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You're invited!

ReTree YYC Fair

Stop by and learn how to care for your trees.

Our free event will have tree experts, giveaways, games for kids and a food truck. Visit calgary.ca/trees for more information about the ReTree Community Program.

Saturday, May 14, 2016

12 – 4 p.m.

North Glenmore Park

(Snowy Owl picnic site – only accessible from Crowchild Trail SW)

Free mulch!

We will have free bags of mulch on a first come, first serve basis.



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Now that is some serious Calgary soccer pride.

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

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

And here's our commitment to you:

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

CUPE
Calgary's city employees

**Making your city
work for you**

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



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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Canyon Meadows mybabysitterlist

Name	Age	Contact	Course
Keyla	12	403-454-8968	Yes
Elizabeth	13	403-281-2808	Yes
Colm	14	403-254-4115	Yes
Emily	14	403-796-5606	Yes
Laine	14	403-870-5722	Yes
Mackenzie	15	403-805-6223	Yes
Shealynn	16	403-264-2424	No
Abigail	19	705-706-4338	No
Christi	23	403-869-1573	Yes

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.

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

Walking the Walk



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

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

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

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

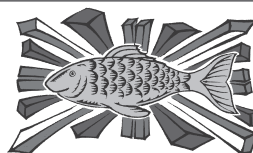
The usual recommendation is 10,000 steps a day which is more than most of us do. Once you take the time to count your steps, the question is; is it necessary to move that much?

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

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

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

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



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403.259.5506

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1829 Ranchlands Blvd NW
403.452.5554

Scenic Acres Pharmasave
8555 Scurfield Dr NW
403.547.4323

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Guides
Canada

BLACKFOOT DISTRICT

Spring is in the air! It's time to register for fall 2015!
For registration information go to www.girlguides.ca.

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of Zumba, are working on WAGGGS challenges, potting flowers for Mother's Day, and having a sleep-over at Telus SPARK science centre. They 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.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advance to new adventures with the Guides in the fall.

The Guide units went curling, are prepping for tent camping and a sleep-over at the zoo. Many units helped green our world by holding litter clean-ups for Earth Day. Third year Guides continue work on their Lady Baden Powell Award and some will be advancing to Pathfinders.

The Pathfinder, Ranger & Trex units went to 4 Cats Art Studio, attended the Junos, went to the Opera attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are travelling this summer and others are attending the GGC national camp Guiding Mosaic being held right here in Alberta.

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

Check out our website at www.calgarygirlguides.com or go to www.girlguides.ca to register for fall 2015!

Girl Greatness Starts Here





Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge! Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspen woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.



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Calgary



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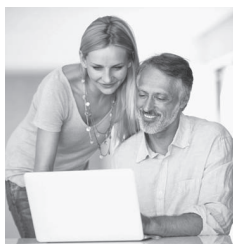
You should have received a letter recently with information to access a new online service. This convenient and secure service allows you to easily verify and update your property information online.

You will need:

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- The **roll number** on your letter
- The **access code** on your letter

Go to **calgary.ca/assessmentsearch** to get started.

For more information: **Telephone:** 403-268-2888
(Monday to Friday; 8 a.m. - 4:30 p.m.)
Web: calgary.ca/assessment



2016-0558

IN & AROUND CALGARY

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant 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.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.



Do you want to play better golf in 2016?

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

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

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!
www.youtube.com/watch?v=pY3S4aMzgX&feature=fvw
www.youtube.com/watch?v=VF-LITV1iRA&feature=related

By Alan Killian, CFP PGA of Canada

South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca



Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, April 14 – June 16, 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Connecting you to the Resources you Need

You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups,

formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.

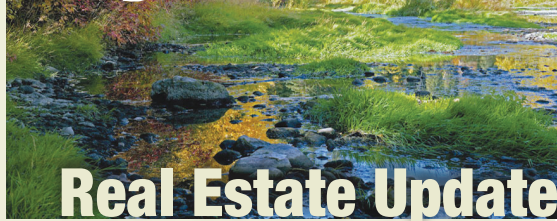


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FIND SOLUTION ON PAGE 30

Canyon Meadows



Real Estate Update

Last 12 Months Canyon Meadows
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
May 2015	\$484,900.00	\$472,700.00
April 2015	\$471,850.00	\$460,400.00

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

	No. New Properties	No. Properties Sold
March 2016	12	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
May 2015	10	3
April 2015	4	2

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

EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca.



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.

May 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, 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 Refurbishment

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.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Drop-in Pickleball is offered several times a week. 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. 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.



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JUNE 1 AND 2 POPS IN THE PARK

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



JUNE 5 LILAC FESTIVAL

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



JUNE 24 TEDXYYC

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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- 1
- 2
- 3 • **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- 4
- 5
- 6 • **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- 7
- 8
- 9
- 10 • **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- 11
- 12
- 13 • **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- 14
- 15
- 16 • **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer" Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- 17
- 18
- 19 • **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- 20
- 21
- 22 • **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- 23
- 24
- 25 • **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- 26
- 27
- 28 • **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com
- 29
- 30

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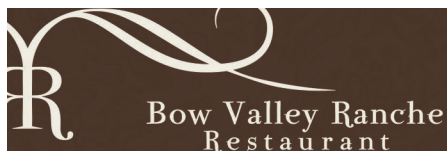
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The Feline Mystique

I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).




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Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

IN & AROUND CALGARY

Spring Cleaning Made Simple

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

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

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

Spring Yard Waste landfill drop-off

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

Electronics recycling depots

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

Household hazardous waste drop-off

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

Community cleanups

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

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



Get Out and Walk!

A message from the Federation of Calgary Communities

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

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

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

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

Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine





FENG SHUI

Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier va-

rieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

Barbara Shorrock is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

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Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a

sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.

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Getting a tax refund?

What now?

Suzanne Smith-Demers – Consultant

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

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

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



Your child's summer reading plan

It's never too early to think about what your child might read during the summer break. Reading over the summer not only improves children's literacy and language skills but also prevents what is known as the 'summer slide'—a regression in reading ability that can occur when children have an extended break from school.

How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are "just right"—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

Ways to make reading fun this summer:

- Get involved with your child's reading. Consider a family book club or read your child's book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day's fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads' signature fund-raising event. With children's books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website www.calgaryreads.com.



Healthy Posture Improves Brain Function

Dr. Alma Nenshi, Family Chiropractor

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity, ie. posture.

How is the spine the motor of the brain?

The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry's work are far reaching. It

supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, forward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It's like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren't able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

You have the power within you to re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking, being in nature, belly laughter, deep delta sleep and of course, proper chiropractic care.



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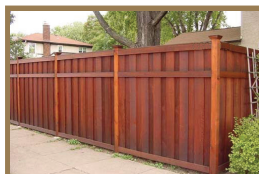
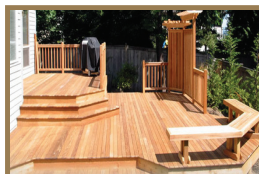
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Photo Credit: Alberta Guide Dogs



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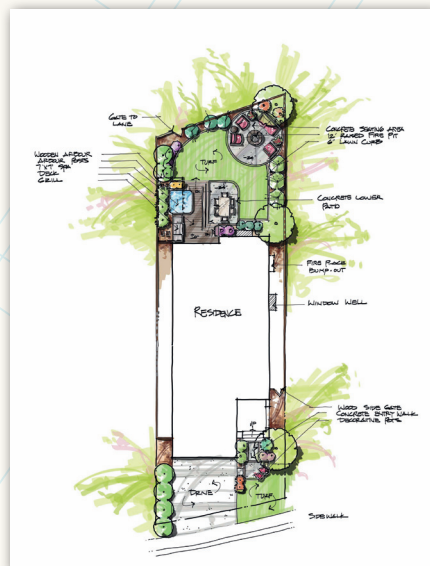


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Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

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

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

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

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

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

Article by J. Turner

Photo by Andrea S. H. Hunt

Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

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GARDEN GURUS: We do spring clean-ups, planting, transplanting, design and monthly maintenance for your garden beds. We provide friendly service, thorough work and reasonable rates. Initial jobs for new customers should be a minimum of eight hours. Call Beth at 403-618-3656 or e-mail nicholsonson@telus.net.

ROOFING, 5 YEAR WARRANTY: Express re roofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393. Paul 403-714-3644.

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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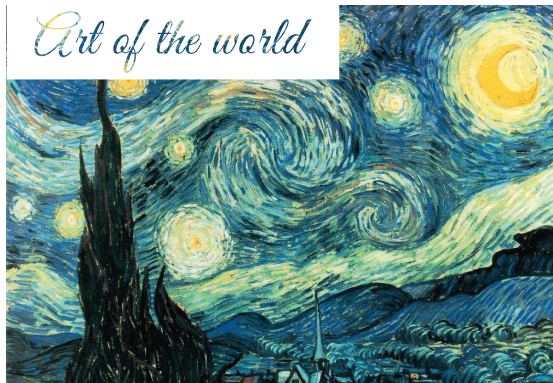
Find text, formatting and special items

BRAIN GAMES

SUDOKU

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

Art of the world



The Starry Night is an oil on canvas by the Dutch post-impressionist painter **Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.



MLA CALGARY - FISH CREEK RICHARD GOTFRIED

Phone: (403) 278-4444 • Fax: (403) 278-7875
calgary.fishcreek@assembly.ab.ca
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Community Caring

Spring has finally sprung and the good weather means there are lots of great community initiatives and activities afoot. We have some amazing organizations in Calgary – Fish Creek, but two community initiatives I would like to applaud and feature are the Bonavista and Parkland Cares groups.

Both were formed last October when local volunteers noticed the growing need for social and community support. Since then, both Bonavista Cares and Parkland Cares have participated in a number of projects. Bonavista Cares assisted in a neighbourhood clean-up, they sponsored a family over the Christmas season through NeighbourLink, an organization that provides essential items to neighbours in need. Bonavista Cares is also working with the Syrian Refugee Community Connection, which connects new Syrian families with local families for one year to build relationships, friendships and to help with the transition to Calgary life.

Parkland Cares mission statement reflects the mandate of both of these organizations. It reads, "Parkland Cares is a community based organization of families and neighbours committed to helping others." Parkland Cares collected food that was donated to the Deer Park United Church's food bank, they organized homemade meals to support a family in crisis. In addition, Parkland Cares organized a card-making table at Park96's Easter Egg Hunt where children made cards that were sent to residents at the Canyon Meadows Retirement Residence. They also held a successful bake sale and promoted a community wide collection of mother and baby care items that were donated to Calgary Healthy Family Collaborative. Both groups will be participating in a Calgary Food Bank sorting evening including making children's Birthday Bags!

I am a firm believer that building strong communities builds a stronger city, province, and country. All of us can make a difference in the lives of others. Please look to where you can best assist within your community. For more information on Bonavista Cares or Parkland Cares, or to become involved in their next project please email bonavistacares@gmail.com or parklandcaresyyc@gmail.com.

com. I know that together we can make a difference during these difficult times in the lives of friends, neighbours, and communities.

IMPORTANT DATES FOR THE CALENDAR

Deerfoot Engagement: Thursday, June 23, 7-9pm

Engagement and communication with local officials is critical to my role, which is why I am pleased to partner with City Councillors Shane Keating and Peter Demong, along with other SE MLAs to host a Deerfoot Trail conversation. I encourage you to come, listen and connect with experts from the City and the Province on current and future developments affecting Deerfoot Trail commuters. (venue TBA)

MLA Café: Friday, May 13, 10am - 12pm

I am appreciative of the feedback and visits regarding the Budget Discussion during the roundtable budget sessions hosted in April. Please continue to share your feedback on what matters most in our communities and our province at the next MLA Café at my office, #7 1215 Lake Sylvan Drive SE.

Stampede BBQ: Saturday, July 9, 11am - 2pm

Save the date and please stand by for further details on constituency Stampede festivities in June's newsletter. Giddy Up!

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COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

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Twitter / Instagram: BigRedYYC
FB: [Facebook.com/dianecu](https://www.facebook.com/dianecu)
Website: CouncillorDiane.ca

Ward 13 Mobile Town Hall – Coming in June!

This June, I will be holding my Mobile Town Hall in the Action Plan Engage Bus at key locations near you. The City's Action Plan, Calgary's business plan and budget document, was developed in 2014 for the years 2015-2018. Recognizing that the Plan needs to adapt with Calgary's changing needs, checking-in with citizens on what their priorities are for 2017 and 2018 is a key component.

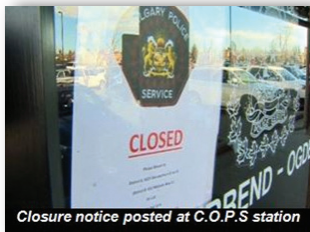


Councillor Diane onboard the Action Plan Engage Bus

My hope is to meet with as many residents as I can, so stay tuned to my website and social media channels for location announcements! To learn more about the Action Plan Check-in, check out my video interview youtu.be/8BXcw0ov90M.

Brae Centre Community Operated Police Station (C.O.P.S) Closure

Police Chief Roger Chaffin has decided to close the Braeside C.O.P.S. This is a decision that many of us in the community see as an unfortunate detriment and tremendous loss to our communities. With the closure, only two officers are to redeploy. This closure will leave well over 65 long service-trained volunteer partners behind.



Closure notice posted at C.O.P.S station

The community presence of our storefront police stations is vital to security and crime prevention in our neighbourhoods.

They are great examples of communities partnering with the Calgary Police Service. Many business owners and residents are very concerned that the visibility and

service of police officers are lost at the community level. This was the ultimate in community-based policing. The stations have been flagships of our communities for more than 20 years. This station in particular, has been a pillar in the community for years – well over the 16 years I have served on Council.

I have worked with several volunteers to organize an online petition. Please support our efforts to save this station which has a lease until 2017. Please visit the Save Calgary's Community Police Stations petition page at <http://ow.ly/106yCI> to sign the petition and keep our stations open. Safety in our communities must always be our top priority. As a Police Commissioner, I will continue to voice my disappointment on your behalf.

Off-Leash Dog Park Closure

With the Province closing the temporary off-leash dog park just off Hwy 22X back in December 2015, many of you were very concerned and upset with this loss to the community as was I.

I am making it a top priority to find a new area for an off-leash dog park for us. We are working closely with Parks and area developers to find another suitable off-leash area that families in Ward 13 can use and enjoy. While still at a very high-level phase, The City is looking at:

- A potential location within the Transportation Utility Corridor (TUC) on the north side of Silverado.
- A possible off-leash area in a parcel of land immediately south of Bishop O'Byrne High School and The Cardel South Fish Creek Rec Centre.
- Wolf Willow when the developer begins and completes construction of the community.

Important Dog Park Open House Announcement!

I am pleased to announce my Dog Park Open House on June 22, 2016, from 5:30 PM – 7:00 PM at the Woodcreek Community Association (1991 Woodview Drive SW). In partnership with the Providence Dream Developers, we will give a presentation to you right at 6:15 PM on our ideas and listen to your feedback. Please bring your family, friends and four-legged friends and drop by. Please contact my office to learn more. I hope to see you there!

SW Transitway Project Update

I invite you to please check out my newest video message updates regarding the SW Transitway project at CouncillorDiane.ca or my YouTube channel at www.youtube.com/user/AldermanDiane.

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
Kerby Centre for the 55 plus	403-265-0661
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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

GIGANTIC INDOOR GARAGE SALE: Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.

BOTTLE DRIVE: Raising funds for the Alberta Cancer Foundation by collecting bottles for recycling at your address. Tax receipts over \$10 donations are issued. Jesus: 587-433-5305. Participant: ID 200694-3.



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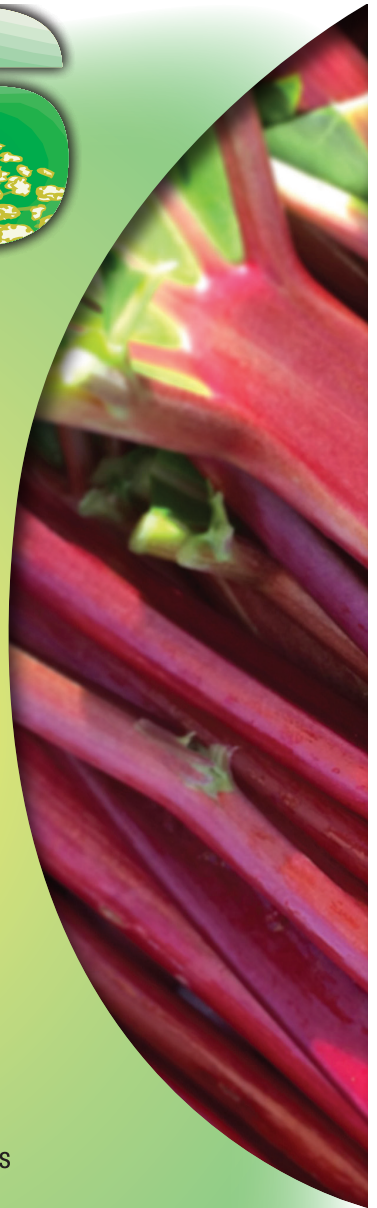
2016 RHUBARB FEST

Saturday June 4
11am - 5pm

*Southwood Community Hall & Grounds
11 Sackville Drive SW, Calgary*

*We will be collecting
donations for the
Calgary Food Bank*

Live Music
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Kid Bouncers, Crafts & Activities
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Permanent Skatepark - Grand Opening



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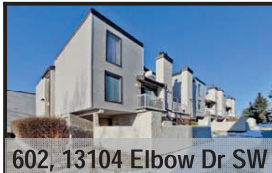
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