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Bankview Community Association

2418-17 St. SW
Calgary, AB T2T 4M8
Phone: (403) 244-2544
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BANKVIEW.

BANKVIEW COMMUNITY ASSOCIATION

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Hall Manager: Graham Doyle, 403-245-2658

Board of Directors 2015-2016

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Director	Michelle Kemball
Director - Development	Megan Mucignat
Director - Policy (ad hoc)	Kendall Moholityn
Director - Community Garden	Mike Sander
Director - Policy (ad hoc)	Janice WalshJanice Walsh
VOLUNTEERS	
Newsletter volunteer	Althea Adams
Social media volunteer	Capri Rasmussen
Stampede Breakfast volunteer	Maureen O'Neill
Development Chair - on leave	Talicia Wagner
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Committee member	Richard Burke
Director / Interim Chair	Megan Mucignat
Committee member	Joan Bloxom
Committee member	Sean Kimak
Committee member	Shawnti Enns
	Tomasz Samborski

GOVT. CONTACTS	POSITION	EMAIL ADDRESS
Pam McHugh	Neighbourhood Partnership Coordinator	pamela.mchugh@calgary.ca
Joy Norstrom	Community Social Worker	joy.norstrom@calgary.ca
Kent Hehr	MP, Calgary Centre	kent.hehr@parl.gc.ca
Brian Malkinson	MLA, Calgary Currie	calgary.currie@assembly.ab.ca
Evan Woolley	Councillor, Ward 8, City of Calgary	evan.woolley@calgary.ca

Volunteer Recognition

Bankview community wishes to extend a special recognition to the tireless efforts of **Capri Rasmussen**, a past board member, for her contributions in the design of the community website. With the assistance of her husband, Jason, they took many pictures of our community landmarks which are posted on the website.

In addition to this welcome asset to our community, Capri initiated our Facebook page and works continuously to maintain our links to the community through communication. Thank you Capri for a most professional job well done... Check us out @www.bankview.org.



PRESIDENT'S MESSAGE

Maternity leave was described to me as the longest days, but the shortest year. I can hardly believe that September signals the end of my leave and the start of Heidi's Dad's paternity leave. After seven years as the Education Manager at the National Music Centre, I will start a new job at the Calgary Public Library, designing services across the city branches. I am excited to take on a new role after seven years as the Education Manager at the National Music Centre and so September is a fresh start on many levels. As an educator, this month has always been the real New Year for me: the time where goals are made and plans take shape. I know for many Bankview residents back-to-school season means a lot of scheduling and planning. Activities and commitments are starting up again. After a short break in August, your Bankview board is also back around the table with renewed energy for the upcoming year.

We are excited to put some new policies in place and complete some projects that have begun. As you are out capturing Pokeman, you may have noticed improved Wifi and Shaw hotspots outside the hall. On your dog walks, soon you will see new art in the off-leash dog park and lower Buckmaster courtesy of two Bankview artists, Chris and Vince. Volunteers are planning HollowAfter Lanterns and the Christmas Artisan Fair and our bountiful community garden, thanks to all that July rain and more volunteerism, will be harvested. Your Development Committee is busily talking to neighbours and writing letters to council regarding new building projects across the community and the board Executive is working closely with community partners, including CPS, to improve Bankview's safety and inclusivity. This fall we are seeking volunteer help in photography, graphic design, odd jobs/repair and at events. We also want to hear from you about your use of the community (particularly amenities like the hall, tennis courts, soccer field and basketball courts). Tell us what is working and what isn't and let us know if you want to join us in our work: bankviewcommunity@gmail.com.

Looking forward to hearing from you,

Kate

Grades 7 to 12

Classes resume Sept. 7

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CAIS

Please check the Facebook page for dates of monthly Board Meetings

BANKVIEW

Following an unanimous vote at our April AGM, the Bankview Community Association is pleased to announce that memberships for the 2015-16 year will be FREE!

To get yours, simply visit www.bankview.org/membership/ and complete the form reproduced below. We thank you for your enthusiasm, support, and look forward to seeing you at upcoming #BankviewCA events!

Everyone is Welcome

Become a Bankview Community Association member today by providing your information on the right.

Future Correspondance

The email address provided will be our main point of contact for communications related to the Bankview Community Association.

Your Privacy

We respect your right to privacy and the information provided will only be used by the Bankview Community Association.

Having Difficulty?

Please note that if you have autofill turned on in your browser it can sometimes create problems. Try turning it off and filling out the form again. You may have to wait a few minutes and try again.

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SEPTEMBER COMMUNITY EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM				1	2	3 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
PM				Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
4 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	5 Happy Labour Day!	6 Yoga with Valerie 403-243-3003 9am - 11am	7 Seniors Fitness Class 10 am - 12 noon Jenn 403-476-7284	8 Yoga with Valerie 403-243-3003 9am - 11am	9	10 Wedding Private Function
		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
11 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	12 Yoga with Valerie 403-243-3003 9am - 11am	13 Yoga with Valerie 403-243-3003 9am - 11am	14 Seniors Fitness Class 10 am - 12 noon Jenn 403-476-7284	15 Yoga with Valerie 403-243-3003 9am - 11am	16	17 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
	Condo Meeting	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Bankview Board Meeting 7:00 - 9:00 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Hon Kent Hehr Calgary Centre BBQ
18 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	19 Yoga with Valerie 403-243-3003 9am - 11am	20 Yoga with Valerie 403-243-3003 9am - 11am	21 Seniors Fitness Class 10 am - 12 noon Jenn 403-476-7284	22 Yoga with Valerie 403-243-3003 9am - 11am	23	24 Brady Academy of Irish Dance 403-630-3384 10 am - 12 noon
	Pat Gomes 403-247-1509 7 - 10 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		Brady Academy of Irish Dance 403-630-3384 6 - 9 pm		
25 Christ Power Bible Church 10 am-12:30 pm Pastor Rufus Akinwusi 587-700-0220	26 Yoga with Valerie 403-243-3003 9am - 11am	27 Yoga with Valerie 403-243-3003 9am - 11am	28 Seniors Fitness Class 10 am - 12 noon Jenn 403-476-7284	29 Yoga with Valerie 403-243-3003 9am - 11am	30	
	Condo Meeting	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Bankview Executive Meeting 7:00 - 9:00 pm	Brady Academy of Irish Dance 403-630-3384 6 - 9 pm	Private Function	



The Course of the Elbow River

Ever wonder where the water in our Elbow River comes from and where it goes? A new map developed by Canadian Geographic Education and the Lake Winnipeg Foundation under the OPEN Water Program answers that question.

The meandering Elbow River is just 120 km long but is part of the vast, million square kilometer, Lake Winnipeg watershed that spans 4 provinces and 4 states. The river and its valley was formed toward the end of the last ice age, some 12,000 years ago.

The source of the Elbow River is the Rae Glacier, so named for Dr. John Rae, a Scottish explorer hired by the Hudson Bay Company to survey 2500 km of arctic coast. In 1847 Rae discovered the fate of the Franklin Expedition, and it was Rae, not Franklin, that found the final link to the North West passage. In 1864 Rae's last main survey was for a route for a telegraph line through the Rockies.

About 600 meters downslope from the glacier, sits the pristine Elbow Lake in the upper Elbow Valley below Elpoca Mountain. Here the Elbow River watershed is 40 km wide, narrowing to 5 km past the Glenmore Dam and just 1 km where it empties into the Bow. The glacier is retreating at a rate of 6 meters per year, but the river is fed by snow melt and storm water; sometimes extreme, like we saw in 2013.

The Elbow's water joins with the Bow River at Fort Calgary, then the Bow joins the Oldman River from the south, just west of Medicine Hat, forming the South Saskatchewan River. The South and North Saskatchewan Rivers merge near St. Albert, Saskatchewan, ultimately flowing into the north eastern region of Lake Winnipeg.

So untreated water moving over inner-city Calgary roads and properties, can reach Lake Winnipeg, more than 1,800 kilometres away, in as little as two to three weeks. After that it moves north, ultimately mixing with the salt water of Hudson Bay.

Lake Winnipeg is the 10th largest freshwater lake in the world. Threatened by the waste of millions of people, agriculture and industry in the watershed, symptoms of the lake's ill health are toxic algae blooms, invasive species, impacts on the fishery, beach closures, drinking water advisories and so on. Hands-on citizen science and education initiatives like this new map, supplement research and efforts to clean up the lake.

Sources: lakewinnipegfoundation.org, cangeoeducation.ca, and "Mountains to Metropolis" by Diane Coleman (2014).

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

Insect Trivia



Mosquitoes dislike citronella because it irritates their feet.

HallowAfter Lanterns

November 1



Buckmaster Park 6:30-8:30PM





YEE HAW!
A FANTASTIC TIME WAS HAD BY ALL AT THE 17TH ANNUAL BANKVIEW STAMPEDE BREAKFAST & HOLEY COW BEER GARDEN

Thank you to all our neighbours who joined us on July 16, 2016 at the annual Stampede Breakfast! Watch for more details about the day's events in our next newsletter!



Calgary Humane Society Dental Care

Happy August! We hope you are enjoying a great summer with your two and four-legged family! At Calgary Humane Society we are enjoying a busy season of summer camps. Our annual August adoption event is also just around the corner and we hope you will all come out to celebrate with us!

For many families, summer includes a trip to the dentist to take care of everyone's pearly whites. Dental care is vital for humans, but did you know that pets need dental care too? Each and every year we see dozens of animals at the shelter suffering from dental problems, problems that can result in health issues for the pet and legal problems for the people! Failing to provide dental care to your pet is considered a form of neglect under the Alberta Animal Protection Act and bad teeth can cause unnecessary pain for Fido. Interested in learning more about dental care for your pet? Read on!

Do all pets need dental care?

If your pet has teeth then dental care is an important contributor to overall health! Dogs, cats, rabbits, guinea pigs and even small critters like hamsters and gerbils should have their pearly white inspected regularly as a part of an overall health check-up by their veterinarian.

What are some of the common pet dental procedures?

For dogs and cats the most common dental need is tartar removal and tooth cleaning, much like what you would have done at your own dentist. Extractions are another common dental procedure in pets. Just like humans, cats and dogs can suffer from cavities and gingivitis and if these problems continue unchecked the teeth will need to be removed.

Rabbits and rodents have more complex dental needs. These critters have teeth that grow continuously for their entire lives. Most of the time your rabbit or rodent will do a great job of wearing down their teeth by chewing and eating

rough foods, but sometimes they need a bit of help. An exotics veterinarian will regularly check your pets teeth and can trim or file the teeth if necessary.

What is the cost of dental care for pets?

Just as with humans, the cost for dental care for your pet will depend on the condition of your pet's teeth and the pricing your vet sets for each procedure. We recommend booking a consultation with your vet to discuss your pet's specific dental needs.

What can I do at home to keep my pet's teeth healthy?

Providing an appropriate diet and opportunities for chewing is an important part of maintaining dental health in all animals. Choose toys that are the right size for your pet and made specifically for chewing as some items (like tennis balls) can damage your pet's teeth if chewed.

For additional suggestions we recommend speaking with your pet's vet. Your vet is familiar with your pet's specific needs and will be able to help you develop an oral care plan.

Can I use human toothpaste for my pets?

Human toothpaste should never be used for pets as it contains some ingredients that can be harmful if swallowed by your pet. If your vet has recommended brushing your pet's teeth, you should invest in a good quality pet toothpaste.

What are the main benefits of dental care?

Providing good quality dental care is an important part of health and wellness for pets. Investing in routine dental care sets your pet up for a long and healthy life, and it will also keep Fido's breath smelling great on those long summer car trips!

From all of us at Calgary Humane Society, Happy Summer!



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Bankview Real Estate Update

Last 12 Months Bankview
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$1,399,000.00	\$1,350,000.00
June 2016	\$458,000.00	\$445,000.00
May 2016	\$724,900.00	\$694,750.00
April 2016	\$632,000.00	\$623,000.00
March 2016	\$514,900.00	\$492,500.00
February 2016	\$788,000.00	\$712,500.00
January 2016	\$609,900.00	\$600,000.00
December 2015	\$749,900.00	\$749,900.00
November 2015	\$875,000.00	\$836,000.00
October 2015	\$0.00	\$0.00
September 2015	\$859,800.00	\$870,075.00
August 2015	\$382,200.00	\$372,500.00

Last 12 Months Bankview
MLS Real Estate Number of Listings Update

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

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

Monthly affordable fruits & veggies!
20 lbs. box : \$25 • 30 lbs. box : \$30 • 40 lbs. box : \$35

Payment Date: **Pick-up Date:**
Monday, August 29 Wednesday, September 14
Monday, September 26 Wednesday, October 5
Monday, October 24 Wednesday, November 2

Drop off payment:
6:00pm - 8:00pm @ 1451-21 Ave. SW

Pick up box:
Between 10:00 am—noon or
6:30—7:30pm @ 1451-21 Ave. SW

Phone Joy for more information
403-476-7282

We are also in need of two phone volunteers. Let us know if you have one hour per month and would like to get involved!

Sharks apparently are the only animals that never get sick. As far as is known, they are immune to every known disease including cancer.

Healthy Eating at the Right Price!

The Good Food Box Program in Bankview

Each month the Bankview Community Association is pleased to work with our partners at the Calgary Housing Authority's Villa Blanca and our community social worker, to host a community depot for the Community Kitchen's Good Food Box (GFB) program.

What is the Good Food Box you ask? The Good Food Box is a convenient way to access top-quality, fresh food that is affordable, fosters community development, and promotes healthy eating.

As a Community Kitchen Program of Calgary program, the GFB gives all residents of Bankview an opportunity to purchase fresh fruits and vegetables at a very low cost. The program provides sustainable access to nutritious food.

Each month, the Bankview CA hosts an order evening from 6 - 8 p.m. at Villa Blanca (1451 - 21 Avenue SW), the site of our community depot. There, you can order your box - CASH ONLY for the time being - and then the following week, the boxes are delivered.

When you place an order, we take your contact information and provide you a receipt used to claim your box on delivery. Customers pay \$25, \$30, or \$35 for a box, depending on the size that best meets their needs. Every box contains the same mixture of food, though the contents change with each delivery.

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.

Box Options

Small box: \$25 (20 - 25lbs*)
Medium box: \$30 (30 - 35lbs*)
Large box: \$35 (40 - 45lbs*)

*These weights are an approximate. Weight varies depending on produce size and density.

The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at the Community Kitchen warehouse where volunteers then divide up the produce into portions. Once the boxes are put together, the Bankview Community Association volunteers host the depot where you order and pick up your box each month. Rest assured that every month the boxes contain the maximum produce possible in them for the price!

Here in Bankview, we're pleased to provide this great opportunity for access to accessible produce as everyone - no matter your income level - deserves to eat healthy without breaking your budget!

Join us on Monday, August 29 between 6 and 8 p.m. at Villa Blanca (1451 - 21 Avenue SW) to order your September 2016 Good Food Box.

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CULINARY FILE:

Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

Feta Turkey Burger Patties

Ingredients:

1 package of ground turkey
1/4 cup of feta cheese
1 tsp dried oregano
freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

Sautéed Red Pepper & Onion Topping

Ingredients:

1/2 red pepper thinly sliced
1/4 white onion thinly sliced
1 tbsp. canola oil
sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!

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In 6 Minutes Or Less

I can barely count the times when I'm walking downtown or on 17th Ave and I hear the unmistakable sirens of The Calgary Fire Department (CFD). Those sirens which are so familiar to just about any inner city resident are a constant reminder of how hard our Fire Department work. However, the CFD doesn't just deal with fires; they have made incredible strides towards making Ward 8 communities safer. There are a few major incident types that they deal with, including general public service assistance calls, hazardous conditions caused by weather, rescues, medical assists, and of course fires.

The most prominent non-fire calls that the CFD receive are medical assists, which have been of increasing importance for the CFD as they help our local EMS with calls. Surprisingly, the incident rate has gone up 27% in Ward 8 since 2011. As a result, the CFD has been piloting dedicated Medical Response Units (MRUs) throughout the city, which have made responses to medical assist calls much more effective.

One thing you may not know about the CFD is that there are important policy decisions that provide them with goals. Calgary's Action Plan 2015-2018 establishes Service Levels and Response Times Targets (SLRTT) for different types of emergencies and incidents. There are two main categories for emergencies, Effective Response Force (ERF) emergencies, and non-ERF emergencies. The difference between the two is that ERF emergencies involve structural or building fires and require a minimum of 12 firefighters and other priority resources.

For non-ERF emergencies, the goal as per the SLRTT is 90% of first responders arriving in less than 7 minutes, which the CFD easily surpassed in Ward 8. In 2015, 90% of responses happened in 6:32 or less. That's a full 28 seconds before the benchmark, and is pretty impressive considering Ward 8's density and traffic. For ERF emergencies, the goal is for a full ERF to arrive in less than 11 minutes 90% of the time. Unsurprisingly, the CFD succeeded and had 90% of responses in 10:10 or less during 2015.

The CFD is an example of when policy and implementation align to create positive outcomes for Calgarians. It's obvious that this department shows incredible dedication and creates tangible results, something that they can and should be recognized for. So, the next time that you're downtown and hear the familiar blare of a siren, know that while it might annoy you for a few seconds, our heroic firefighters are using those seconds to make a difference in every Calgarians life.



MLA CALGARY CURRIE BRIAN MALKINSON

2108 B - 33 Avenue SW
Calgary, AB, Canada T2T 1Z6
Phone: (403) 246-4794; Fax: (403) 686-1543
calgary.currie@assembly.ab.ca

With summer just about over, that means it is time for the young people of Calgary Currie to be heading back to school, and that is what I want to use my newsletter inches to talk about.

Here in Calgary Currie, we are quite lucky, we have an abundance of schools, however just to the west of us, like many places around the city there is a shortage. Over the past 20 years, we have grown immensely as a province and a city, but over that time we failed to build the schools to match the growing need. But that is in the past. Today we look toward a better future where promises are kept, where schools get built, and children have a safe, inclusive space to grow and learn in the heart of our communities.

Part of having an abundance of schools where others have shortages means that we often play host to many young people in our schools who come from other parts of the city, and from around the province. Even many months later we still find ourselves playing host to families who find they still cannot return home to Fort McMurray in the wake of the devastating fires there. It is a great strength of Alberta's public education system that no matter where you go, in this province, no matter where you come from, no matter who you are, if you are a child in this province, you are entitled to one the of the best educations out there.

To those who have welcomed displaced people in their communities, thank you, you are the people who make our communities welcoming places to be.

Moving beyond things happening in our community, for the first time in almost 30 years, Alberta is going to be revamping its school curriculum. The last time this was done, most people didn't have a computer in their home, let alone carry one around in their pockets all the time. It will take some time for the changes to happen, but I for one am pleased that we are finally modernizing the way we teach our children.

Since getting elected I have spent a fair amount of time getting to know school trustees, principals, teachers and parent groups. Through these people and groups I am able to be connected with a whole assortment of unique and creative ways our schools contribute to the vibrant fabric of Calgary Currie.

If your school community does something unique, innovative, or interesting, I would love to hear about it. There is nothing I like more than learning more about the communities I serve.



MP CALGARY CENTRE HON. KENT HEHR

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Changes to Employment Insurance (EI)

Employment Insurance provides economic security for Canadians when they need it most. For Canadians who have lost their jobs, or who must take time away from work to care for a new baby, an ill or injured loved one, assist aging parents, or get skills training – they should have the support they need and have earned - to make ends meet.

Our Government is committed to helping the middle class and those working hard to join it. During the 2015 election my colleagues and I committed to reforming Employment Insurance and to addressing gaps in the program that were leaving many Canadians without needed assistance during difficult times. The Government of Canada has kept its promise by improving the EI system across the country. Here's how:

STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



We have extended regular benefits in 15 priority regions that have experienced the sharpest and most severe increases in unemployment due to downturn in commodities.

We are repealing the unfair rules enacted in 2012 which forced unemployed workers to commute further and take lower-paying jobs.

We're ending the 910-hour eligibility penalty for workers entering or re-entering the workforce, thereby stopping the discrimination that makes it harder for our most precarious workers – such as parents returning to the workforce, younger workers, people who have left the workforce due to illness, and new Canadians – from accessing the benefits that help them get back to work;

These changes were made so that the people of Calgary Centre, Alberta - and Canadians right across this country have access to help when they need it most. During challenging economic times, Employment Insurance must be available to help people in our communities get back on their feet. This program is an anchor of economic security for Canadian workers and we are working hard to ensure a system that is reliable, will help grow Canada's economy, and makes a real difference in the lives of people in Calgary and across the country.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403-244-1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!



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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



Immortality

While we humans obsess about achieving immortality, other organisms seem to do it effortlessly. In 2014, scientists revived Pithovirus sibericum, a virus preserved for 30,000 years in Siberian permafrost, simply by letting it thaw.

-Discover magazine

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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

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