curly, clip in, tape in, micro loop, ombre, wefts extensions and brand perfume for less. We are running 50-80% sale on all our products; please visit us today at; www.humanhairperfumes.com and place your order.

**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.

PERSONALIZED CLEANING SERVICES LTD: Enjoy your spring and let us worry about the cleaning. Book your Spring Clean now and save \$40.00! All supplies provided! Insured and bonded! Call, text or email Kim now 403-875-6219/info@pcscalgary.com. Also visit us at www.pcscalgary.com.



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.

TDS DECORATING SERVICES LTD: 34 years painting experience interior and exterior. Drywall repairs, ceilings, woodwork, walls: spray, brush and roll. Quality workmanship, colour consultation, seniors discounts, no deposits, wcb, liability insurance. Call Tom at 403-452-3648 for your complimentary estimate.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB 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 dirty work is our green". Visit us at: www.russellslawn.com or call 403-686-LAWN (5296).





Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong "pre-shot routine" and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal preshot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

- 2. Choosing the best club selection based upon these assessments.
- 3. Taking one or two practice swings with the target in mind and having positive imagery.
- 4. Starting from behind the ball prior to setting up.
- 5. Aiming the clubface first, then positioning your feet and the rest of your body.
- 6. Staring at the target and only "glancing" at the ball so your mind is always focused more on the target.
- 7. Having no more than one or two swing thoughts just prior to initiating the swing such as "full turn back and finish in balance"
- 8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
- 9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on "auto pilot".

Check out these two links to reinforce these ideas and you will soon see better results out there on the links! www.youtube.com/watch?v=pY3S4aMzqxY&feature=fvw www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada

### **IMPORTANT NUMBERS**

ALL LIVILINGLING I CALLS	211
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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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# COMMUNITY ANNOUNCEMENTS

Deadline - 1<sup>st</sup> 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

CASTLE KEEP RESIDENTS' ASSOCIATION ANNUAL GENERAL MEETING: Monday, June 6, 2016, 7:00 pm West Springs Co-op Shopping Centre 917 - 85 Street S.W. Meet in the upstairs "Community Room" All welcome!



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#### **COUNCILLOR, WARD 6 RICHARD POOTMANS**

PO Box 2100, Station "M", Calgary, AB T2P 2M1 403-268-1035 • C: 403-660-6692 F: 403-268-8091 • E: Ward06@Calgary.ca Communications & Community Liaison: Eileen Badowich, CAward6@calgarv.ca www.calgarv.ca/ward6 • 🚮 🏏

Hello,

Great news! I am excited to tell you about the approved Ward boundary changes for the next municipal election. I am happy to report to you that all current Ward 6 communities will stay in Ward 6 and commencing on October 17, 2017, two additional communities will join Ward 6, West Gate and Medicine Hill. What does this mean? Ward 6 currently has approximately 86,000 constituents, and with the addition of West Gate and the new community of Medicine Hill, will grow to approximately 90,000 constituents and more once Medicine Hill is completed. I advocated keeping the Tri-Glen communities in the same Ward, as these communities face similar needs and concerns, especially with down-



stream impacts of the Ring Road as well as planning work and overpass on Richmond Road at Sarcee Trail SW. I was supportive of West Gate joining Ward 6, which was previously part of Ward 6 before the last Ward boundary change. I think it is important for the new development, Medicine Hill, to be in the same Ward as its surrounding park land being enhanced by The City, as well as neighbours at Canada Olympic Park to best represent the interests of that entire community at City Hall. Please visit calgary.ca/ward6 and check out the news post New Ward Boundaries for Ward 6 to view my video message, a map and more Ward 6 details.

I also want to invite you to my annual Ward 6 Open House. Please join me and Ward 6 Staff at this tradeshow-style open house with over 20 City of Calgary Departments for an opportunity to speak with guests and City staff to ask questions, gather information and giveaways, and learn about program or volunteer opportunities.

Ward 6 Open House: Thursday, May 19, 2016 from 5 -8 p.m. at SCA Community Association – 277 Strathcona **Drive SW** 

#### **City of Calgary Departments & Guests**

311	Calgary Police
Calgary Board of Education	Calgary
School Board Trustee Trina Hurdman	Public Library
Calgary Catholic School District	Calgary Roads
School Board Trustee Peter Teppler	
Calgary Community Standards	Calgary Transit
(formally Animal & Bylaw Services)	
Calgary Emergency Management	Community
Agency	Planning
Calgary Fire Department	Federation
	of Calgary
	Communities
Calgary Parks	Waste &
<ul> <li>Urban Forestry</li> </ul>	Recycling
<ul> <li>Pathways</li> </ul>	
Calgary Neighbourhoods	Water
• Senior Services	Resources
Youth Employment Centre	
<ul> <li>Calgary After School/Critical Hours</li> </ul>	
Calgary Recreation	
Accessibility	

I look forward to seeing you there, Richard Pootmans

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