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Canyon Meadows Community Association
848 Cantabrian Dr. S.W | Calgary, AB T2W 6G4
Phone: 403.251.1715
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
Calgary-Fish Creek
 Bay 7, 1215 Lake Sylvan Drive SE
 Calgary, AB Canada T2J 3Z5
 Phone: (403) 278-4444
 Fax: (403) 278-7875
 Email: calgary.fishcreek@assembly.ab.ca

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CANYON MEADOWS FOR 25 YEARS!

IN & AROUND CALGARY

June and July Events in Fish Creek

Qi Gong and the Fish Creek Wellness Showcase

Qi Gong (pronounced Chi Gong) is a way of enriching and supporting the life energy that flows through all people and all things. It is an ancient form of exercise derived in China that features recurring movements that help to unify physical, mental and spiritual aspects in participants. This system can be beneficial for reducing stress, alleviating the effects of illness, and improving and maintaining physical well-being. Learn about the general principles and history of Qi Gong, follow along as Spring Forest Qi Gong Certified Instructor Diane Smith leads you in simple movements, and learn some of the basic exercises that you can practice at home.

June Fish Creek Speaker Series – Qi Gong and the Fish Creek Wellness Showcase:

Wednesday, June 22, 7:00 - 8:30pm at the Fish Creek Environmental Learning Centre



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*Outdoor Qi Gong Sessions: Tuesday nights, June 14 – July 26
6:30 - 7:30pm at the Bow Valley Ranch, Fish Creek Provincial Park*

For more information or to register www.friendsoffishcreek.org/programs/wellness-clinics

Capture Nature Photography Contest

The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity 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 activities 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! www.friendsoffishcreek.org/programs/capturenature

Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am – 4:00pm, Glennfield, Fish Creek Provincial Park


Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! 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! Take part in an outdoor yoga session and fly fishing demonstration.

Enjoy interactive booths and activities hosted by community organizations dedicated to the environmental sustainability of our Provincial Parks! For more info: www.friendsoffishcreek.org/event/creekfest

Full Moon Guided Meditation in Fish Creek

Let go of outside distractions and just be. Join Naomi Parker and Gwen Draude Woolverton for outdoor meditation sessions on full moon evenings at the Bow Valley Ranch in Fish Creek Provincial Park.

7:00 - 8:00 pm on Monday, June 20 (The first day of summer!) Tuesday, July 19, and Thursday, August 18. Registration is recommended and fees apply. For more information, visit www.friendsoffishcreek.org/programs/wellness-clinics.




Bonavista Cares
Garage Sale

All proceeds going to Fort McMurray Relief

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Join us at our garage sale to raise money to help with disaster relief for Fort McMurray.

Date: June 4th
Location: 12207 Lake Waterton Way SE
Calgary, AB
From: 9:00am - 1:00pm


We hope to see you there!

 Bonavista Cares.

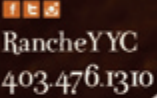
Calling All Neighbours!




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



Bow Valley Ranch Restaurant

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Photo by: Salt Food Photography



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Photo by: Tara Whittaker Photography

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

FIND SOLUTION ON PAGE 17

news@great-news.ca
**Editorial
Content
DEADLINE**
1st
of each month
for the next
month's
issue

Canyon Meadows
mybabysitterlist

Name	Age	Contact	Course
Abigail	19	705-706-4338	No
Christi	24	403-869-1573	Yes
Colm	14	403-254-4115	Yes
Elizabeth	13	403-281-2808	Yes
Emily	14	403-796-5606	Yes
Keyla	12	403-454-8968	Yes
Kristina	21	403-483-9832	Yes
Laine	14	403-870-5722	Yes
Mackenzie	15	403-805-6223	Yes
Nicole	13	587-572-4444	Yes
Shealynn	16	403-264-2424	No

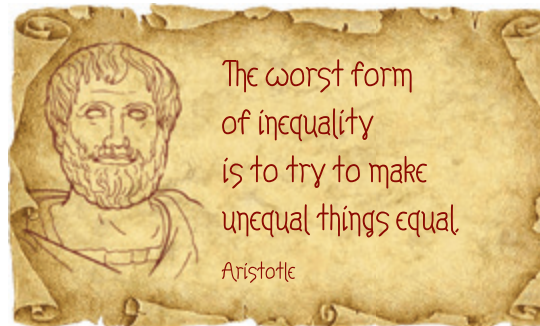
Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



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31 Sunpark Plaza SE Calgary T2X 3W5



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.

June 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 February 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 five free passes*

Spring Activities 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, Preschool 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

~continued on page 12~

Canyon Meadows

Real Estate Update

Last 12 Months Canyon Meadows
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
July 2015	\$549,450.00	\$529,000.00
June 2015	\$467,000.00	\$460,500.00

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

	No. New Properties	No. Properties Sold
May 2016	14	10
April 2016	13	10
March 2016	10	6
February 2016	16	5
January 2016	8	2
December 2015	3	3
November 2015	7	5
October 2015	8	5
September 2015	9	7
August 2015	5	9
July 2015	8	6
June 2015	7	6

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



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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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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.

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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.

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~continued on page 13~

Insects and Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.



Discovery Magazine

June at Trico Centre cont'd

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.

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.



MLA CALGARY - FISH CREEK RICHARD GOTFRIED

Bay 7, 1215 Lake Sylvan Drive SE
Calgary, AB, Canada T2J 3Z5
Phone: (403) 278-4444 • Fax: (403) 278-7875
calgary.fishcreek@assembly.ab.ca
www.richardgotfried.ca

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Summer arrived early and I am excited about attending and hosting events, and meeting with constituents in Calgary-Fish Creek, in the months ahead. There are some great things happening that I suggest you mark in your calendar.

Deerfoot Trail is a critical piece of our city's infrastructure, and Alberta's busiest highway, with traffic volumes ranging from 27,000 to 158,000 vehicles per day depending on location. Its efficiency affects the lives of most Calgarians and I know that many Calgary-Fish Creek constituents depend on the Deerfoot for their daily commutes. Therefore, I want to invite you to our Deerfoot Engagement session on Thursday, June 23 from 7:00 – 9:00 pm at the First Alliance Church - 12345 40 Street SE. City Councillors, Calgary MLAs, City of Calgary Transportation and Government of Alberta Transportation & Infrastructure representatives will be available to provide information, answer questions and listen to suggestions or concerns from participants.

Spring Session at the Legislature is scheduled to conclude in early June. With that, I will host another MLA Café on Friday, June 24 from 10:00 am – 11:00 am. This engagement session will give constituents the opportunity to share their thoughts about Alberta one year after the provincial election while expressing their priorities and concerns related to our provincial government. I also want to thank all constituents who participated in the survey that was attached to my spring newsletter. The information provided was truly helpful. Please take the time to complete and send your survey to our office.

Park 96's Summerfest is one of my favorite summer events. The activities, music, food, and location make for a great family and community celebration. I welcome all constituents to Summerfest on Saturday, June 25 from 8:00 am – 10:00 pm. Tickets are still available and can be purchased by calling or visiting the Park 96 office. When you get to Summerfest, make sure your kids get one of my beach balls for some summer fun in the waterpark!

~continued on page 17~

BUSINESS CLASSIFIEDS

PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2016. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

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IN & AROUND CALGARY

The scoop on dog poop

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

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

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

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

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

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

COUNCILLOR, WARD 13 DIANE COLLEY- URQUHART

Email: dcolley@calgary.ca
Phone: 403.268.1624
Twitter / Instagram: @BigRedYYC
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)
Website: CouncillorDiane.ca



With Drs. Bharwani, Musto, Gustafson & Ghali, Cllr. Pootmans, and S. Deederly discussing fluoride.



Meeting with Police Chief Chaffin on policing resources and community safety priorities in my Police Commissioner role.

June Events Coming Near You!

June will be a jam-packed month with a number of different events that I hope you will attend and meet with myself and my staff. Please see below and mark those calendars!

SW Transitway Town Hall with Councillor Diane

- **Date:** Wednesday, June 8, 2016
- **Time:** 7:00pm – 8:30pm
- **Location:** Woodcreek Community Association (1991 Woodview Drive SW)
- Have your questions ready and please join me as we discuss the SW Transitway project and where I stand on it. ***Please note this town hall will not include City staff.**

Ward 13 Mobile Town Hall

- **Date:** Saturday, June 11, 2016
- **Time:** 11:00am – 2:00pm
- **Locations:** TBA – Stay tuned to my website and social media channels for announcements!
- I invite you to meet with me and the *Engage!* team as we tour around in the Action Plan Check-In bus and stop at different locations in South Calgary to discuss the Action Plan Check-In. Meet with the team and I and tell us what your priorities are in Calgary's current economic state.

Dog Park Open House

- **Date:** Wednesday, June 22, 2016
- **Time:** 5:30pm – 7:00pm
- **Location:** Woodcreek Community Association (1991 Woodview Drive SW)
- In partnership with the Providence Dream Developers, we will present a presentation right at 6:15pm on our dog park strategy and listen to your feedback.

Deerfoot Trail Open House

- **Date:** Thursday, June 23, 2016
- **Time:** 7:00pm – 9:00 pm

• **Location:** First Alliance Church (12345 40th Street SE)

Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house I will be co-hosting to talk about the past, present and future of Deerfoot Trail. In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.

The Intersection of Shawnessy Blvd and Shawnessy Drive

It has been brought to my attention that the intersection at Shawnessy Blvd and Shawnessy Drive is in need of a Rectangular Rapid Flashing Beacon (RRFB), otherwise known as a pedestrian street crossing. As this intersection is in front of Silvera for Seniors, we need to ensure the safety of all pedestrians and drivers.

Within the last five years, there have been six collisions reported (five in 2010, one in 2012). Luckily, none of these involved pedestrians and were all collisions relating to vehicle damage. However, I have now heard several stories relating to near-misses that should never have happened in the first place.

What is qualified for an RRFB?

- Whether the location is on a neighbour blvd / urban blvd or on a pedestrian priority area
- Pedestrian involved casualty collisions in last five years
- Pedestrian, traffic, bicycle volume & speed limits
- Available sight distance & roadway cross section
- Proximity to school, playground or seniors residence
- Proximity to existing overhead pedestrian corridor or signal/pathway, midblock or crossing desire line

Based on the above criteria, it is clear that an RRFB is required here at this intersection. I will ensure the appropriate measures are taken immediately to have a pedestrian street crossing implemented here.



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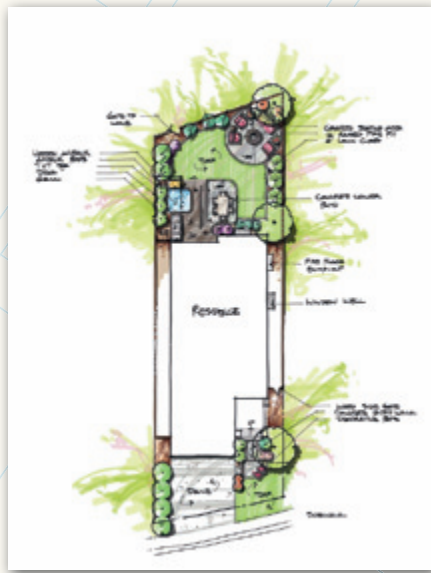


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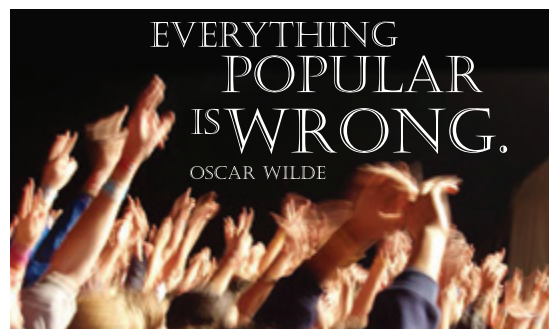
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MLA RICHARD GOTFRIED CONT'D

Stampede is a fun and busy time with many events happening in our communities, around Calgary and of course at the Stampede grounds. One that you won't want to miss is my Stampede BBQ on Saturday, July 9 from 11:00 am – 2:00 pm at the constituency office - 1215 Lake Sylvan Drive SE. There will be face painting and crafts for kids, door prizes, and delicious food for everyone. If you need more information about my Stampede event, please contact my office and we will be happy to assist. I look forward to seeing everyone there!

ATCO Gas Fish Creek Provincial Park System Improvements are now complete. This project included the addition of a new paved pathway to connect the Fish Creek Provincial Park to 146 Avenue along Bow Bottom Trail. This trail will be an asset to Fish Creek Park users and I want to commend the great work of ATCO Gas for completing this project and keeping the communities updated on progress.

As always, I welcome you to follow me on Facebook and Twitter, or to email or call and schedule a meeting. All opportunities to communicate with constituents greatly assist me in effectively representing you, while you can rest assured your privacy and confidentiality will always be respected.

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

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

Insect Trivia



About 80% of the Earth's animals are insects!

Guides Canada **BLACKFOOT DISTRICT**

Almost summer! Blackfoot District units are busy as bees with activities both inside and out as many units wrap up their Guiding year. Several units attended Calgary Area Rally Day at Camp Jubilee to learn about Guiding across Canada and around the world.

Sparks units are wrapping things up with community clean-ups, family cook-outs, neighbourhood walks and will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

Brownie units are prepping for camp, year-end BBQs, sleepovers at Telus SPARK and walks in Fish Creek Park. Some girls will advance to new adventures with the Guides in the fall.

Guide units attended Guide Camp Skills event at Camp Jubilee, are prepping for tent camp and travel. Third year Guides are finishing work on their Lady Baden Powell Award and some will be advancing to Pathfinders.

Pathfinder, Ranger and Trex units went to 4Cats studio to splatter paint, attended the Calgary Area geocaching event, went to the opera and made terrariums. Some units are getting ready for a backpacking weekend, tent camp, an outing to Jubilations and travel as well as attending the national camp Guiding Mosaic being held right here in Alberta.

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 Village	Kingsland	Stanley Park
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!

Registration for September is now open for everyone! Girl Guides of Canada has moved to on-line registration. Simply go to www.register.girlguides.ca/OnlineReg or call

1-800-565-8111 for information on a unit near you.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

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HAPPY FATHER'S Day!

A BIG “THANK YOU” to everyone that participated in our 27th Annual Canyon Meadows Parade of Garage Sales and for your generous food donations to the Calgary Food Bank! Thanks to your generosity we were able to help so many families in need.



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