

JUNE 2016

DELIVERED MONTHLY TO 5,000 HOUSEHOLDS

your EAUCLAIRE

BRINGING EAU CLAIRE RESIDENTS TOGETHER



the Gutter Doctor
 Home Exteriors
 Install/Repair/Clean
 EAVESTROUGHS | DOWNSPOUTS
 FASCIA | SOFFIT | ROOFING | SIDING
 15,000 happy customers since 2003!
 403-714-0711 gutterdoctor.ca



SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM
 "An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
 Enform IRP 9 (Revised)
 safetysync.com
 403.668.6402



A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

www.kilbco.com
CONCRETE SEALING
 Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.
 Please call Kilbco to maintain the value of your investment.
FREE ESTIMATES

SEALED **UNSEALED**

KILBCO
 CONCRETE CURBING

Locally Owned & Operated



Brad 403.875.8463 | Stephen 403.478.1737

Queen Decor
 LUXURY HOUSE DECORATION


OPENING SALE
10% OFF



Classic Furniture | Handmade Paintings | Bronze Sculptures

403.714.2727
 3808 Macleod Tr SE
 www.queendecor.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



Eau Claire Community Assoc.
 c/o Calgary YMCA, 101-3 St. SW
 Calgary, AB T2P 4G6
 Phone: 403.269.9896
info@eauclaireca.com | www.eauclaireca.com/

Elected Officials



Councillor Druh Farrell
Ward 7 Office
 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 2M5
 Phone: 403-268-2430
 Fax: 403-268-3823
 Email: ward07@calgary.ca
 Web: www.calgary.ca/ward7



MLA Kathleen Ganley
Calgary-Buffalo
 #130, 1177 - 11 Avenue SW
 Calgary, AB Canada T2R 1K9
 Phone: (403) 244-7737
 Fax: (403) 541-9106
 Email: calgary.buffalo@assembly.ab.ca

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING  **27 YEARS**

Great News Publishing Ltd.
 403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

Real Estate Update	5
At A Glance	6
Floods, Woodlands & Bridges	10
Become a Depot and Help Others	14



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

Free Tours of Reader Rock Garden

Mark your calendars for the National Garden Days at Reader Rock Garden, taking place on Saturday, June 18, 2016. This free event, hosted by the Friends of Reader Rock Garden Society, will be held between 1:00 - 3:00 p.m. at the historical gardens, which are located at the corner of 25th Avenue SE and Macleod Trail South. There will be tours of the garden, a used gardening book sale, draw prizes and light refreshments. Event will be held rain or shine. More information on the gardens at: www.readerrock.com or email us at info@readerrock.com.

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



Just Say Hi!

A message from the Federation of Calgary Communities

Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least five different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.

For more information or engagement ideas, visit our website at calgarycommunities.com.

Eau Claire

Real Estate Update

Last 12 Months Eau Claire
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$0.00	\$0.00
April 2016	\$0.00	\$0.00
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
June 2015	\$429,000.00	\$390,000.00

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

	No. New Properties	No. Properties Sold
May 2016	0	0
April 2016	0	0
March 2016	3	0
February 2016	1	3
January 2016	3	0
December 2015	4	2
November 2015	3	3
October 2015	6	5
September 2015	13	5
August 2015	7	2
July 2015	6	1
June 2015	13	1

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

IN & AROUND CALGARY



Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit calgary.ca/floodinfo for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.



"Calgary's Preferred Property Management Specialist & Corporate Relocation Service"

EXECUTIVE HOMES AND CONDOS WANTED FOR CORPORATE RENTALS IN YOUR COMMUNITY

We are looking for new or updated Homes or Condos in your neighbourhood.

Contact us today to receive a free rental evaluation.

Residential Leasing Group Inc.
 Brad Currie, Broker/President

403.244.6944
www.residential-leasing.com

**JULY 8 TO 17
CALGARY STAMPEDE**

Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



**JULY 21 TO 23
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucasg.ca



**JULY 30
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca

**IN & AROUND
CALGARY**

YOUR CITY SECTION

Check out these important updates from The City of Calgary

Celebrate the contribution of Calgary seniors during Seniors' Week: June 6 - 12. Visit calgary.ca/seniorsweek for events in your community.	calgary.ca/seniorsweek
Neighbour Day (June 18) is an opportunity for neighbours to come together to celebrate our strong community spirit.	calgary.ca/neighbourday
Stuck on Deerfoot? Share your challenges and recommendations to make this road better at one of our open houses or online.	calgary.ca/deerfoot
Planning on doing some yard renovations this summer? Be sure to visit calgary.ca/homeimprovement .	calgary.ca/homeimprovement
Join with other Calgarians on June 23 to celebrate the Chief David Crowchild Memorial Awards. Learn more by searching Chief David Crowchild on calgary.ca .	Search Chief David Crowchild on calgary.ca
Bring the family to Canada's largest man-made wetland on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Park Fest!	calgary.ca/parksevents
Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)	calgary.ca/cema

Stay connected to the City of Calgary

facebook.com/thecityofcalgary | twitter.com/cityofcalgary | calgarycitynews.com



**Register the kids for a
summer nature adventure**

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

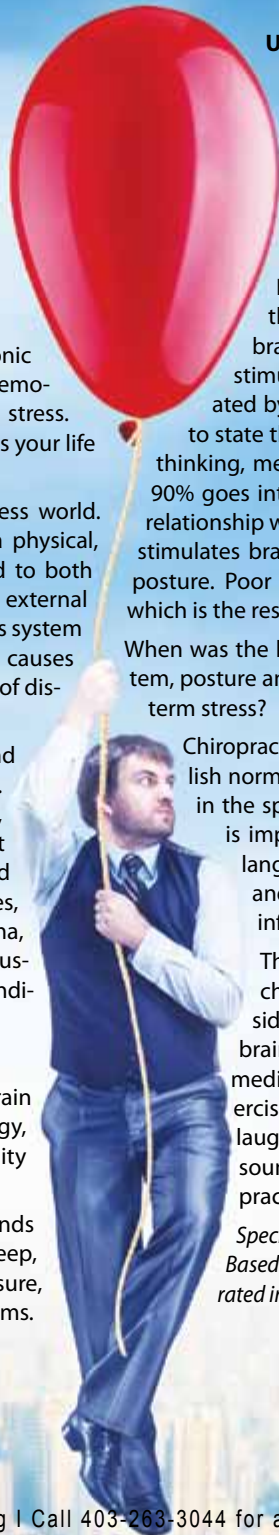
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.

calgary reads

Become a "Well Travelled Reader" this summer with our Little Free Library Passport challenge!

Like books? Like travel? How about a literacy-inspired journey around Calgary? It's free, fun for you, your family, group or team . . . and you can earn a great prize!

At Calgary Reads we inspire a reading-revival movement. Now, as part of spreading the joy of reading – you can take part in our **Little Free Library Passport challenge:**

1. First: visit the Passport Office (aka Calgary Reads – 105, 105 12th Ave SE) and collect your free Little Free Library Passport.
2. Then alone . . . or with your family, friends or group (who have Passports too) – visit the 14 Little Free Libraries (reader citizenship posts!) listed in the Passport. Use the stamps provided at each Little Free Library to stamp your Passport on the corresponding page.
3. Return to the Passport Office with at least 10 stamps in your Passport and receive a custom "Well Travelled Reader" badge to sew onto your jacket, backpack or hat. Treat each Little Free Library as if it were a different country and the stamp as your proof of entrance (visit!)

This adventure is open to anyone. Help us highlight the Little Free Library movement and share the importance of literacy and the joy of reading! On your travels perhaps bring a book or two to leave behind or choose a new (to you) one from a Little Free Library as you visit.

This project is an exciting collaboration with Calgary's 2014-2016 poet laureate Derek Beaulieu. Award winning poet, author and publisher, Derek's creativity flourishes. He created the stunning visual poems in our Passport.

So, be a Well Travelled Reader! Don't forget to share your photos with us @CalgaryReads using hashtag #yycLFLPassport.

The Calgary Reads office will be closed for summer break from July 18 to August 15, 2016. Pick up your free Passport soon and come back late summer to collect your badge! Calgaryreads.com.

IN & AROUND
CALGARY



Enjoy some family time at Canada's largest man-made wetland

Bring the family to Ralph Klein Park on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Parks Fest! Enjoy an afternoon of face painting, pond dipping, guided walks, nature crafts and more. Learn about Canada's largest man-made wetland, visit the park's Environmental Education Centre and explore the wonders of nature all around.

Don't forget your sunscreen and water bottle, and please leave your furry friends at home. Pets are not permitted on site, excluding assistance dogs.

For more information, visit calgary.ca/parksevents.

Floods, Woodlands & Bridges



Glenbow Archives ND-8-330



Laurens Philipsen, University of Lethbridge, from a presentation at the Bow River Basin Council Science Forum, February 2016 (printed with the permission of the author)

After eight decades without a major flood, extreme rains in 2013 resulted in the highest recorded flows along the Bow and Elbow Rivers. This flood mobilized previously stable gravels and other alluvial sediments resulting in the transformation, expansion and/or creation of gravel bars and islands. These newly-formed surfaces provide an opportunity for the progressive colonization and succession of new riparian plant communities.

Although beneficial to the ecological health of this previously static system, newly establishing woodlands on

gravel bars could pose a flood hazard. Woodland development at some locations might impede river flows and elevate overbank flooding and erosion during future floods. To investigate this prospect, the University of Lethbridge was tasked with analyzing and projecting post flood vegetation colonization along the Bow River as part of the Calgary Rivers Morphology Project*. Using these predictions areas of concern for future potential river impediment were identified.

Although the study was limited to the Bow River in Calgary, flooding of the Elbow River at Mission Bridge in 2013 provides an example of where riparian woodlands forming around bridges can present a problem. Constructed in 1914 and 1915, the Mission Bridge spanned a small sparsely vegetated island. Over the years the island has become a woodland including balsam poplars. During the 2013 flood, these trees collected debris and formed a barrier that greatly reduced the capacity of the middle spans of the bridge to convey floodwaters. While overbank flooding at this location was inevitable given the volume of water, it is likely that the woodland at Mission Bridge elevated flooding.

Riparian areas along rivers and streams in Calgary present a natural environment for people to enjoy within an urban setting. Preserving these areas is important. However, when vegetation begins to negatively impact infrastructure it might be necessary to control its development and thus avoid problems such as the flooding that occurred at Mission Bridge.

*Calgary Rivers Morphology Project, sponsored by the City of Calgary, and Alberta Environment and Parks Watershed Resiliency and Restoration Program

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands 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).

Art of the world



The Flower Carrier

Known in its native tongue as "Cargador de Flores," The Flower Carrier was painted by Diego Rivera in 1935. Widely considered to be the greatest Mexican painter of the twentieth century, Rivera was known for his simple paintings dominated by their bright colors and The Flower Carrier is no exception.

KENSINGTON WINE MARKET

2016 TASTING SCHEDULE

Tastings start at 7:00pm unless otherwise indicated

Rare Cadenhead Malts Batch 11 & 12	Thr Jun 2	We are saving the oldest, rarest and most obscure Cadenhead releases for this tasting with a range distilled between 1976 and 1989. It will include BenRiach, Royal Brackla, Dufftown, Tomintoul and more	\$150
Spring Single Malt Festival	Thr Jun 9	Our biannual festival sells out very quickly. Sign up now for an opportunity to taste over 100 of the finest whiskies in Alberta	\$60
Everything's Coming Up Rosé!	Fri Jun 10	Used to be you couldn't give away a bottle of Rosé. My, oh my, how times have changed! Get ready for summer and taste some of our global best. Stand up format.	\$20
Lost in Translation	Tue Jun 14	There is no mystery to our love of Japanese whisky, and the tale of how the Japanese came to be one of the world's finest whisky producers, is a worthy one!	\$60
Christmas in Spain	Thr Jun 16	Who said Christmas has to be in December? Our Spanish shipment of fabulous new offerings is in. Let's open them up together!	\$35
Wine Festival: France	Fri Jun 17	We close shop early so we can open the floor for our French Wine Festival. We'll showcase all the regions you know about and promise a few surprises. Cheese and nibbles from Peasant Cheese, mais qui	\$40
Closed Distilleries	Tue Jun 21	Scotland lost a huge chunk of its distilling heritage between 1983 and 2000. The whiskies from many of these distilleries are getting older, rarer and more expensive with every passing year.	\$225
Jean Baptist's Favorite Brews	Thr Jun 23	Ok, we're a day early celebrating Jean Baptist's feast day. But, why wait! Join us for a tasting of some of Quebec's best brews.	\$20
Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Rivera, Cotes d'Azur and the Mediterranean crescent discovering who makes the best Rosé. Crystal promises des fromages exceptionne! Stand up format	\$30
Brandy, Armagnac and Cognac	Tue Jun 28	Beer is to whisky as wine is to brandy, and not all brandies are alike. We'll sample a range of spirits from Spain, Italy and France including Brandies, Armagnac and Cognac.	\$40
Border Wars – Canadian v. American Rye	Thr Jun 30	It may surprise many to learn that Canada is not the world's only producer of rye whisk(e)! The Americans make a load of it too, and are giving Canadian producers a run for their money!	\$35

1257 Kensington Road, NW | 403 283 8000 | www.kensingtonwinemarket.com

The Status of Emergency Preparedness in Calgary

Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)

A quarter of Albertans report having three or more 'precautionary' measures in place to support their own preparedness. "We've seen an increase of almost 10% in the number of families with 72-hour kits," says Tom Sampson, Chief of CEMA, noting the growth. "While this is improving, there is still work to be done to ensure citizens understand the risks and take some responsibility for their own preparedness."

The best ways individuals and families can prepare:

Know the risks. Flooding is most common May-15 to July-15 but can occur at any time of year. Be informed about current conditions. When weather watches or warnings are in place, be prepared for severe weather such as flooding, lightning, tornadoes, or winter storms. For more information visit Alberta Emergency Alert (emergencyalert.alberta.ca)

Make a plan. Know how to reach your family members if you are not with them when an emergency or disaster strikes.

Get a kit. Ensure you have a 72-hour kit stocked and ready to go that contains supplies to support you and your family for the first 72 hours of an emergency or disaster.

Calgary.ca/cema provides great resources for individuals, families and businesses to learn what they can do to prepare.

VOLUNTEERING
is good for the soul



The Million Question Challenge!

What is a puppy?

How many dogs are there in the world?

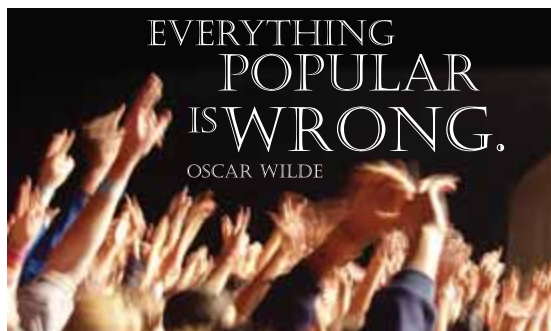
What would happen if dogs grew wings and could fly?

Calgary Public Library has a new summer learning initiative for school-aged kids called The Million Question Challenge! Kids will ask a million questions this summer, sparking curiosity and wonder. These questions can be about anything and everything — we hope that the questions will be personal and meaningful to each child, and will spur them on to finding some answers, too.

The kid who asks the most number of questions this summer will win a \$250 Toys R Us gift card and get to be the Kid Executive Officer (KEO) of the Library for a day!

We have a ton of fun reading activities this summer, too! Kids from 0-12 can join the TD Summer Reading Club again this year, and read to win prizes. Teens can participate in this summer's Youth Read. Get ready to read & win all summer long! Visit calgarylibrary.ca for details.

Adults can find great summer reads in both the We Recommend collections and the Your Year of Reading guides, available at your community library.



Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world — and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are "boomerang kids" having returned to their parental home after leaving at some point in the past*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty responsibility for their

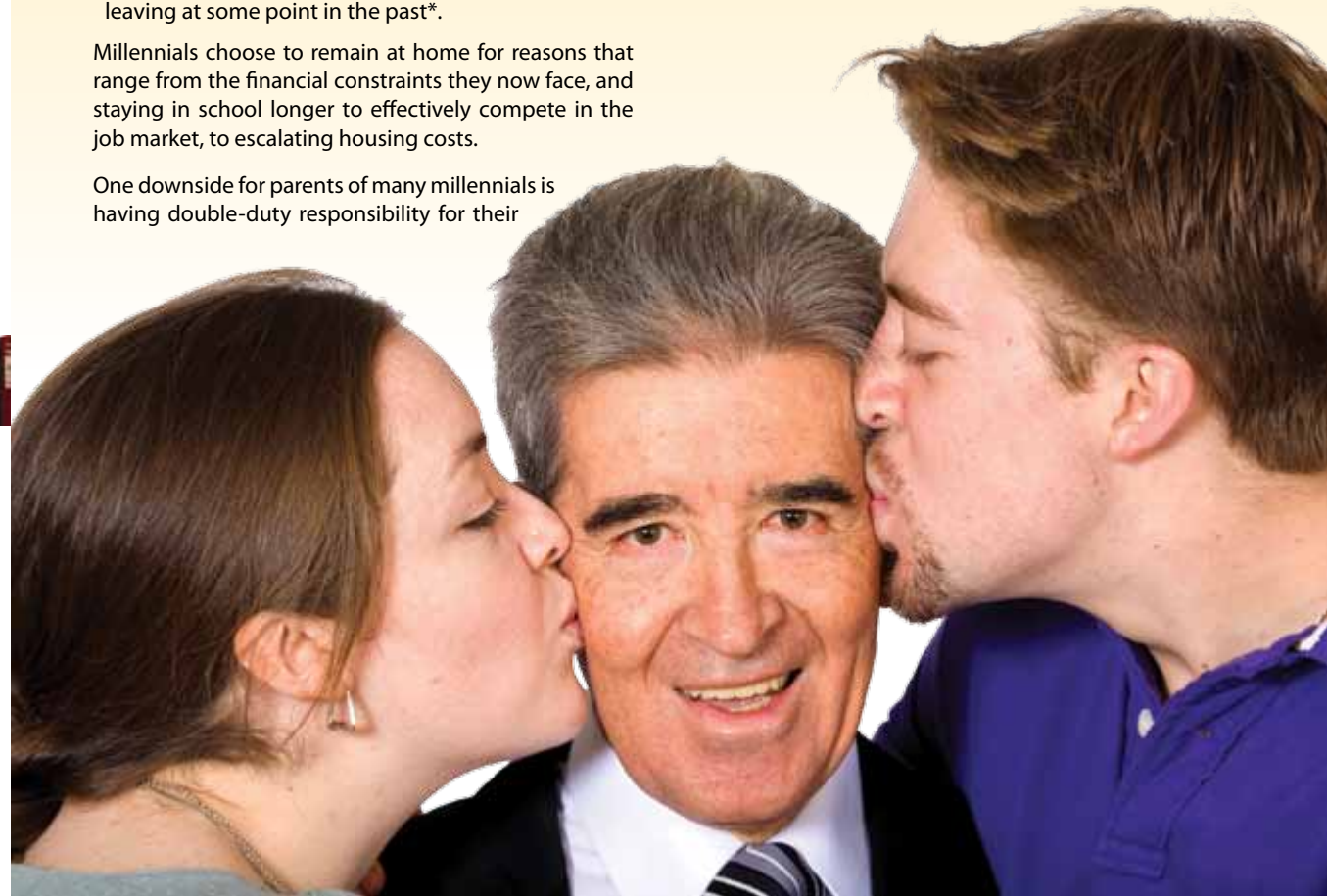
older children and their own parents. These are "sandwich generation" parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it's a good idea to plan in advance by:

- Reduce debt — before it's competing with rent or mortgage payments.
- Establish a good credit history — get a credit card and always pay the full balance by the due date.
- Save for major purchases — pay cash for furniture, appliances and other large items.
- Build an emergency fund — for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

*Source: Statistics Canada 2011 Census



Become a Depot and Help Others in Need Right in your Own Community



I am sitting in my office looking at a map of Calgary. A city of a million people is an expanse of quadrants and communities. And within every neighbourhood, there is someone in need. The face of the food bank is anyone, anywhere but I wonder how we can reach everyone. Then I remember the incredible generosity of this city and that you don't know until you ask: **Will you be a satellite depot for the Calgary Food Bank?**

We are in need of hamper distribution depots in order to make emergency food accessible for families and individuals in various neighbourhoods throughout the city. Because of our main warehouse location in the SE industrial area, it can be extremely challenging for some to pick-up their hampers. This is where a depot location becomes an important part of the distribution process.

What is required?

- Are you accessible by transit, foot or car
- Do you have a space to store and distribute hampers

- Can you operate for two hours
- Do you have double doors where a pallet can be moved through
- Do you have refrigeration
- Can you manage volunteers during distribution
- Will you sign a memorandum of understanding

What we can do?

The Calgary Food Bank wants to make being a depot seamless and stress-free.

- We will screen, qualify and book clients
- We build and deliver the hampers
- We will recruit, train and schedule volunteers
- We can create flexible distribution hours
- We will create and provide depot signage

Ready to help? Visit our website and fill out an application form at www.calgaryfoodbank.com/give/become-a-depot/ or call Selby Quinn at 403-253-2059 ext 201 today!

Why Is Oral Hygiene So Important?

Stephanie McIntyre

If you're over the age of 35, you're more at risk of losing your teeth to gum diseases (periodontal diseases) than tooth decay. Dental decay and cavities aren't the cause of tooth loss in adult patients compared to the slow, but highly destructive nature of gum disease. Caused by bacterial plaque, gum disease affects three out of four adults at some point in their life; robbing patients of their smile and oral health. **But the good news is that it can be prevented and controlled with effective oral hygiene.**

Oral Hygiene – Choose Your Weapon

Manufacturers of oral hygiene products have done a great job ensuring that there's an available plaque-fighting weapon that suits the unique needs and preferences of patients. From gum stimulators, floss wands and tapered bristles to sonic toothbrushes with UV sanitizers – there really isn't an excuse for not having a squeaky clean mouth. Not everyone loves to floss as negotiating around crooked teeth or handling floss if you have arthritic hands can be challenging. Talking with your dental team about your dental health needs, along with physical conditions that would prevent you from being able to brush and floss, gives your hygienist and dentist a chance to recommend devices that are

designed to do the job of keeping teeth and gums healthy.

Is Brushing and Flossing Enough?

Good homecare that consists of brushing twice a day and flossing (or using a flossing instrument) once in a 24 hour period builds a great foundation for good oral health. It doesn't take a lot of plaque to cause gum irritation that results in puffy and bleeding tissue – often considered the first signs of gum disease. Keeping tooth surfaces and gum tissue free from damaging bacteria that lives in plaque reduces inflamed gums, prevents pocketing around teeth and slows gum and bone recession. But is brushing and flossing enough to prevent gum diseases? **It's a great start and becomes even stronger when partnered with regular visits to the dentist for a professional cleaning.** A hygienist has special tools and instruments that can access the toughest of spots – removing plaque deposits that are just too tricky for dental floss to reach. The added benefit of having a dental cleaning is that any areas of inflamed tissue are irrigated during the cleaning – often rinsed with a solution that kills harmful bacteria that causes gum disease.



Insects & Technology

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



Discovery Magazine

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

THE GUTTER DOCTOR: We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

K2 BOOKEEPING: 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.

OSBORNE'S RESIDENTIAL LANDSCAPING: Making your outdoor living spaces enjoyable, functional and affordable. Landscape construction services include paving stone patios, walkways, driveways, retaining walls, raised planters, decks, fences, sod and irrigation. Professional landscaping for over 20 years, insured, WCB and references. Call Randy for your free estimate at 403-669-6986.



**COUNCILLOR, WARD 7
DRUH FARRELL**

ward07@calgary.ca • www.druhfarrell.ca
Twitter: @DruhFarrell • Facebook: Druh Farrell

The Development Levy: Next Steps

In February 2016, The City implemented new levies for development in both new and existing communities, marking a turning point in Calgary's approach to managing and paying for growth. As I shared in your March newsletter, the development levies are the outcome of The City and the development industry working together on an agreement for how to cover the full cost of growth.

So what has changed? Previously, The City covered the costs of major infrastructure upgrades like new wastewater treatment plants for greenfield development, which effectively amounted to a "sprawl subsidy". With the new agreement now in place, developers will pay for the full cost of critical municipal infrastructure.

I have been working to achieve fair development levies since before I was elected to City Council, and while the new levies are a major accomplishment, the work is not yet done. The ultimate goal is for the levy to help fund public realm and facility improvements in established neighbourhoods that are experiencing significant redevelopment.

How can the levy help? When property is redeveloped for higher density, The City collects an increase in property taxes. We call this phenomenon "uplift". The City plans to capture a portion of this uplift for reinvestment in local amenities and public realm improvements for neighbourhoods going through change.

Common examples of improvements could be upgraded sidewalks and lighting, preservation of heritage buildings, new or refurbished parks and green spaces, or renovations to recreation and community centres.

The City is just starting to research the process for identifying amounts available for community reinvestment projects. As we move into this important next phase, it is critical that we involve Calgarians. We want to tap into local knowledge to determine opportunities that can enrich your neighbourhoods. To that end, I brought together Ward 7 community associations and City staff to start thinking about what types of reinvestment they would like to see as their communities experience redevelopment. The needs and goals of each community will likely be different, and we will look to your community associations to help identify areas of improvement that matter to you.

There will be much more to come on this topic, so to stay up-to-date on this and other Ward 7 issues, please sign up for my email newsletter: ward07@calgary.ca.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

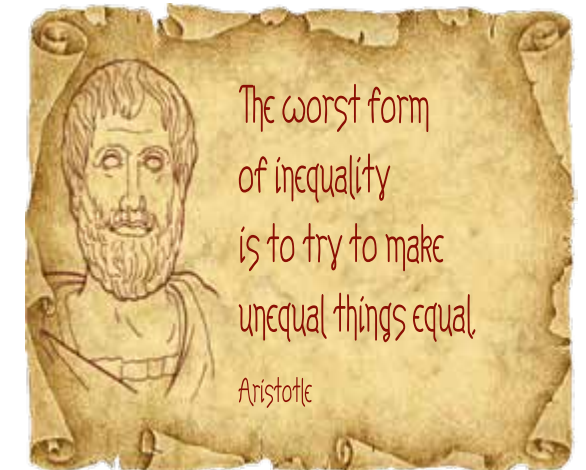
Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca



Published by:



Proudly serving your community for 3 years!

ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

**DELIVERED BY
Canada Post**

Phone: 403-263-3044 | sales@great-news.ca



MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW
kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

Youth Employment

In late April I read an article on the CBC's website speaking to the plight of students in Calgary trying to find summer work. I printed this article to share with the different members of my staff and fellow MPs on Parliament Hill. Let me tell you why.

That first job for a student or youth entering the workforce establishes valuable skillsets and experience, and in some cases are the beginnings of a career. This first chance builds confidence and makes a strong impact on their ability to serve their communities and build the society that we all share and enjoy. Providing these opportunities for success is one of our most important responsibilities.

First of all, investing in youth jobs and opportunities is part of our plan to help the middle class and those seeking to join it. Our investments from Budget 2016 will help support young Canadians, including vulnerable youth, Indigenous Canadians, immigrants, youth with disabilities, single parents, those who have not completed high school and others.

We will help create thousands of new green jobs, more summer employment, participation in the Skills Link program and employment in the heritage sector.

We've **doubled** the Canada Summer Jobs Program (from 35,000 jobs to 70,000 for 2016, 2017, and 2018). This program invests in local non-profits, local government, and small businesses to hire youth over the summer months. Places like the Trinity Foundation, Kerby Centre and the YWCA receive grants for hiring these students. This program has a proven track record – employing some 330,000 students since its inception – and supporting local organizations in their work in the community.

This is part of our \$105 million commitment over five years, starting in 2016–17, and \$25 million per year thereafter in support for youth service.

Further to this, our government has created the Prime Minister's Youth Advisory Council to provide advice on key issues such as employment and education, building stronger communities as well as climate change and clean growth. Oftentimes I've found the best policies and ideas come from those you're seeking to help, and this is one part of this listening to those in our communities.

These are investments in Canada's future: we're going to help our youth find jobs and get the best start possible to their careers.

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.



MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

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

It was a busy and exciting spring session at the Legislature where my colleagues and I focused on the future of Alberta's economic diversification. In these tough economic times, our government is looking to ensure Albertans have stable and vital services they can rely on. Since May 2015, there's no doubt that the oil price collapse has caused serious economic pain and anxiety. As our budget rolls out, the primary focus remains controlling costs and spending tax dollars wisely while creating jobs and fostering economic growth.

As much as I enjoy my time spent up in Edmonton, I am looking forward to connecting back with the constituents of Calgary-Buffalo. It's the beginning of the summer season and I have many plans to spend valuable time in the community and experiencing all that it has to offer. The first Calgary Night Market will take place on June 3. This is a great new downtown initiative that encourages meeting artisans and shopping local. The Calgary Night Market will be taking place in Central Memorial Park every second week throughout the summer, and I hope to see many of you there.

Two days later, on June 5, is the Calgary Lilac Festival – a one day event that encourages Calgarians to get outside and enjoy an array of musical talent and artisan vendors. I will have a booth set along 4th Street and encourage you to drop by to say hello. Lilac Festival is a long-standing tradition in Calgary-Buffalo, and I am thrilled to be taking part in it this year. Let's hope for some good weather!

Neighbour Day is on Saturday, June 18, and I know that I will see the constituents of Calgary-Buffalo out building community and getting to know their neighbours. There are many ways that you can get involved with your community to celebrate Neighbour Day, such as hosting a block party or a neighbourhood potluck. Looking later into the month, I hope to connect with you at the Sled Island Music & Arts Festival, Folk Festival, Africa Day, Global Fest, Calgary International Blues Festival, and of course, Calgary Stampede. In the meantime, please feel free to connect with me and my staff at 403-244-7737 or calgary.buffalo@assembly.ab.ca.



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



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




TAKE THE PLUNGE

Place Your Ad Here
Call 403.263.3044 or email sales@great-news.ca for advertising rates and information
www.great-news.ca

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_30701_802_011

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

It will not rust, rot or shift, and there are no seams for weeds to grow through.



Locally Owned & Operated

Free Estimates 403-875-8463



*Do you love our meat & traditional dishes
but don't have time to visit us?*

WE CAN COME TO YOU!

TRY OUR NEW
PLATTERS:
**HOT
COLD
PASTRY**





10% OFF
YOUR FIRST ORDER

403.454.2550
136 2ND STREET SW


  MINASSTEAKHOUSE
INFO@MINASSTEAKHOUSE.COM

LUSThair
salon 

*A New Salon Experience
in the Heart of Downtown Calgary,*

 118-738 3rd Ave SW,
Calgary, AB T2P 0G7
 403.457.2266

 www.lusthairsalon.com
 [lusthairsalon](https://www.facebook.com/lusthairsalon)

 [@lusthairsalon](https://twitter.com/lusthairsalon)
 [lusthairsalon](https://www.instagram.com/lusthairsalon)

