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Canyon Meadows Community Association

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Elected Officials



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Ward 13 Office

P.O. Box 2100, Station M

Calgary, AB, Canada T2P 2M5

Phone: 403-268-1624

Fax: 403-268-8091

Email: ward13@calgary.ca

Web: www.calgary.ca/ward13



MLA Richard Gottfried
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Bay 7, 1215 Lake Sylvan Drive SE

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Fax: (403) 278-7875

Email: calgary.fishcreek@

assembly.ab.ca

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Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.



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 fire 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.

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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.



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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.

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.

Canyon Meadows Real Estate Update

Last 12 Months Canyon Meadows MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$469,000.00	\$447,500.00
June 2016	\$584,900.00	\$573,000.00
May 2016	\$507,000.00	\$507,500.00
April 2016	\$445,400.00	\$423,750.00
March 2016	\$466,950.00	\$452,000.00
February 2016	\$549,900.00	\$515,000.00
January 2016	\$844,900.00	\$782,500.00
December 2015	\$469,900.00	\$455,000.00
November 2015	\$519,900.00	\$500,000.00
October 2015	\$447,900.00	\$442,500.00
September 2015	\$485,000.00	\$450,000.00
August 2015	\$509,000.00	\$496,000.00

Last 12 Months Canyon Meadows MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	10	13
June 2016	16	11
May 2016	13	10
April 2016	12	10
March 2016	8	6
February 2016	16	5
January 2016	8	2
December 2015	2	3
November 2015	6	5
October 2015	8	5
September 2015	9	7
August 2015	5	9

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



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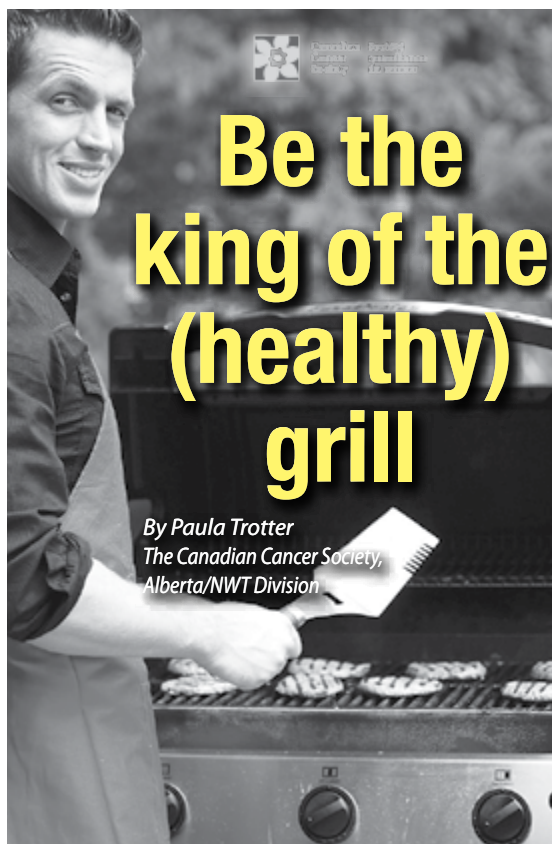
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Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high tem-

peratures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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Cottage Hand-off

Suzanne Smith-Demers – Consultant

The hand-off. It's the simplest play in a football coach's playbook. But as any sports fan knows, even the simplest play can go wrong for any number of reasons. The same could be true of your family cottage hand-off.

To help you avoid potential obstacles like excessive taxation and maybe even some surprising opposition, here's how to perform a cottage hand-off that ensures it will stay in your family's hands for a long time.

Call the right play

A successful hand-off starts with everyone on your "team" being on side. Talk to all of your family to see if there are those who do not want ownership responsibilities, you can help avoid future family squabbles by solving them now.

Elude potential blockers

Plan now to manage future tax liabilities. When you die, you're deemed to have disposed of your capital assets at fair market value – meaning that your heirs could face significant tax on the appreciation of the cottage.

A less-taxing hand-off

Transfer the property to your kids while you are alive, either as an outright gift or by selling it to them at fair market value. Payments can be made receivable over a five year period and claim the capital gains reserve, so that only 20% of the capital gain is taxable in any one year. Also, consider using the principal residence.

Alternatively, transfer the property to a trust to trigger an immediate capital gain. Future capital gains on the property will then accrue and not be payable until the property is sold.

Insure your hand-off

Cover cottage capital gains – and other estate debts – with permanent life insurance. A tax-free death benefits can provide an essential source of cash so your family won't be forced to sell assets, such as your cottage.

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August at Trico Centre

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

Pool Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Krocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

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

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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.

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.

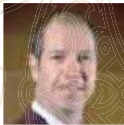
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GUEST SPEAKERS:



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



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



RBC Wealth Management
Dominion Securities

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

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IN & AROUND CALGARY



FEDERATION OF
CALGARY COMMUNITIES

Going on a Holiday?

A message from the Federation
of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.

IN & AROUND CALGARY

August and September in Fish Creek

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, and meet with local producers of fine beer, wine and spirits. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit www.friendsoffishcreek.org/event/autumn.

Autumn Birding Course

Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration Required and fees apply. For course times and to register visit www.friendsoffishcreek.org/programs/birding-course

Painting in Fish Creek

With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.

Capturing Nature: Painting Day in the Park: Aug. 20, 9:00 am – 12, Instructed by Debbie Lee Miszaniec.

Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik.

Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott.

For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: www.friendsoffishcreek.org/programs/wellness-clinics.

IN & AROUND SCHOOLS

St. Gerard School

I am delighted to be the new principal of St. Gerard, and feel very fortunate to have been invited into such a close-knit French Immersion community. I am very impressed by all the positive things that I have heard from Darlene Wozney about the school, the families, the educational staff, and the history.

I feel blessed and excited about this opportunity, and will continue to support all the initiatives in which the school community is invested. I trust that my efforts will mirror those of parents and students as we work with each other towards a great future in education.

Yours truly,

Christian Harries

Important Dates:

August 18th: Office Opens

September 1: For day of classes

September 1, 2 and 6: Kindergarten Staggered Entry

We look forward to enjoying our school community at a FAMILY BBQ on September 15. Details to follow.

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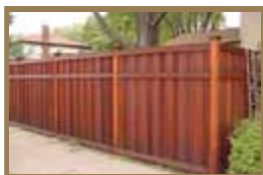


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Exciting News

The Board of Directors would like to introduce Debra Armstrong as the new Executive Director for the SouthWest Communities Resource Centre. With a background in Social Work and Non-Profit Management her leadership has contributed to the impact of numerous programs and services throughout Alberta. She is excited to work with families throughout 28 local communities and provide a range of programs and services that will meet the needs of children, youth and parents. Come by our office and say hello.

Summer Fun

Chat N' Play

Wednesday afternoons from 1:30 to 3:30.

This is a fun gathering of parents and tots who are looking for opportunities to socialize and connect with other parents. Coffee will be on, but childcare will not be provided.

Volunteering in your community

- **Casino shifts available on October 1st and 2nd. At Cash Casino.** Please help our agency raise needed dollars to support our neighbours. The gift of your time means so much to so many families. (Must be over the age of 18 to volunteer at a casino).
- If you have a professional skill that you would like to offer as a volunteer, we want to talk to you! We are looking for people who can donate time to help with the following areas and roles: our social media, volunteer management, web design, graphic artists, photographers, parenting group assistants and morning child care once a week. **Please contact our office if you would like to help.**

Donations

Neighbours Helping Neighbours:

- Do you know anyone giving away high quality office furniture? We are seeking three office desks, white boards, and credenza.
- More than ever your neighbors' are requesting our support. The demand for basic needs for many young families has increased over the last year. We are seeking donations for baby diapers, pull-ups and wipes, baby shampoo and formula, personal hygiene products and feminine hygiene products.
- If you are unable to purchase these items, consider making an **online donation** so that the SWCRC can continue to help those who require a helping hand. Visit www.swcrc.ca for more information.



MLA CALGARY - FISH CREEK RICHARD GOTFRIED

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Summer truly flies by as we usher in the glorious month of August. The weeks ahead are for appreciating long summer days, warm evenings and creating special memories with family and friends. Pancakes were a daily staple before and during Stampede and it was great to connect at many events across the constituency. I hope you had as much fun as I did! This year marked my first Stampede BBQ in Bonavista Downs and included games, food (sizzling Spolumbo's!), and music. Mark Saturday, July 8 on your calendar now for 2017!

In my last newsletter I noted great stay-cation opportunities right here in Calgary. One of my Festival-Faves is **GlobalFest**, which runs from August 18th to 27th, where I will be thrilled to host a booth with my Calgary Caucus colleagues. Please stop by and say "Hi" if GlobalFest is in your calendar. GlobalFest offers world-class pyro-musical entertainment while celebrating and showcasing culture, art and food from around the globe. On a starry summer night, the spectacular fireworks are a perfect back-drop for a fun and economical family night out...creating memories to cherish for years to come.

Another great stay-cation is **Alberta Farm Days**. Launched four years ago, this provincial initiative highlights the great work and contribution of farmers

and ranchers across Alberta. Did you know that 1 in 8 jobs in Canada and over 80,000 jobs in Alberta are agriculture based? Agriculture contributes over 100 billion dollars annually to Canada's GDP. Here in Alberta, we are blessed with rich farmland, sprawling ranchlands, and what I believe is the best beef in the world! This year farmers and ranchers will open their doors to the public on August 20th and 21st. If you want to see how honey is made, visit a bison ranch, or meet an alpaca, here is your chance to get up close and personal. There are unique opportunities for both young and old and I welcome you to visit **www.albertafarmdays.com** for locations, times and details.

If you wish to venture outside of Calgary please visit **www.TravelAlberta.com** for a complete listing of events and attractions across our province. As I often say, we are truly blessed to enjoy such rich natural resources, scenic beauty and friendly, industrious and hospitable people across our great province.

"**MLA Gone Walkabout**" is what I will be doing over much of the rest of the summer and fall to connect with as many businesses, community organizations and people in Calgary-Fish Creek. I have already heard from many regarding the impact of government policies and legislation on you, your businesses and personal finances. Nonetheless, I want to hear from as many constituents as possible to ensure I fully understand and appreciate the struggles you and your family currently face as I share my vision for a brighter future. As always, my office and I are ready, willing, and able to connect and assist in any way we can with community issues. My MLA Cafés will re-commence in September, so keep an eye out for future dates and join me for a chat and a coffee!

SOUTH CALGARY & OKOTOKS KARATE OPENINGS FOR BEGINNERS



McKenize Lake School

Mondays 4:30 – 5:30pm Ages 6 - 12 years

Deer Run Community Centre

Saturdays 9:30 – 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)

Tuesdays 5:15 – 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)

Tuesdays 5:30 – 6:30pm Ages 7 - Adults

Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com



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

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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

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