

JULY 2017

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THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER

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JULY 8TH
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CEDARBRAE COMMUNITY LEAGUE ASSOCIATION

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Cedarbrae Community League Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	
Weather Information	511
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE

A few celebrations during June/July are as follows: July 1st is Canada's 150th Birthday, July 7th is the Calgary Stampede parade and July 8th is the Cedarbrae Stampede BBQ Lunch. June 18 is Father's Day, June 21 is June Solstice and National Aboriginal Day. June 28 will mark the end of the school year for the Catholic School Board. June 29 will mark the end of the school year for the Public School Board. Everyone is getting ready for the Calgary Stampede - some stay and enjoy the celebrations; others go on holidays!

The Reptile and Amphibious Society of Alberta held their trade show in June and was an amazing success! 4700 people visited the centre over the two-day event. We look forward to another show in the fall. The Calgary Minor Soccer Association held their Mini-Fest in Cedarbrae's soccer fields east of the Centre. There was a huge number of children, parents and traffic. The Centre held its first Trunk Sale that all vendors deemed successful thanks to the great weather. To the volunteers who assisted in the setup, teardown and parking control, I thank you for your help. Folks like you make a big difference in our community!

Spanish Language Camp will be held in July and August with a regular program offered in September through June 2018. Check out the advertisements in the newsletter and our website for program details. Contact Martha 587-703-6815 for information.

Adventures Summer Camp starts on July 3rd and will run through the summer. Contact Ricardo at 403-483-1272 for information.

Pickleball will resume in September. CCLA members will be contacted by email and our website will have details regarding the fall program. Pickleball has been a tremendous success for Cedarbrae; the Centre is known as a great venue for the sport. There are over 330 regular participants engaged in beginner, intermediate and novice level of play and we have over 70 new Cedarbrae Members involved with the Centre as a result.

Calgary South West United held their "Coaches Appreciation" event on April 22 at the Centre, utilizing every corner of the facility and the adjacent soccer fields. The

event was very well attend by Coaches and U4 through U10 groups.

Our current proposed project work for 2017 begins with the South Patio Project slated for an early June start. The gym floor sanding and resurfacing is completed and looks great - stop by and check it out! The Centre exterior painting is now underway, giving a fresh look to the hub of Cedarbrae. Maintenance work is completed on the Centre's upper and lower kitchen cupboards and drawers, enabling them to operate safely and look more inviting to potential renters. The Centres marmoleum floors are all waxed and burnished, giving them new life. Now that the ice rink is dormant for summer, it is great to welcome the gardeners back to plant and cultivate great flower and vegetable gardens!

There is a lot of discussion regarding the SWBRT and SWCRR. We post any information we receive on our website to assist in keeping you current with the latest news.

Our programs are regularly scheduled throughout the month, but are subject to change. Therefore, please check out our calendar and website or call the office for information. The Centre also brings many celebrations, weddings, birthdays, and parties of all kinds. We offer some beautiful renovated spaces for rent; please call the Centre office to book a tour. We would love to help you!

Community memberships are available for our 2017/2018 membership year. We know that our members have found the heart and soul of Cedarbrae! Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others, are just some of the benefits of becoming a member! Membership applications can be completed and dropped off at the Centre or purchased through our website.

Please visit our web page at mycedarbrae.ca, or like us on Facebook. You can also follow us on Twitter @Cedarbraeinfo! The Centre office is often open too; stop by to check out all the activity happening in our neighbourhood!

We look forward to seeing you at the Centre!

Community Minded,
 Steven Brown, President, CCLA

WYMAN – The Man, the Artist, The Band

When Wyman parted ways with the last IT company he worked with in 2010, he made a life-changing decision. "I'd been writing music my entire life," he said with a wry grin and an energetic glint in his eye, "it was time to inflict it on the world." No small feat for a 54-year-old father of two who in 2010 felt compellingly obliged to share a lifetime of music, lyrics, art, and passion.

A native of Montreal, who grew up in California and was educated in Toronto, Wyman resides and writes music in Calgary. With a lifetime of extensive travel behind him, he stewards an ever-expanding catalogue of material born of an artists' eye and genuine sensitivity to the universal human condition. The often poignant yet always hopeful songs explore the people of his world in their native environments—we see ourselves reflected and know we are not alone.

Cab Callaway to Frank Zappa, Lighting Hopkins to Led Zeppelin, Robert Johnson to Little Feat, Hank Williams to Townes Van Zandt, Tommy Hall to Art Of Noise—these iconic influences provide the DNA of Wyman's music. Undeniably a modern folk artist using many traditional components, Wyman successfully incorporates rhythmic blues, country and classic/psychedelic rock elements to create his own hybrid, yet satisfyingly familiar sound.



The catalogue features acoustic guitar in a characteristic minimalist, open-voiced finger style together with rich, warm and inviting vocals that never fail to enchant rapt audiences across the country. This is fine adult contemporary music with a broad appeal that is at once heartfelt, rhythmic, evocative and timeless.

Wyman is generously donating his time and his talent to come play at the Cedarbrae Community Association's Annual Stampede event!

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BOARD PROFILE



Ron Bichel
CCLA Board Treasurer

Ron Bichel is a long-time member of the Cedarbrae Community Centre, having moved to Cedarbrae in 1988, and changing homes three times - but never leaving the community! He says that he and his wife Barb love living here, and cannot envision ever wanting to leave! Ron's pride in his long history of involvement with the community centre is evident when speaking with him, and he truly believes that the centre has been the heart and soul in his family's life. When his children were young, they were involved in Brownies, Beavers, Cubs, dance and soccer, with Ron taking on roles of leadership and coach where possible. Then, when the CCLA Board said goodbye to the retiring treasurer in the fall of 2005, Ron was approached to see if he would take on the role, which he has continued to do through five leadership changes (with our heartfelt thanks, Ron!). It is a true testament to hear Ron describe the efforts of several dedicated volunteers who have served on the board in the past, and he feels that our board -members are becoming more interested in being a working board, rather than a governing body.

To say that this man is busy is such an understatement! Ron received his Degree in Administrative Management in 1974 and a Bachelor of Commerce in 1977. In 1984, he received the designation of CMA, which then changed to CPA in 2015. Ron worked for the Federal Government in Taxation from 1977 to 1989, and then set up his own practice. Although Ron sold his accounting practise at the end of 2012, he continues to work there full-time on contract basis. He is also very active on the Holy Spirit Catholic Church Finance Council, along with several other boards for organizations such as the Knights of Columbus and the Road Ahead Society; retirement is not even on the horizon as yet!

Ron Bichel is one of those individuals who identifies a need and does his best to fill it. To quote Elizabeth Andrew, "Volunteers do not necessarily have the time; they just have the heart". The Cedarbrae Community Centre would like to offer their sincere thanks to Ron for his long-term service as a leader, coach and board treasurer for our community. Way to go, Ron!

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Community Contacts
C.O.P.S. Liaison
Cst. Gary Baldwin

COMMUNITY VISION AND MISSION

Community Vision

Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn, work and play.

Mission

MyCedarbrae operates a vibrant, viable community centre that provides recreational, social & educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.

EXECUTIVE BOARD		EMAILS
President	Steve Brown	president@mycedarbrae.ca
Vice President	Martin Waugh	vicepresident@mycedarbrae.ca
Treasurer	Ron Bichel	accounts@mycedarbrae.ca
Secretary	Diane Kirby	secretary@mycedarbrae.ca
DIRECTORS		
Glenn Suart	Andrea Roeke	Carole Davis
Dave Anderson	Chris Glynn	Mae Pears
Tanya Jopling	Lucie Vlach	Tamara Trevors
Sharon Bettin	Brenda Lofstrom	
OTHER		
Community Partnership	Joan Barnett	joan.barnett@calgary.ca

OTHER EMAIL CONTACTS FOR US	
casino@mycedarbrae.ca	volunteers@mycedarbrae.ca
events@mycedarbrae.ca	craftfair@mycedarbrae.ca
garden@mycedarbrae.ca	newsletter@mycedarbrae.ca
membership@mycedarbrae.ca	facility@mycedarbrae.ca
stampede@mycedarbrae.ca	

RENTAL SPACE RATES

- *Birthdays parties, Weddings, Celebrations of Life, Showers, Game days and Meetings, whatever your need, our recently upgraded facility can accommodate you.*
- *Our staff will be pleased to discuss your needs, provide availability and other detailed information.*
- *Liquor license and Liability Insurance are the responsibility of renter.*
- *Terms and conditions apply.*

	Hourly	Daily (8hrs)	Event (16 hrs)
Gym Half	\$51	\$367	\$694
Gym Full (cap. 472)	\$85	\$612	\$1,156
Garden View Room (cap. 59)	\$46	\$313	\$604
Aspen View Room (cap. 59)	\$42	\$286	\$551
Garden and Aspen Rooms Combined (cap. 200)	\$80	\$544	\$1,050
Park View Room (cap. 70)	\$31	\$211	\$407
Kitchens		\$34	\$66
Activity Room (cap. 10)	\$20	\$136	\$262



Celebrate Canada Day at Confederation Park!

Canada Day in Calgary promises to be bigger and better than ever this year, as we celebrate our country's 150th birthday. As one of two City of Calgary-led Canada Day celebrations, we're kicking off the festivities at Confederation Park on July 1st! Come out with your family and friends, and join us for family-friendly activities from 9 a.m. – 1 p.m. Enjoy a free pancake breakfast, horse-drawn wagon rides, live entertainment on the Stampede stage, a new natural play space and the opening of a 1967 time capsule. There will be lots to do and see, including recent park improvements, which are being made both for Canada Day and to honour Confederation Park's 50th anniversary.

After the Confederation Park activities, be sure to head downtown for a fun-filled afternoon and evening, finishing off the day with spectacular fireworks along Riverfront Avenue near the Centre Street Bridge.

Further information is available at calgary.ca/Canada150.



PEOPLE OF CEDARBRAE

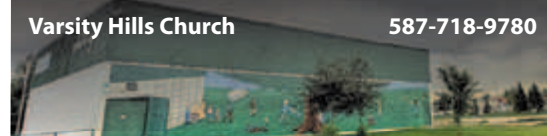
We are looking for articles about people with interesting stories, who have demonstrated outstanding service, or people who have gone above and beyond the ordinary.

We would like to hear from you. Contact the community centre at 403-251-2101 or write info@mycedarbrae.ca.

Get Active at the

Cedarbrae Community Centre!

- South West United Soccer** 403-281-2798
- Guides and Pathfinders** 403-238-4675
- Aikido** 403-978-0937
- Chinook Country Line Dancers** 403-988-0973
- Bravo Circus Gymnastics** 587-894-0675
- RDS Gymnastics** 403-225-8519
- Lady's Badminton** 403-238-5185
- Monday Night Ball Hockey** 403-669-6739
- Friday Night Men's Hockey** 403-221-8901
- Pace Setters** 403-251-6717
- Drop-in Pickleball** 403-251-2101
- Drop-in Tai Chi** 403-918-5210
- PMA Martial Arts** 403-969-8075
- Adventures Summer Childcare** 403-483-1272
- Varsity Hills Church** 587-718-9780



JULY 2017

Schedule of Events at the Cedarbrae Community Centre

Serving the Community of Cedarbrae | 11024 Oakfield Drive SW, Calgary

For more information please contact the Cedarbrae Community Association at 403-251-2101

July 1:

Aspenview: Gremtassa 3:30pm-6:00pm

July 2:

Gardenview: Varsity Church Group 8:00am-2:00pm

July 3:

Gym: Adventures Day Camp 7:00am-6:00pm, **Aspen Gardenview:** Drop-in Tai Chi 9:00am-10:15am, **Aspen View:** AP Control Monthly Meeting 1:00pm-4:00pm, **Parkview:** Men's Group 8:00pm-9:00pm

July 4:

Gym: Adventures Day Camp 7:00am-6:00pm, **Garden View:** Kids in Spanish Open House 4:00pm-7:00pm

July 5:

Gym: Adventures Day Camp 7:00am-6:00pm

July 6:

Gym: Adventures Day Camp 7:00am-6:00pm

July 7:

Gym: Adventures Day Camp 7:00am-6:00pm

July 8:

Gym: Stampede BBQ 11:00am-2:00pm, **Parkview:** Private Function 12:30pm-8:30pm

July 9:

Garden View: Varsity Church Group 8:00am-2:00pm

July 10:

Gym: Adventures Day Camp 7:00am-6:00pm, **Aspen Gardenview:** Drop-in Tai Chi 9:00am-10:15am, **Parkview:** Men's Group 8:00pm-9:00pm

July 11:

Gym: Adventures Day Camp 7:00am-6:00pm

July 12:

Gym: Adventures Day Camp 7:00am-6:00pm

July 13:

Gym: Adventures Day Camp 7:00am-6:00pm

July 14:

Gym: Adventures Day Camp 7:00am-6:00pm

July 16:

Garden View: Varsity Church Group 8:00am-2:00pm

July 17:

Gym: Adventures Day Camp 7:00am-6:00pm, **Gardenview:** Summer Camp for Kids in Spanish 9:00am-12:00pm, **Aspenview:** Tai Chi Drop-in Tai Chi 9:00am-10:15am **Parkview:** Men's Group 8:00pm-9:00pm

July 18:

Gym: Adventures Day Camp 7:00am-6:00pm, **Gardenview:** Summer Camp for Kids in Spanish 9:00am-12:00pm

July 19:

Gym: Adventures Day Camp 7:00am-6:00pm, **Gardenview:** Summer Camp for Kids in Spanish 9:00am-12:00pm

July 20:

Gym: Adventures Day Camp 7:00am-6:00pm, **Gardenview:** Summer Camp for Kids in Spanish 9:00am-12:00pm

July 21:

Gym: Adventures Day Camp 7:00am-6:00pm, **Gardenview:** Summer Camp for Kids in Spanish 9:00am-12:00pm, **Aspen Gardenview:** Gremtassa 11:00pm-6:30am

July 22:

Gym: Private Function 9:00am-12:00am, **Aspen Gardenview:** Bunanza 10:00am-5:00pm

July 23:

Garden View: Varsity Church Group 8:00am-2:00pm

July 24:

Gym: Adventures Day Camp 7:00am-6:00pm, **Aspen Gardenview:** Drop-in Tai Chi 9:00am-10:15am, **Parkview:** Men's Group 8:00pm-9:00pm

July 25:

Gym: Adventures Day Camp 7:00am-6:00pm

July 26:

Gym: Adventures Day Camp 7:00am-6:00pm

July 27:

Gym: Adventures Day Camp 7:00am-6:00pm

July 28:

Gym: Adventures Day Camp 7:00am-6:00pm

July 30:

Garden View: Varsity Church Group 8:00am-2:00pm

July 31:

Gym: Adventures Day Camp 7:00am-6:00pm, **Aspen Gardenview:** Drop-in Tai Chi 9:00am-10:15am, **Parkview:** Men's Group 8:00pm-9:00pm

 SILVERBIRCH DISTRICT



Want to be part of our human totem pole?

As a woman who volunteers with Girl Guides of Canada, Silver Birch District you are playing a key role in providing girls aged 5-17 with the fun and the challenge of Guiding. You'll be their cheerleader and mentor as you help your girls develop skills and confidence that will last a lifetime in a positive environment where girls are free to be themselves. Imagine the fun, the smiles and giggles, and all the confidence-building moments for the girls – and for yourself.

All the while you will have opportunities to develop highly transferable skills such as leadership, communication and planning through hands-on activities and member-only training. You will have access to special events such as regional rallies, camping and international travel as you grow your group of friends in a fun environment.

Make a positive impression on the lives of girls and women in your community. Take the next step and start making that impact today!

Come join us by contacting Barb at 403-251-5169 or silverbirchgirlguides@gmail.com



CEDARBRAE STRATEGIC MEETINGS

Last Tuesday of the month, 7pm

Cedarbrae Community League Association
11024 Oakfield Dr. SW

If you wish your name to be added to the meeting, please contact info@mycedarbrae.ca 7 days prior.

Volunteers are the heart of the organization

By Laurel McLean

The SouthWest Communities Resource Centre (SWCRC) wouldn't be possible without the many amazing volunteers who donate their time and talents to help make the centre a success.

In 2016, 78 SWCRC volunteers contributed close to 3,000 hours of their time, assisting in a variety of roles ranging from administrative duties and child care to tutoring and sitting on the Board of Directors.

To celebrate the work of their volunteers, the SWCRC hosted a Volunteer Appreciation Party on April 27 in conjunction with the National Volunteer Week in Canada.

"The Volunteer Appreciation Party is really an opportunity to get together," explained Debra Armstrong, executive director at SWCRC. "We want to create that sense of community and acknowledge that we couldn't do this work without our volunteers."

Many of the current volunteers at SWCRC are clients who had initially used the programs and services at the

centre and decided to give back to the community by volunteering.

"I think that people want to be able to contribute in a positive, meaningful way because this is their community as well," said Debra. "Stronger families [and] stronger connections with people make a better place for everybody to live. I think people volunteer with us because it's close to home—it's a local impact."

Alicia and her support worker have been volunteering at SWCRC for over 10 years. As a volunteer, her tasks include recycling, shredding paper, and tidying the children's area.

"I love volunteering because I like helping people and giving back to the community," states Alicia. "[My favourite part about volunteering] is just having fun and having people say thank you and appreciate your help. [The people at SWCRC] invited me into the SouthWest family—we're really close here."

Another volunteer, Perry, has been with SWCRC for three years, helping with fundraising events for the centre.

"My favourite part about volunteering is the comradeship," describes Perry. "You see people and get to know people you normally wouldn't, so it's fun."

At 80 years old, Perry is one of the oldest volunteers at SWCRC.

"I'm retired, and I like to be able to put something back into society because I'm not really contributing since my retirement," said Perry. "I've got time, so I might as well make good use of it."

Amanpreet, one of SWCRC's newer volunteers, recently moved to Calgary from India. She lives in the Northeast and travels two hours by transit to volunteer with SWCRC's child care program every Tuesday.

"I was really excited to find a volunteer opportunity because I am a nurse from my home country, but here I am struggling to be a registered nurse in Canada," explains Amanpreet. "I want to serve humanity and talk to people and learn new things from here. I really appreciate that they gave me this opportunity. I'm proud to be a volunteer."



DON'T FORGET

Submission Deadline is the 1st of each month

Please send all submissions to info@mycedarbrae.ca

Great Photos of Cedarbrae Wanted!

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UPCOMING EVENTS

July 1	Canada's 150th Birthday
July 3	Adventures Summer Program Begins
July 8	Cedarbrae Stampede BBQ
July 17-21	Kids in Spanish Camp
Aug 7	Heritage Day
Aug 14-18	Kids in Spanish Camp
Sept 13	CCLA AGM
Sept 16	Community Clean Up



SATURDAY, SEPTEMBER 16, 2017 9:00AM-2:00PM CEDARBRAE ANNUAL COMMUNITY CLEAN-UP

Let's clean-up our mess Cedarbrae!

Cedarbrae's annual Community Clean-up offers residents a chance to clean out their back alleys, basements and backyards! City of Calgary waste trucks will be on hand including a truck for organics recycling. This event is free to residents of Cedarbrae and Calgary although donations are always welcome.

Watch this newsletter for more details as they become available.



Many thanks to The City of Calgary Animal and Bylaw Services along with Waste and Recycling for making this event possible

Techno Trash Alberta will be on hand for Electronic recycling. Alberta Community Clothing Collection will be accepting clothing and fabrics.

Volunteers are always needed, along with trucks and trailers, please contact the Centre to join this or any of our great volunteer groups!

Cedarbrae Community League Association

11024 Oakfield Drive SW
Calgary
403-251-2101

www.mycedarbrae.ca

Saturday September 16,
2017 9:00am-2:00pm

CEDARBRAE GARDEN

Supporting hard working pollinators in your garden

By Colin Hayles and Paulina Taylor

Here you are, enjoying the lovely weather, perfecting your BBQ skills. And then, out of nowhere, a wasp swoops down and stings you just above your toenail. Hurts? You bet! Wasps love the smell of protein on your BBQ, and sometimes they may challenge you to a backyard duel. But not all insects are this brave. A vast majority of them will be unnoticed as they go about their business of pollinating various flowers in your garden.

These pollinators such as bees, birds, butterflies and bats affect a third of the world's crop production. This is a vital part of food production and cultivation of plants. I asked Colin Hayles at Golden Acre Home & Garden what we can do to help pollinators thrive here in Calgary:

Start by putting plants in your garden that specifically attract local pollinators. These plants are hardy for our climate and are also easy to come by.

Among many others, look for aster, basil, bee balm, begonia, blackcurrant, bleeding heart, columbine, cosmos, daylily, delphinium, dianthus, fennel, foxglove, gaillardia, geranium, gladiolus, gooseberry, grasses, hawthorn, hollyhocks, impatiens, iris, lavender, liatris, lily, lupine, marigold, milkweed, mint, nettle, nicotiana, oregano, petunia, phlox, plum, poppy, purple coneflower, raspberry, rosemary, sage, salvia, Shasta daisy, stonecrop, strawberry, sunflower, thistle, thyme, verbena, wild lilac, wild rose, willow, yarrow, zinnia, apple and cherry trees.

Colin also noted some tips for creating a pollinator-friendly garden:

Plant at diverse heights, everything from trees to ground covers and every level in between. Some good examples include hanging baskets and sunflowers.

Aim for diverse plantings using annuals, perennials and/or trees and shrubs that allow you to have pollen readily accessible throughout the year.

Leave those early spring weeds alone. When everything is brown, the first color we get is the yellow dandelions. These are a crucial food source for pollinators, so leave them be and the pollinators will start visiting your yard.

Provide clean drinking water, and if possible, mud. Our pollinator friends need clean water and certain bees like to

build with mud. Butterflies would rather drink from mud puddles than clean water as it provides them with essential minerals. Ideally, you'll also have running water as it stays cooler and fresher for longer; plus, the sound is an attractant. Small flying insects like bees like shallow pools of water. Something like a birdbath filled with a few rocks provides small islands for bees to land on and access water without drowning.

Provide shelter. Put up Mason Bee houses, butterfly houses, bat boxes, bird boxes, etc. The more life you have in a garden, the more life will be encouraged to flourish there.

Be wary of hybrid plants. They may be stunning to look at but they are notorious for having little to no pollen. A few hybrids are fine as they are a lure but the best choice is old fashioned or heritage plants.

Leave an over-wintering ground. Choose a smaller area of your yard and leave the winter leaves there.

Stay away from chemicals as much as possible. Some pesticides and herbicides can harm pollinators even if not used directly on them.

CANADA 150 CELEBRATES OUR COUNTRY'S ANNIVERSARY OF CONFEDERATION WITH THE CANADA 150 COMMUNITY INFRASTRUCTURE PROGRAM (CIP 150)



CIP 150 supports projects seeking to renovate, expand and improve existing community infrastructure. The Cedarbrae Community League Association Board & Staff are excited to announce that we have received CP 150 funding of \$19,105 towards the replacement of our entire Community Centre's old "legacy" lighting with more environmentally friendly and cost-efficient LED technology.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Cedarbrae. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

SUGARTREE CLEANING: Spotless and Smelling wonderful, we provide all types of cleaning services. We love to clean, so let us do the work for you! Call Ally 587-583-2046.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine studio teaching rooms and convenient times, day or evening. 403-251-2443.

Do you need a job? Why not have a career?

Now is the time! Get ready for a great career in the trades with the help of Momentum!

Join the Pre-Apprenticeship Carpentry Trades Training Program!

Carpenters work with wood, steel and concrete, doing anything from building foundations, highways and bridges, to installing floor beams, laying subfloors, cabinet installation, siding and drywall in both residential and commercial settings.

This program is funded by the Government of Alberta. Tuition and living allowance is available for eligible participants.

► **Starts:** October 2, 2017
Ends: May 29, 2018

► You are eligible if you:

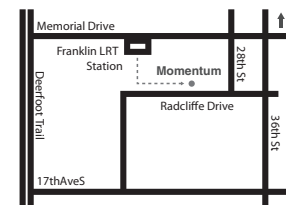
- Were born outside of Canada, or
- Are an indigenous person
- Are motivated with a good attitude
- Are in good physical and mental health
- Have good spoken English skills
- Have a valid Class 5 Driver's License
- Have a commitment to complete the program and work in the field

► You will gain:

- Upgrading in English, Math, Science and Life Skills
- Technical training at SAIT in your trade
- Workplace skills to help you be successful on the job
- Work experience in your trade



Apply in person at:
16, 2936 Radcliffe Dr SE
Walking distance from Franklin C-Train station



For additional information, please call:
403-204-2686
www.momentum.org



Our Members get a whole new view on the world!

Cedarbrae Community League Association

Join your neighbours in making Cedarbrae a better place to live, learn, work and play. Become a member today!



Who We Are

The Cedarbrae Community League Association is a dedicated group of volunteers who work hard every day to make our neighbourhood a better place.

Why not join us? Your involvement can be great or small, all contributions are valued!

What's the first step?

Become a member!

Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others.

Membership dollars go towards running your local Community Centre, Community Events, and programs offered at low cost so that everyone can join in.

Your membership is a passport to all the great happenings in your community:

- Meet Your Neighbour Night
- Open Gym Times
- Community Gardens
- Discounts at local businesses
- Community Clean-up
- Volunteer opportunities
- A voice in what's happening in Cedarbrae

Community Vision:

Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn work and play.

Mission:

MyCedarbrae operates a vibrant, viable Community Centre that provides recreational, social and educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.

Want to make the world a better place? Why not start in your own backyard? Become a member, get active and join in, attend an event, or volunteer. Your neighbours are amazing, come meet them!

Become a Member today!

What's the easiest way?

- Check out our website: www.mycedarbrae.ca, click on the membership tab to go to our secure membership site, a few easy steps and you're a member!
- Stop by the Community Centre and fill out a membership form. Anytime during office hours the Centre staff is ready to help.
- Fill out the membership application in the April edition of the MyCedarbrae newsletter and drop it in the mail.
- Come check out one of our Community Events. Memberships are available during all of our Events.

Cedarbrae Community Memberships are always a great value!

- \$30 per household
- \$15 for seniors (55+)
- \$10 for a business

Yearly memberships run from May 1- April 30.

Memberships are for businesses too!

Own or operate a local business? Become a business member. Our business members agree to offer discounts or specials to our community members. In turn, your business will be recognized on our website, newsletter and social media communications.

Building our community means supporting local businesses. Get your company involved through our many volunteer opportunities. Come meet your customers and show off your support for Cedarbrae!

Community Association Membership Membership Application Form

\$30.00 – Family Membership \$15.00 – Senior 55+ Membership \$10.00 – Business Membership

Main Contact

Last Name _____

First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

Please send cheque or money order to Cedarbrae Community League Association 11024 Oakfield Dr. SW Calgary AB T2W 5G6

E-Mail _____

I would consider volunteering for the following:

- Stampede BBQ
- Meet your neighbour night

- Casino
- Newsletter
- Special Events
- Board of Directors

- Community Clean-up
- Garden
- Sports Programming
- Other



Cedarbrae Centre programming dollars at work, drop-in pickleball in the gym

The Cedarbrae Community League Association is a volunteer non-profit organization run by and for the residents of Cedarbrae.

Funds are raised through rentals at our Community Centre, fundraising events and our yearly membership.

All those funds are put right back into our Community, maintaining the Centre, low cost programming, hosting events and Community Outreach.

Join us in ensuring our neighbourhood remains the beating heart of south west Calgary! Become a member today.



info@mycedarbrae.ca



Mentoring: friendly support to help manage hearing loss

by Kylie Bradbury
Peer Mentoring Coordinator at Deaf & Hear Alberta

Hearing loss is one of the fastest growing chronic conditions facing Canadians and affects all age groups. The 2013 Stats Canada numbers show 7% of people aged 19 to 39, 16% of people aged 40 to 59 and 47% of people aged 60 to 79 experience some form of hearing loss. Hearing loss can be sudden or gradual and sometimes we may not even know we are experiencing hearing loss. There are many causes ranging from excess noise, illness, aging, genetic factors and pharmaceuticals.

Some signs of hearing loss include:

- Difficulty with conversations in noisy environments
- Being able to hear people's voices but not understand the words spoken
- Needing the TV louder than the rest of your family
- Trouble hearing from a distance or another room
- Trouble understanding women's and children's voices
- Experiencing dizziness, pain, ringing or buzzing in the ears – even if it goes away

If you are experiencing any or some of these symptoms, it is important to discuss this with your doctor to see if you need a hearing test.

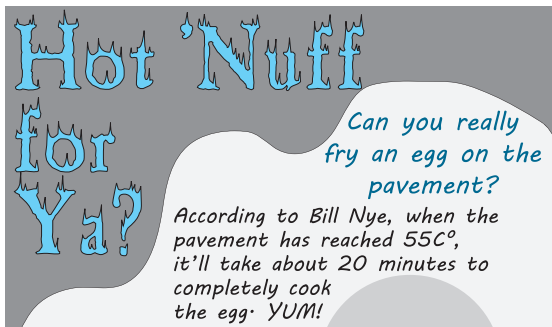
On average, it can take up to 7 years for someone to acknowledge and act on hearing loss. There are many factors which impact why a person may or may not acknowledge this. It could be lack of awareness, feelings of embarrassment, shame or denial. The latest research suggests that the longer hearing loss goes unmanaged, the harder it is to learn to manage the change.

An important factor is the change that happens in our brains. Brains are relatively 'plastic' and as our hearing decreases, important brain functions don't get exercised and we lose them. *Use or lose it.* The good news is we can retrain our brains.

Also, those with untreated hearing loss are more likely to report depression or anxiety and are less likely to participate in organized social activities. However, hearing loss does not need to mean living less. There are supports out there.

Mentoring programs are one type of support that can alleviate the social impact of hearing loss. People with shared experiences are matched together and work on building skills and strategies to help manage day to day challenges. This is commonly known as *mentoring*. Programs like these have impact as it has been shown that participants experience significant improvement of quality of life. No one has to go it alone.

Peer-to-Hear at Deaf & Hear Alberta provides this support. Our program matches adults dealing with hearing loss with someone who has walked a similar path and now wants to offer support. Learning to manage hearing loss can be a challenging journey. Sometimes all it takes is some friendly support from someone who understands and has had similar experiences. Hearing loss does not need to be a barrier to fully participating in one's community.



Ask Charles

I want to buy a resale condominium, but I'm worried about rising fees and possible assessments. How can I ensure the condominium is a good one?

Condominiums can be a great housing option, and with some due diligence, you can find one that is well suited to your needs, and a financially-sound purchase.

Condominium refers to a type of ownership that includes the individual ownership of a unit and shared ownership of common property with other unit owners. Condominiums can be apartment-style, townhouses, attached, or detached.

Condominium owners typically pay monthly condominium fees to cover their share of expenses for the common property, and some of this payment goes into the condominium corporation's reserve fund.

The reserve fund is used to pay for major capital repairs and replacements. All condominium corporations must have a reserve fund. As a buyer, you want a condominium corporation that has a healthy reserve fund because it reduces the likelihood of a special assessment. Special assessments occur when a condominium corporation has major work to do and there isn't enough money in the reserve fund. The corporation assesses an amount owing to the owner of each unit.

So how can you find out if the corporation you're thinking of buying into is a healthy one? A good place to start is a condominium document review.

Condominium documents relate to the operation of the condominium corporation, which you want to ensure is financially stable and well managed. Condominium documents include but are not limited to:

- current reserve fund study (5 years old or less) and 25-year reserve fund plan
- current operating budget and fee schedule
- current balance sheet
- registered bylaws

When buying a condominium, you can hire a professional to review your condominium documents. They can provide you with a summary of the documents, and identify areas about which you might have concerns. Reviewing condominium documents can uncover financial difficulties, bylaws you find unacceptable (for example, restrictions as to size, number, or type of pet), upcoming necessary maintenance, or even discussion in Board meeting minutes about water issues.

Even a healthy reserve fund and a review of condominium documents can't guarantee you won't have a special assessment or that your fees won't go up. In fact, you should expect your fees to go up a small amount each year, from factors such as inflation or rising utility costs. However, reviewing the condominium documents will give you a good idea of the health of your condominium, and if it's the right one for you.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

1st Annual Steps for STEM Canada Day Walk

At SOUTH GLENMORE PARK
beside the children's water park

Race Time: July 1, 2017

10km run: 10:30 A.M.

5km walk and run: 11:00 A.M.

All proceeds go to
Roots 2 STEM—a local
STEM education
(Science, Technology,
Engineering and Math)
experience.

Contact Robin Rootes at

(403) 257-4200 or robin@roots2stem.ca

Register here: <http://roots2stem.ca/events>

Participants will receive a fantastic medal, swag bag, prizes and great food and drink.

Thank you to Panago Pizza, Apple Lady, Simply, Costco, Save On Foods, X92.9,
Wi-Com Solutions, The Athlete Factory and Calaway Park.



STEM is Looking for Classroom Presenters

Scientists in School, a science education charity, is looking for dynamic classroom presenters to work in Calgary school boards.

Are you passionate about science, technology, engineering, and math (STEM)? Do you have training and education in science, technology, engineering or math? Want to make STEM fun for kids with a team of motivated, creative people? Want a flexible schedule and a meaningful work opportunity? Do you remember that special person who got you hooked on STEM? This is your chance to become that person in the lives of numerous Canadian children.

In 2015, Scientists in School, Canada's leading science education charity, launched our hands-on science program in Calgary. Our community-driven program is led by local scientists and technical experts who facilitate high-energy, half-day experiences in elementary school classrooms. We are actively looking for classroom presenters to join our team and kindly ask if you could share this opportunity with your members.

As part of our dynamic team, classroom presenters will be provided with workshop content, format, equipment, training and support. They will be compensated for expenses and will also receive a presentation fee for each classroom workshop. A flexible schedule, reliable transportation and access to a computer are required. A strong volunteer spirit is essential!

For more information, please contact Wendy Ellert: 1-844-794-9804, calgary@scientistsinschool.ca.

Electronic Recycling Bin at Cedarbrae Community Centre

**Please DO NOT drop
in front of the bin.**

**Stop by the---
centre office, we'll open
the bin for you**

**Thank you from your
Cedarbrae Board!**



YOUR CITY OF CALGARY

Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
- Dogs must have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw, we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit calgary.ca/animalservices or contact 311.

"KIDS IN SPANISH" PRESCHOOL



KIDS IN SPANISH Preschool is an educational center for children from 3 to 5 years old. The preschool is a full Spanish immersion, using a Reggio inspired philosophy and will run during the school year. Parents can choose sessions at their convenience. The Program is run by native Spanish speakers and experienced teachers with full accreditation in educating children.

Cedarbrae Community Centre
11024 Oakfield Dr
Calgary, AB

Regular School program begins
September 5, 2017
Session 1: 8:45 - 11:45 am
Session 2: 12:00 - 3:00 pm

Registration open now....
www.kidsinspanish.com

Open House: July 4th, 2017 5to7 pm

**2 SUMMER CAMPS
COMING SOON**

July 17-21, 2017
August 14-18, 2017

Registration open now...
www.kidsinspanish.com

Monday to Friday : 9 - 12 pm
\$250 per child / week

Fun activities

- Indoor and outdoor activities
- Sciences, art and crafts
- Music and dance, cooking and more

call now:
587-703 6815 or
403- 542 6333

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A group of beauty counselors entertained Friday evening in the Free Press board room in honor of Princess Tania Obolensky, who was in Winnipeg during the week end, a guest at the Fort Garry hotel, Miss Jean Burdett presented piano selections. The Princess left Sunday for Windsor, Ont.

- newspaper clipping supplied by Robin McLeod



The Story behind Princess Obolensky Park overlooking the Elbow River, Parkhill

I had the privilege of knowing Princess Obolensky thanks to my grandparents, Abbie and Rees Taprell. Princess Obolensky was a rare individual that made a huge impact on my life. She was forever young in thought and interest, always eager to engage in conversation and discussion.

Her story and therefore the story of the park dedicated to her is fascinating.

Princess Tania Obolensky was born in Moscow in 1913, the daughter of Princess Elizabeth Obolensky, a descendant of Prince Rurikovich, the first reigning prince of Russia. The family's life, as part of the Russian nobility, came to an abrupt end with the Bolshevik revolution in 1917. Her parents were imprisoned but later released by the White Army. Out of Russia they fled arriving in Bulgaria and then moving on to Yugoslavia where her father died in 1927.

After being tutored in various schools across Europe Princess Tania finally left Europe for Canada. Of all the places in Canada, she settled on the Bow Ranch near Cochrane. Ranching life became her blood. On the ranch she raised Aberdeen cattle, horses, Persian lambs and hogs. Not content to sit behind a manager's desk she was out on the range supervising and working with fellow ranch hands. She admitted that she was a lousy roper and her favorite piece of equipment to operate was a power binder.

Curiously, considering her ranching life or maybe because of it, Princess Obolensky developed an interest in cosmetics. In an interview by the Lethbridge Herald in 1948 she commented that she was never interested

in cosmetics until she discovered what they did for her. Eager to tell other women about these products she rose in the ranks from a local salesperson to the Western Manager of Beauty Counselors of Canada, a "dominion-wide" cosmetics company. When asked by the Lethbridge Herald about the "new look" she thought it more flattering to women but not so flattering to pocketbooks!

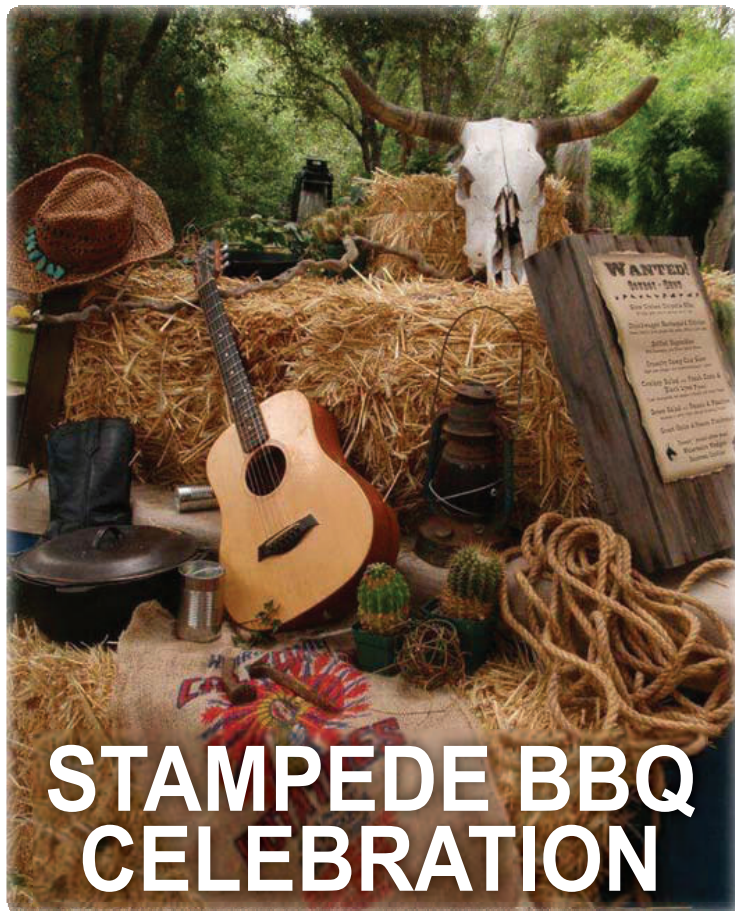
In 1952, Princess Tania opened a very successful clothing and gift shop called La Boutique in downtown Calgary. This allowed her to return to Europe on buying expeditions bringing back the latest in European fashion, accessories and small furnishings. La Boutique quickly became not only the fashion centre but also the social hub of Calgary. If you wanted to find out what was going "down" in Calgary you went to La Boutique.

Eventually Princess Tania retired. From her small apartment in Rideau Towers she overlooked the Elbow River and the mountains to the west that she so loved. Until the day she died, Princess Obolensky retained a regal elegance and, of course, her milky satiny skin!

Longstanding friends of the Princess enabled the dedication of the Princess Obolensky Park in 1984 – a wonderful tribute to a remarkable life lived.

Robin McLeod
President, S2G+

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.



STAMPEDE BBQ CELEBRATION

SATURDAY, JULY 8, 2017
11:00AM - 2:00PM

Warm up your “Yahoo!” or your “Yeehaa!”and dig out your Western Duds!

Come join us at the Community Centre for a Stampede Celebration BBQ. Foods, refreshments, music and kids activities.



Bring your family, bring your friends, and bring your enthusiasm!

Bring your appetite, bring your thirst, and bring your willingness to become part of the Community Spirit!

Volunteers are always needed in the Community. Why not step up? Contact the Centre to join this or any of our great volunteer groups!

Meet new friends and neighbors. Chat about what's going on in the Community. What you like! What you don't like!

We look forward to seeing you all and meeting you all.

Cedarbrae Community League Association

11024 Oakfield Drive SW
 Calgary
 403-251-2101

www.mycedarbrae.ca

Saturday July 8, 2017
 11:00am-2:00pm

CALGARY INTERNATIONAL BLUES FESTIVAL – SHAW MILLENNIUM PARK, JULY 31 – AUG. 6

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



TOUR DE BOWNESS – 6501 BOWNESS RD. N.W., AUG. 5 - 7

This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: tourdebowness.com.



GLOBALFEST – ELLISTON PARK, AUG. 15 – 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Captain's Cruises – Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 – Aug. 4 - 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most action-packed stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmorestampede.com.

Taste of Calgary – Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.


Puppies and Prosecco-Dining with Your Dog – Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-and-prosecco-vin-room-tickets-33841948178.

West Side Story – StoryBook Theatre, Aug. 19 – Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.

AUGUST AUGUST AUGUST



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403-287-6770

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Dr. Kayode Oloniyo and Dr. Yasmine Halat

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- We provide referrals to General Dentists and Dental Specialists
- Direct billing to your insurance

Oakridge Co-Op Mall
Suite 49, 2580 Southland Drive SW

Charles Gulley, DD, F.C.A.D.
Denturist – Denture Specialist

SAFE & SOUND

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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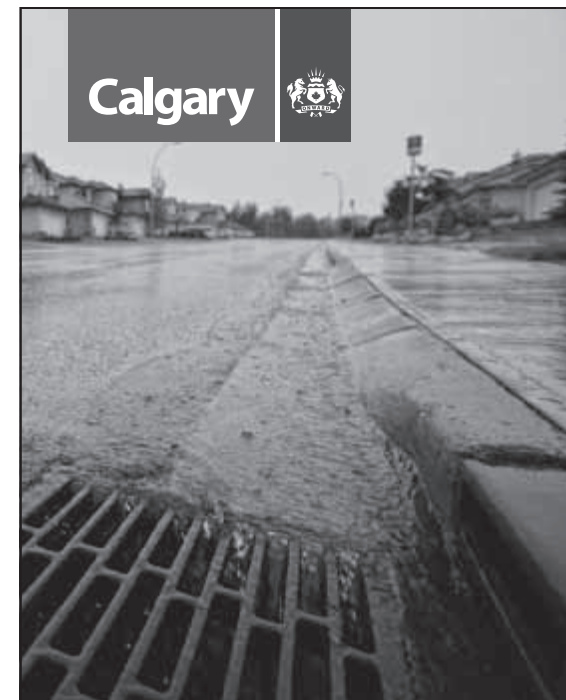
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ALBERTA BIKE SWAP



Calgary



Improving stormwater drainage in your community

In recent years, Woodlands, Woodbine, Cedarbrae and Braeside have had an unusually high number of heavy rainfall events resulting in flooding.

To better manage this stormwater, recommendations from a drainage study include a dry pond and upgrading existing drainage infrastructure. Work will begin in your community in August.

To learn more and stay up to date, please visit calgary.ca/wwcdi

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Hot Dogs and Fun in The Sun

Jennifer L. Scott, D.V.M.

This summer I am going to go out to play in the sun, and I always prefer my dogs riding co-pilot. If I stop and think, my dogs may be safer and more comfortable at home as the mercury moves up the thermometer. Even with windows ajar and the temperature in the mid-teens, a car parked directly in the sun becomes dangerously hot in minutes. Everyone has had that “one-minute pop in to do an errand” turn into ten minutes and the most conscientious owner might misjudge their timing leading to a potentially fatal consequence. Calgary bylaw officers can and will fine people leaving pets in hot cars.

Dogs cannot sweat to maintain their body temperature like you and me. Dogs do sweat very minimally through the pads of their feet. Mostly they pant. As the dog pants and air moves across mucous membranes and water evaporates and cools the body. This means adequate water is also critical for a dog to maintain its body temperature. If the dog is unable to lower its temperature hyperthermia develops. Initial signs of a problem include disorientation, stumbling, and weakness. This gradually progresses to convulsions, loss of consciousness, and death. Dogs saved in the final stages of hyperthermia may still suffer permanent brain damage.

Treatment in a veterinary clinic would include intravenous fluids and medications for shock. To treat hypothermia elsewhere, move the dog to a cool place, and immerse in cool or tepid water, not cold water, and apply cool—not cold—wet towels to the dog’s groin, belly, inside the ears, and around the neck. Cold water

or ice may cause the peripheral blood vessels to shut down and would not facilitate the loss of heat from the body.

To prevent hyperthermia, exercise your dog in the cooler early mornings or late evenings and always have water handy to keep your pet well hydrated. Dogs confined outside must be able to escape to shade, and shade with some ventilation for air movement. When I competed with my dogs in obedience and field trials, I had a closed crate for winter and air-conditioned facilities, and an open wire crate for summer. Milk jugs with frozen water around the crate also supply a source of cold water. If you’re camping, have the crate in the shade and make sure that shade doesn’t disappear as the sun moves. Different breeds and sizes of dogs have different heat tolerances. A Saluki bred for the desert would tolerate far greater temperatures than an Alaskan malamute. Brachiocephalic dogs with short muzzles, like boxers and bulldogs, are particularly sensitive to becoming overheated, as are elderly pets. Do not count on your dog to know its own limits. Some Labrador retrievers will chase a ball thrown on a hot day until they collapse.

Be conscious of the air quality. Smoke from forest fires to the west of Calgary can add to heat problems making a dog more susceptible to hyperthermia.

So, steel your heart to those big brown eyes asking to come with you and if it is in your dog’s best interests leave him at home and please never leave your dog or children in a closed car in the sun for even one minute.

Have a wonderful summer.



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Anam Kazim

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Anam Kazim - MLA for Calgary Glenmore @anamkazimMLA

Dear Constituents:

I hope all of you are enjoying the summer with family and friends while celebrating the 150th anniversary of Canada and Calgary Stampede. I would like to wish you all Happy Canada Day and Happy Stampede!

The spring session at Alberta’s Legislative Assembly finished in June, and now I am excitedly looking forward to engaging with you all through various community stampede breakfasts, events and meetings.

Recent Updates:

1) Employer Liaison Service Pilot:

The pilot project will support **employment** in Alberta by working with Alberta employers and connecting them with Albertans who have been displaced by the economic downturn and/or changes in the nature of work (automation, technological advancements and temporary employment contracts).

This service will help connect employers with unemployed workers and workers from untapped labour pools: Indigenous peoples, recent immigrants, persons with disabilities and youth.

The initial focus of this project is on employers impacted by the new Temporary Foreign Worker Program’s “Refusal to Process” list which identifies 29 “high-wage” occupations for which there is a sufficient supply of Albertans who are skilled in these occupations and looking for work.

A dedicated landing page will be developed on *Alberta-Canada.com*. Employers will be directed to this page which will house information and resources to help those impacted by the Refusal to Process list. Some of those resources will include:

- labour market programs and services;
 - recruitment options for connecting with underrepresented groups in Alberta;
 - labour market information; and
 - A sign-up to Alberta Workforce Information email service.
- Alberta Labour works with employers to connect them to the Canada-Alberta Job Bank subscription service, which provides information and resources regarding recruitment and retention.

Alberta’s government is helping employers to hire locally first through this program. The service will provide enhanced, proactive support services to employers impacted by the “Refusal to Process” list and help connect them with

options for recruiting locally available workers.

2) Employment Standards Code and Labour Relations Code Amendments:

Alberta’s government updated the Alberta workplace laws as they were not revised since 1988. These amendments will make life better for Alberta families by supporting family-friendly workplaces and protecting vulnerable Albertans who rely on the basic protections and rights enshrined in law. This means:

- Ensuring parents of critically-ill or injured children can take time off to care for their family without the fear of losing their job.
- Allowing Albertans the time they need to care for themselves when they’re dealing with a short-term illness or mourning the loss of a loved one.
- Lowering the eligibility threshold for maternity leave so hardworking women can support themselves and their families.
- Strengthening our enforcement tools to ensure all employers follow the law and help Albertans receive the pay and benefits they’re rightfully entitled to.

My Participation: Please check my Facebook: Anam Kazim- MLA Calgary Glenmore and Twitter @anamkazim-MLA to watch my participation during the spring session.

Mark Your Calendar:

Premier’s Stampede Breakfast-Everyone is welcome!
July 10th 2017 6:00 am-9:00 am at McDougall Centre



The “dog days of summer” refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

OH, C NADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!

The 4-season day

Heritage Minutes

Kraft Dinner

Sorry!

Canadian Tire money

Respect for wilderness

House Hippo

Mr. Dressup

We have a strong multicultural identity with a multitude of various backgrounds and religions.

Our differences are not only accepted, but celebrated.

We know the French equivalents of "free," "prize," and "no sugar added," thanks to our extensive education in bilingual cereal packaging.

There is a sense of community that people can and want to contribute to.

Beautiful Canadian natural landscapes that we are actively trying to preserve.

Canadians have the right and freedom to practice our choice of religion.

Universal health care

Equal access to necessities of life.

Wayne Gretzky

All Dressed/ Ketchup Chips

Best beef in the world!

Canadians seek commonalities when meeting someone new.

Canadian Tire money

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Calgary 

Share your thoughts about Oakridge Co-op in August.

Thanks to everyone who came out and provided feedback at The City's initial phase of public engagement for the Oakridge Co-op redevelopment application. We will be back in your community in August with more opportunities for you to learn about the proposed development and share your ideas.

Make sure you sign up for e-mails about the project and watch for event details at calgary.ca/oakridgecoop

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