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Canyon Meadows Community Association

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info@cmca.ca | www.cmca.ca

Elected Officials



Councillor Diane Colley-Urquhart
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 Gotfried
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 Bay 7, 1215 Lake Sylvan Drive SE
 Calgary, AB Canada T2J 3Z5
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Guides
Canada

BLACKFOOT DISTRICT

Even in the Summer!

July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some Blackfoot units are travelling this summer and others are attending the national camp - Guiding Mosaic. Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Mission
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown East	Kingsland	Stanley Park Village
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

If you live in one of these communities we can find a unit near you!

On-line registration for the 2016-2017 season has started and is on-going. We are actively looking for not only youth members but adults as well! For more information go to www.girlguides.ca

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Have a Great Summer!



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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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403.476.1310

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Photo by: Tara Whittaker Photography

IN & AROUND
CALGARY

July Programs and Events in
Fish Creek

www.friendsoffishcreek.org

Parks Day & Creekfest

Free Fun for the Whole Family!
Sunday, July 17, 2016 11:00 am – 4:00pm
Glennfield, Fish Creek Provincial Park (14228 Bannister Rd. SE)
Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creek-fest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Join in an outdoor yoga session and fly fishing demonstration, and enjoy a special visit from Boston Pizza's Lionel.

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Cap-ture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative op-portunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activi-ties in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

Minibus Tours

Archaeology in the Park: Finding the Pioneers

Tuesday, July 12, 1:00 – 4:00 pm
Enjoy a scenic tour of Fish Creek to learn about the history of the early pioneers who made this area their home and about the archaeological evidence they have left behind.

Photography Tours: Unleash the Power of Your Digital SLR Camera

Tuesday, July 19, 9:00 – 11:00 am
In this beginner's level photography class, you will learn

all the basics, including depth of field, composition, lighting and the "Exposure Triangle" (Aperture-Shut-ter-ISO), using the stunning beauty of the park as your subject. Several stops along the way will allow you to put theory into practice!

Wellness Programs in Fish Creek

Join us at the Bow Valley Ranch this Summer to reju-venate body, mind, and spirit in the beautiful natural setting of Fish Creek. The Friends' Wellness Program is designed to engage community members and foster overall wellness.

Yoga: 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton

Qi Gong: 6:30 – 7:30 pm, Tuesdays, Lead by Diane Smith, Spring Forest Qi Gong Certified Instructor

Full Moon Meditations: 6:30 – 8:00 pm, Full moon evenings, Lead by Naomi Parker and Gwen Draude Woolverton

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Canyon Meadows

Real Estate Update

Last 12 Months Canyon Meadows
MLS Real Estate Sale Price Update

Table with 3 columns: Month, Average Asking Price, Average Sold Price. Rows from May 2016 to June 2015.

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

Table with 3 columns: Month, No. New Properties, No. Properties Sold. Rows from May 2016 to June 2015.

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

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IN & AROUND CALGARY

Fish Creek Provincial Park Summer Tour Series 2016

This summer discover the natural wonders of Fish Creek Provincial Park.

Bring your family and friends and join us as we explore this oasis in the city.

Come prepared for the weather and walking (easy trails). Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera. Included this season visits to Big Hill Springs and Glenbow Ranch Provincial Parks and guest presenters from Trout Unlimited Canada, The Friends of Fish Creek Provincial Park Society and more.

Registration Required: Please phone (403) 297-7927 or email Roland.Kirzinger@gov.ab.ca

Admission: By donation (suggested \$5.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park.

Tuesday, July 5:

Accessibility and Inclusion in Alberta Parks

Do barriers prevent you from getting out in nature and parks? On this tour Jill Miller will share with you the innovative ways Alberta Parks is removing barriers to get everyone outside, regardless of ability, age, or cultural background. Come try out the Park Explorer, an adaptive wheelchair developed by Alberta Parks staff and find out more about the Push to Open Nature initiative.

When: 7:00 p.m. – 9:00 p.m.

Where: Fish Creek Environmental Learning Centre, Shannon Terrace Day Use Area

Tuesday, July 12:

Glenbow Ranch Provincial Park Tour

When: 9:00 a.m. – 12:00 noon

Where: Glenbow Ranch Provincial Park (maps and directions will be provided)

Tuesday, July 19:

Fish Creek as Theatre: The Ongoing Play Between Native and Invasive Plants in Fish Creek

When: 7:00 p.m. – 9:00 p.m.

Where: Boat Launch Parking Lot (Located off Bow Bottom Trail S.E.)

Tuesday, July 26:

Fish Creek's Native Grasslands

When: 7:00 p.m. — 9:00 p.m.

Where: Bebo Grove (South end of 24 St. SW)

Tuesday, August 2:

Big Hill Springs Provincial Park Tour

When: 10:00 a.m.—12:00 noon

Where: Big Hill Springs Provincial Park (maps and directions will be provided)

Wednesday, August 9:

Trout and the Bow River

When: 7:00 pm – 9:00 pm

Where: Mallard Point Day Use Area (Access off Canyon Meadows Dr. S.E.)

Tuesday, August 16:

Birding Basics

When: 7:00 p.m. – 9:00 p.m.

Where: Votier's Flats (South end of Elbow Dr. SW)

Tuesday, August 23:

The Good, The Bad and the Beavers

When: 7:00 pm – 9:00 pm

Where: Bow Valley Ranch Visitor Centre, Bow Bottom Trail SE

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Blue-winged Teal a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for “a duck” (*Anis*) and *discors* or “disc about the mouth” which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most

likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being “abundant” in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.





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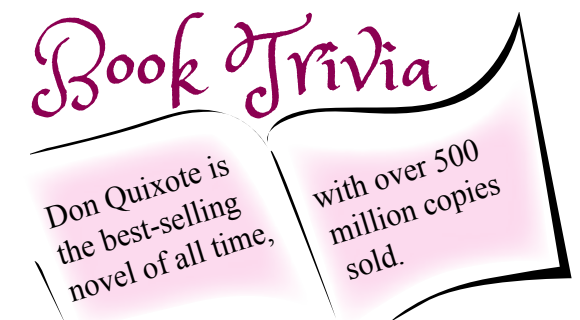
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PEACEFUL MEDITATIVE MOVEMENTS FOR ADULTS 50+: by Living Kindness Yoga. A flowing Hatha Yoga that builds strength, flexibility, and stamina. Saturdays 2:00 - 3:30pm June 11, 18, 25, July 16, 23, and August 6. Parkland Community Hall. To register, please contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

~continued on page 13~





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.

11150 Bonaventure Drive SE

July at Trico Centre

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

Membership Specials while the Pool is Closed

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*



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Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.



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MEDITATION FOR ADULTS OF ALL AGES: by Living Kindness Yoga. Calm your mind, relax your body, and experience inner peace. 7:30 - 9:00pm Wednesdays June, July, and August, plus Tuesday July 26. There will be a new set of five classes starting the first Wednesday of each month. To register, contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

MISCELLANEOUS

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.

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VENDOR'S MARKET: Queensland Community Center. July 24, 11-5pm. 50+ Vendors offering beauty products, jewellery, clothing, arts, crafts and much more! There will be 3 amazing door prizes available. All proceeds from door prize tickets go to Alpha House Detox Center to help our needy. Two Food trucks, cotton candy, face painting, and balloons!



Animal Trivia

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.



IN & AROUND SCHOOLS St. Gerard School

Cher Parents,

It's hard to believe that this will be my last principal's message for St. Gerard. It has been a great ride and I have enjoyed serving this community for the last 7 years. I am thankful to have had the opportunity to work with such great teachers and kids; they made it easy to come to work every day. I was also blessed to have a supportive and collaborative parent community to work with; together we have made our school even more amazing. St. Gerard has had principals before me and will have others after me; however, although we steer the ship, it is the community that makes this a great school and that will never change.

God Bless and thank you for giving me the privilege of working with your kids.

Mme Wozny

Changes at St. Gerard: Our school is excited to welcome our **new Principal, Christian Harries**. He began his position in May. This has allowed him to observe all functions of the school and get a feel for our community. Welcome! Another

change in our building was **saying goodbye to St. Cyril School**. It has been a pleasure having you in our building for the last 2 years. We are excited for you as you begin the next school year in your renovated building. Thanks for the awesome BBQ you hosted for us on June 9th!

School Supplies - the deadline for ordering school supplies is July 11th. Details are on our website. If you are not ordering supplies through the service, please refer to the lists published.

Top 10 Highlights of the 2015-16 School Year

1. Story Telling Residency with Jeff Stockton
2. Special Lunches every Monday
3. In-line skating (gr. K, 1, 2), Skiing/snowboarding (gr. 5, 6), Swimming (gr. 3, 4)
4. A presentation from Calgary Opera: The Magic Flute
5. Carnival Day
6. Celebrating our school and student achievements at monthly assemblies
7. Artist in Residence Gail Bartel
8. Mission Impossible unit in phys. ed.
9. Daily SPARK (physical activity)
10. Openminds to Glenbow School (Mme. Cote's grade 4/5 class)

Wishing EVERYONE a wonderful SUMMER!

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Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion, avocados

served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

Cilantro Lime Chicken Marinade

- 4 Chicken Breasts
- Zest from 1 Lime
- Juice from 1 Lime
- 1/3 cup Chopped Cilantro
- 1/4 Olive Oil
- 1 tsp Honey
- 2-3 Cloves Minced Garlic
- Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

Creamy Avocado Lime Dressing

- 1 Avocado
- 1/4 Cup Cilantro
- 1 Clove of Garlic
- Juice from 1/2 Lime
- 3 Tbsp. of Olive Oil
- 1/3 cup of water
- Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.



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Summer brings quality family time, beautiful weather and many community-spirited events, festivals, and activities across our province. I am excited to spend even more time in my home constituency now that Spring Session of the Legislature has concluded.

I want to thank everyone who sent their thoughts and concerns to my office regarding the economy, fiscal responsibility and the now legislated Carbon Tax. This Tax is NOT revenue neutral, as many of us tried to achieve through amendment, and although an estimated 60% of households may receive rebates, there will be out of pocket expense for all Albertans that many will have difficulties paying while still making ends meet. Essentially, Albertans will be paying more for less while our government, and you the taxpayer, go further into debt. Albertans do not run their homes like this, and our government should not either. As many of us are tightening our belts in a responsible manner, I ask the Premier to direct her cabinet to do the same.

Many Albertans are experiencing financial challenges; so why not consider a “staycation” this season? Go for a walk, ride a bike, or visit a nearby park to enjoy free activities that will benefit you and your family physically and emotionally. For me, I have numerous annual events that I seldom miss. Pick your favourites or join me at FolkFest, Dragon Boat Races and GlobalFest to name a few.

Tourism Calgary's website: www.visitcalgary.com offers a wealth of resources, upcoming events, tickets, and unexplored opportunities here in Calgary. We are blessed to have Fish Creek Park and Lake Sikome within walking and biking distance from our homes. Lake Sikome opened for the season on June 25 from 10:00 am-7:30pm daily. There are also many scheduled activities at Fish Creek Park! In addition, Creekfest is an outside event for the entire family on July 17th at the Park's information centre near the Bow Valley Ranch. For more information on activities within the park please visit www.friendsoffishcreek.org/ or www.bowvalleyranch.com.

A “staycation” can be just stepping out the front door for a block party or our back door for a new playground. Right behind my office is the Bonavista Downs Community's new playground. Playground building binds communities together and builds lasting friendships. It was a pleasure to visit the build site on a rainy day and see the progress in action. Thanks to the association and volunteers in their efforts to strengthen our community.

I am looking forward to hosting you all this summer at my First Annual Stampede BBQ Lunch. Please join me at the Bonavista Downs Mall on Lake Sylvan Drive for food, music, and activities for children Saturday July 9th 11-2pm. Although RSVP's are not required, please give us a call or send an email if you plan to attend to help us plan more effectively.

As always, your feedback is important to me. I welcome you to visit me at a future “MLA Café” or to follow me on Facebook or Twitter for further constituency or event information. You can also email or call me to schedule a meeting at your convenience.

Thank you and enjoy a great summer!

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Cllr. Colley-Urquhart with fellow paddlers at the Annual Dragon Boat Festival



Speaking with constituents at my SW Transitway Town Hall on June 8, 2016 at Woodcreek Community Association

Summer Safety Tips

With all the exciting summer activities happening in our City, it is easy to forget the simple things that could easily make or break your summer. By following these easy tips, you'll be out enjoying the sunshine in no time:

- Hydrate, hydrate, hydrate;
- Avoid being outside during the hottest part of the day;
- Wear light, loose clothing to let air circulate;
- Hat and sunglasses are not only fashion statements, but also imperative in protecting yourselves;
- Apply sunscreen with at least SPF15 or higher and re-apply as necessary; and
- Don't forget those life jackets when partaking in water sports and activities!

SW Transitway Update

On June 8, 2016, I held a Town Hall for Ward 13 residents concerning the SW Transitway. I was able to hear and discuss your concerns with the project and area development. The main concern I heard was regarding budget and ridership for the BRT project. Considering the budget is likely to double, coupled with the economic downturn, I could no longer support the project in its entirety.

Hearing my constituents, both for and against the project, helped to clarify the needs in our Ward to best help serve the community. Many aspects of the project have merit but as the voice for my constituents, I feel the appropriate course of action is to take a deep breath and put the project on ice.

If you were unable to attend or want your voice to be heard, I implore you to come to the Transportation & Transit meeting on July 20th at 9:30am to speak to the Committee for five minutes about your thoughts on the SW Transitway project. I also invite you to email my office at Ward13@calgary.ca.

Stampede 2016

Once again The Greatest Outdoor Show on Earth comes to Calgary July 8 - 17th bringing with them their signature western flair! With it comes a reminder of safety and security.

If you're going to enjoy all the festivities the Calgary Stampede has to offer, please remember to utilize public transit, taxi services or other alternative forms of transportation and help prevent drinking and driving on our city streets.

This is my Neighbourhood – Canyon Meadows

The results are in! Visit Calgary.ca/TIMN to see the list of This is my Neighbourhood improvement projects that Canyon Meadows and The City of Calgary are partnering on!

Over the past year, The City has been talking with residents in our neighbourhood to identify ways to help our community become an even better place to live, work and play.

Based on the feedback and ideas we received from our residents, we are pleased to partner with The City on a number of your requested neighbourhood improvement projects.

Thank you to everyone who participated in this program and took an active role in shaping the future of our neighbourhood!



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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
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Weather Information	
Gamblers Anonymous	403.237.0654

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