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



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



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

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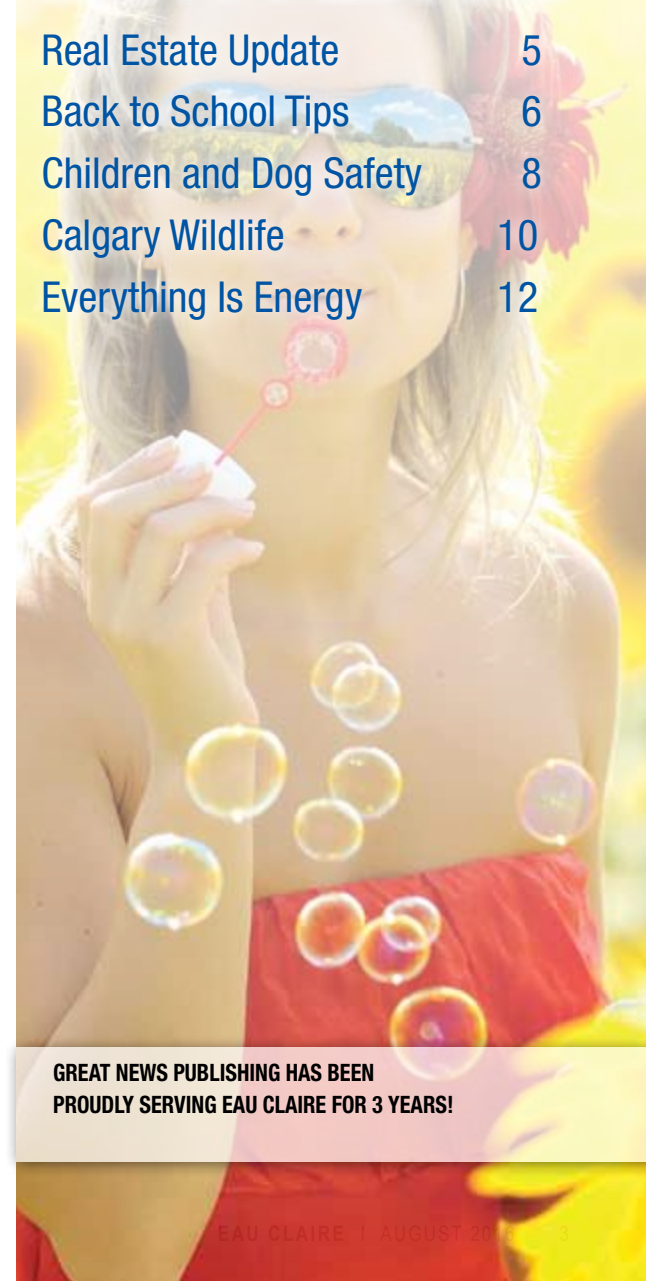
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CONTENTS

Real Estate Update	5
Back to School Tips	6
Children and Dog Safety	8
Calgary Wildlife	10
Everything Is Energy	12



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING EAU CLAIRE FOR 3 YEARS!



Take A Dip Into The Lower Elbow River's Past

Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start to wind down, we are reminded of the role that our lower Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Today, flows are restricted by the dam, and gravel bars from flooding impede the experience. Storm water emptying into the Elbow River, downstream of the Glenmore Dam is untreated, carrying with it sediments, contaminants, and bacteria from roads, yards, and pets, making it less attractive for taking a dip, unlike earlier days when the crystal clear waters from the Rae Glacier and clean overland runoff reached all the way to the heart of Calgary.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30th Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. "The addition of booms in the river, play equipment (including an outdoor checker board), washrooms attached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at Bowness

Park in numbers of users. Attendance records for 1933 include the observation: 'the number at the Elbow Swimming [Pool] was so great that no record could be kept.'" Reader aligned the use of the pool with the swimming programs of institutions like the YMCA and YWCA.

No longer in use, the historic one-storey, wood -frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. The Elbow Park Swimming Pool and Grounds was designated a Municipal Historic Resource in 2014.

Source: City of Calgary Inventory of Evaluated Historic Resources
Photo credit: Glenbow Archives

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. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

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

Eau Claire



Real Estate Update

Last 12 Months Eau Claire MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$957,000.00	\$910,000.00
May 2016	\$284,900.00	\$274,000.00
April 2016	\$444,500.00	\$422,500.00
March 2016	\$0.00	\$0.00
February 2016	\$419,900.00	\$403,000.00
January 2016	\$0.00	\$0.00
December 2015	\$684,450.00	\$658,750.00
November 2015	\$645,000.00	\$500,000.00
October 2015	\$479,900.00	\$460,000.00
September 2015	\$575,000.00	\$555,000.00
August 2015	\$419,450.00	\$404,500.00
July 2015	\$419,900.00	\$410,000.00

Last 12 Months Eau Claire MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	8	8
May 2016	8	4
April 2016	10	4
March 2016	6	0
February 2016	6	3
January 2016	9	0
December 2015	7	2
November 2015	4	3
October 2015	8	5
September 2015	15	5
August 2015	7	2
July 2015	6	1

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

Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to EC@great-news.ca

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Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

Back to School

Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.

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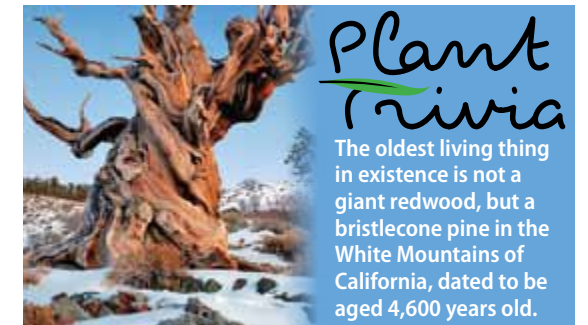
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FIND SOLUTION ON PAGE 15



Plant Trivia

The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order

to transition to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

IN & AROUND CALGARY

Centre Street Bridge celebrates 100-year anniversary

2016 marks the 100-year anniversary of one of The City of Calgary's most iconic landmarks – The Centre Street Bridge.

The Centre Street Bridge, which crosses the Bow River along Centre Street, has been a part of the city skyline since 1916 with its four arches, upper and lower traffic decks and lion sculptures.

It was built by The City of Calgary 100 years ago for \$375,000. It replaced the MacArthur Bridge, a steel truss bridge built in 1907 by land developer A.J. MacArthur who had acquired the land that would become Crescent Heights and wanted people to have easy access to it.

Local historian and author Harry Sanders says the original bridge was built without any consideration for alignment with the roads. "(MacArthur) gets some investors and forms a stock company and they build a little bridge. They have no permission to build this bridge. All they did was acquire the land at either end and built a bridge across it. He hopes people will now live in Crescent Heights, which they do."

Once the bridge was in use, they offered to sell it to The City for \$17,000, which The City turned down. Then they offered it for \$5,000 but taxpayers voted against purchasing it. Eventually, The City agreed to pay \$1,300 for it.

"But now The City is thinking about a beautiful new bridge as Calgary is undergoing an enormous period of growth and wealth," explains Sanders. "So, in 1914, ratepayers approved a plan to build a more modest bridge."

The Centre Street Bridge was opened to traffic on Dec. 18, 1916, 17 months after the original MacArthur bridge was destroyed in a flood in 1915.

Roads Director Troy McLeod says the bridge, which was constructed to be resilient, is now seen as a symbol of the strength in our city. "What has been consistent in Calgary over the past 100 years is the resilience of our

people and the Centre Street Bridge is a perfect reminder of this strength in our community," he says.

The Centre Street Bridge was protected as a Municipal Historic Resource in 1992. It is historically significant as the second oldest bridge to span the Bow River and has long-served as one of the main links between downtown Calgary and areas north of the Bow River. As such, it was instrumental in the early development of neighbourhoods north of the Bow River, especially Crescent Heights, Mount Pleasant, Tuxedo Park, Winston Heights and Renfrew.

To learn more about the Centre Street Bridge's 100-year anniversary, visit Calgary.ca/roads.



Workers on the bridge during its construction in 1916. Glenbow Archives

Glenbow Archives NA-2808-2



The Centre Street Bridge has long served as one of the main links between downtown Calgary and areas north of the Bow River. The first vehicles crossed the Centre Street Bridge on December 18, 1916. Pictured are City of Calgary Engineer George W. Craig, Bridge Designer John F. Greene along with driver Tom Hornebrook. Glenbow Archives.

Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, "Everything is Energy." But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: "We are all connected." In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is "The Big Secret." It is also a universal law. Mastering your own frequency will turn you into a manifesting genius and you will truly astonish yourself and those around

Everything Is Energy...

cont'd

you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aid you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart — it is the best indicator of what is the right thing to do for you.

IN & AROUND CALGARY

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summer's evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000. For more information, go to Calgary.ca/fire.

IN & AROUND CALGARY

Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit calgary.ca/FairEntry or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit calgary.ca/FairEntry or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit calgary.ca/FairEntry or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

Please note: Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit calgary.ca/FairEntry.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services.

Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

IN & AROUND CALGARY



Going on a Holiday?

A message from the Federation of Calgary Communities

Building Safe Communities Program

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

Below are a few tips to help reduce your risk:

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

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

IN & AROUND CALGARY

Flood Resiliency

The City is committed to making Calgary a safe, flood resilient community. The 2013 flood caused significant social and economic disruption and unprecedented damages. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.

BRAIN GAMES SUDOKU

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



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Biodiversity

The dog days of summer are the perfect time to think about critters. While Calgary is home to 1.2 million humans, we rarely think about the countless other species of flora and fauna that far outnumber us.

“Biodiversity” is the term we use to describe the variety and richness of living organisms and habitats. With 80% of Canadians now living in urban areas, reasonable protection of biodiversity is becoming increasingly important for municipal governments to ensure that we maintain a healthy ecology.

Last year, Calgary City Council approved *Our Biodiversity*, Calgary’s 10-year biodiversity strategic plan. The plan is based on principles for the protection, development, and management of Calgary parks and ecosystems in support of biodiversity.

Biodiversity project goals:

1. Evaluate landscapes in Calgary and set targets for conservation measures to identify, protect, and manage ecological cores and corridors;
2. Restore 20 per cent of Calgary’s current open space to increase biodiversity;
3. Identify and manage invasive species in Calgary’s open space.

The City will implement the plan through a variety of initiatives. This summer, Calgary Parks launched a pilot project using a herd of goats to manage invasive plant species in Confluence Park. This creative approach to weed control not only reduced the need for pesticides, but also improved the health of native ecosystems by reducing overgrowth and encouraging the growth of non-invasive plants.

The City is also working to turn back the progress that invasive species have made over the years. Efforts to combat *smooth brome*, a highly competitive grass that smothers native species, and *Canada thistle* are underway. We are also re-introducing native species into our parks and landscaping projects. Native species are naturally suited to the local climate and require less care over time.

For Calgarians interested in enhancing biodiversity closer to home, the City has numerous resources to help enhance biodiversity in your own yard. A good place to start is www.calgary.ca/yardsmart. There, you can find tips on how to transform your garden into an inviting landscape that will inspire both your neighbours and wildlife.

To learn more about this and other topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.



MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

130, 1177 11 Ave SW T2R 1K9
Office: 403-244-7737

I hope everybody has been enjoying this fantastic summer! It’s been a pleasure to connect with the communities in Calgary-Buffalo at barbecues, yard sales, outdoor concerts and markets while enjoying this great weather. Now that the dust has settled on another successful Calgary Stampede, I know a lot of people are looking to escape the hustle-and-bustle of the inner-city and appreciate the beauty of Alberta’s foothills and mountains. The tranquility of Alberta’s Rocky Mountains is one of our provinces greatest assets, and I hope that many of you are able to experience some time away over in the coming months to appreciate Alberta’s awesome natural beauty.

The Government of Alberta has taken steps to make travelling and touring Alberta easier, a useful starting point is the Official Alberta Travel Planner found online at www.travelalberta.com/ca/plan-your-trip/vacation-guides/. You can also speak to a travel specialist by calling 1-800-ALBERTA (2523782). Whether it’s a day-hike, taking in a delicious meal in Banff, or driving north to camp in the lush Boreal forest, there are exhilarating outdoor opportunities available for people from all walks of life. If you and your family or friends plan to go camping this summer, the Government of Alberta processes provincial park campsite reservations online at: <http://reserve.albertaparks.ca>. Travel Alberta works to make your planning experience as stress-free as possible so that you can relax and enjoy your summer time off!

The Ministry of Culture and Tourism supports the development and sustainability of Alberta’s cultural industries, tourism, the arts, recreation and sport, heritage and non-profit/voluntary sector. In 2013 Alberta received 34.3 million tourism visits, with the tourism industry sustaining more than 127,000 jobs in our province. The Calgary and area region accounts for the highest share of overall area of visitor spending at 30% of an \$8.2 billion industry. The tourism industry accounts for about 3% of Alberta’s Gross Domestic Product, with about 19,000 tourism-related businesses in the province.

Alberta Culture and Tourism offers an easy-to-use Experience Alberta’s History pass that gives you unlimited admission to a network of provincial historic sites and museums for a full year. With this pass you can take in 125 years of wedding fashion at the historic Lougheed House at 707 13th Avenue in Beltline, excavate dinosaur fossils at the Royal Tyrrell Museum of Palaeontology in Drumheller, and explore the Brooks Aqueduct. Passes and more information is available by calling 310-0000.



MP CALGARY CENTRE HON. KENT HEHR

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Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more so secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada’s middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to

apply – it will be automatically recalculated based on their previous year’s tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!

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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

BABYSITTING SERVICES: Teenager with Babysitting Safety Course Certificate looking to babysit in Eau Claire neighbourhood on evenings and weekends. References available. Rate \$10/hour for 1-2 children. Email: jenemmanorris@aol.com.

CHINATOWN FESTIVAL: The Calgary Chinese Merchants Association (CCMA) will once again host a "Chinatown Festival" on September 4 (Sunday) at the Parking Lot 214 located at corner of 2nd St. and Riverfront Ave. S.W. (10:00 a.m. to 6:00 pm) Free admission.

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
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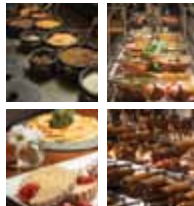


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