

MAY 2016

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

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

And here's our commitment to you:

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

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



Making your city  
work for you



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/

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CONTENTS



Your Community Business of the Month	5
Real Estate Update	7
At A Glance	9
Managing Urban Stormwater in Established Areas	12

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## Mom in the Fast Lane

Elisabeth Fayt

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

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

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

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

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

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

# your COMMUNITY business of the month

## Bow River Barley Mill

Eau Claire Community

The Bow River Barley Mill was designed to bring the history of the Eau Claire area into the feel of the building. The area of Eau Claire became part of Calgary in 1886 when the Eau Claire and Bow River Lumber Co. was founded on its riverbanks. It was given its name by Isaac Kerr who brought with him memories of his hometown, Eau Claire, Wisconsin. The company had to carve a channel in the Bow River to divert water so the flow could be used to power the sawmill waterwheel, which in turn powered the mill. The logs that drifted from the Rocky Mountains to the Eau Claire Lumber Co. would be processed into lumber. The Eau Claire and Bow River Lumber Co. soon became the largest producer of lumber in the northwest. The waterwheel that greets guests at The Barley Mill is a symbol of the logging days of old. The second floor is constructed from old lumber from the original Alberta distillery. The Eau Claire area is considered to be the gateway to downtown Calgary and we are proud to have been a part of that for the last 23 years!

Serving Corporate Calgary since 1993, we have refined our corporate catering packages and service to a finely tuned machine. With a diverse selection of catering, premium service staff, competitive pricing and the flexibility to serve groups from 25 to 1,000 people we have something for all your corporate catering needs.

The Barley Mill has long been known for great summer patios where one can enjoy a wide range of draught beers, supporting local western Canadian breweries as well as premium scotches and outstanding food in a unique setting in the heart of

Calgary's downtown. All the management and staff at the Barley Mill welcome you and hope you enjoy what we have to offer.

Also, our sister restaurants The Rose & Crown on 4th St. SW and Kildare's Ale House in the community of Silverado, have a great atmosphere, enough big screen TV's to ensure you always catch the game, live bands every weekend and a fantastic new menu!

For any event inquiries or regular bookings please contact Kyle McTaggart (General Manager), by phone 403-290-1500 or email barleymill@shaw.ca.



**201 Barclay Parade SW**  
**Calgary, Alberta T2P 4R3**  
**403-290-1500**  
**www.barleymillcalgary.com**





# Four Tooth Brushing Myths

Stephanie McIntyre

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

**Myth 1: Brushing Bleeding Gums is Bad**

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

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

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when

suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

**Myth 3: More brushing is always better**

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

**Myth 4: You should brush right after eating**

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



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## Eau Claire Real Estate Update

Last 12 Months Eau Claire  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
May 2015	\$599,900.00	\$583,000.00
April 2015	\$600,000.00	\$600,000.00

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

	No. New Properties	No. Properties Sold
March 2016	6	0
February 2016	5	3
January 2016	6	0
December 2015	6	2
November 2015	5	3
October 2015	7	5
September 2015	14	5
August 2015	7	2
July 2015	6	1
June 2015	13	1
May 2015	4	7
April 2015	10	3


To view the specific SOLD Listings that comprise the above  
MLS averages please visit [eau\\_claire.great-news.ca](http://eau_claire.great-news.ca)

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## Have you verified your property information?

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

You will need:

- A personal **myID account**
- The **roll number** on your letter
- The **access code** on your letter

Go to [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch) to get started.

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



2016-0558

## 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](mailto:EC@great-news.ca)

## Walking the Walk

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

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

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

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

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

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

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

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

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

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

• **May 18 to June 1 - Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)

• **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)

• **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)

• **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)

• **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)

• **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)

• **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)

• **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)

• **June 22 to 26 - Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)

### JUNE 1 AND 2 POPS IN THE PARK

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



### JUNE 5 LILAC FESTIVAL

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



### JUNE 24 TEDxYYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxyc.ca](http://www.tedxyc.ca)





# FENG SHUI

Barbara Shorrock

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

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

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

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

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

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

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

KENSINGTON WINE MARKET			
2016 TASTING SCHEDULE			
Tastings start at 7:00pm unless otherwise indicated			
Spring Wine Fest & Birthday Sale	Thr May 12	This Wine Fest will celebrate 24 years of KWM! The fun starts with a store wide tasting and an early bird’s peek at our anniversary sale which runs from Friday to Sunday. Sign up now, tickets go very fast.	\$40
The Heart Break Grape: Pinot Noir	Tue May 17	We promise not to break your hearts! Pinot often gets a bad rap as being difficult to grow and far too expensive. Let’s debunk that myth. This tasting will travel the globe looking for winners	\$35
Gin Glorious Gin	Thr May 19	Is gin your secret weakness? Don’t worry you aren’t alone! Gin is going through a “Ginnaissance” on an international scale. Join us for a taste test of the best	\$30
Queen Victoria’s Super Savers!	Fri May 20	What better way to kick start the long weekend than with a super saver wine tasting. We’ll focus on “best buys” for backyard, balcony and patio BBQs all paired up with chips and sliders! Stand up format.	\$20
Rule Britannia!	Tue May 24	The English, like it or not, have been the inspiration for much of today’s craft beer phenomena. Join us for a “taste from the source”. Bitters, IPA, Porters, Stouts. You name it; we’ll taste it.	\$20
Peasant Cheese Please	Fri May 27	Join us for an Alpine adventure as we climb the steep slopes to discover the cheeses and wine of high altitude vineyards and grazing meadows in France, Spain, Austria and Switzerland. Stand up format.	\$30
Sauvignon Blanc Doesn’t Just Come From New Zealand!	Tue May 31	That’s right!! Let’s celebrate summer with a great taste of what the rest of the world (ok, New Zealand too) can do with this international winner.	\$20
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
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
Peasant Cheese Please	Fri Jun 24	Join us as we sip and nibble our way through the French Riviera, Cotes d’Azur and the Mediterranean crescent discovering who makes the best Rosé. Crystal promises des fromages exceptionnel! 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)y! 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			





## Managing Urban Stormwater in Established Areas

So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

**The Answer – capture all that precious rainfall and keep it on your lot!**

**Rain barrels** are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See [www.shop.greencalgary.org](http://www.shop.greencalgary.org)

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: [www.alidp.org/uploads/files/s2s\\_rain\\_garden\\_blitz\\_story\\_annotated.pdf](http://www.alidp.org/uploads/files/s2s_rain_garden_blitz_story_annotated.pdf)

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

**Limit the amount of impervious surfaces** on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: [www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale](http://www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale)

*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](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)*



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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.

## IN & AROUND CALGARY

### EMS: Window & Balcony Safety

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

#### Windows and screens

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

#### Balconies

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

#### Further prevention tips

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

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

### Don't forget basics of river safety

With warmer weather on the horizon, make sure everyone has fun and stays safe by remembering to have the proper knowledge and equipment needed for boating, rafting or paddling on Calgary's rivers.

The Calgary Partners for Water Safety, a coalition of the Calgary Fire Department, Calgary Police Services, Calgary Community Standards and Recreation, want to make sure citizens know the basics of water and river safety.

"Where there is water, there is risk, so we want to remind anyone planning to boat or raft on Calgary rivers or waterways, to always wear a properly fitting life jacket," says Carol Henke, Public Information Officer for the Fire Department. "Not only is this a bylaw, but it can also save your life."

Anyone considering going on the Bow or Elbow Rivers as well as any Calgary waterways, should always SCOUT, ASSESS and DECIDE from shore, before going on the water. SCOUT the river for potential hazards and check the weather, water temperature and visibility. ASSESS the level of danger. Check if there are advisories in effect and assess the swimming and paddling skills of your crew. DECIDE if it is safe to raft or boat.

"You should always be alert when boating or rafting, especially on Calgary's rivers which can be fast moving and constantly changing due to weather and water conditions, and refrain from drinking alcohol. Being intoxicated while on the water is illegal as well as a bad decision," says Staff Sergeant Kyle Grant, Calgary Police Service.

Before planning to go on Calgary rivers always check the water and weather conditions as well as visit [www.calgary.ca/riversafety](http://www.calgary.ca/riversafety) to learn about any river safety advisories.



# Do you want to play better golf in 2016?

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

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

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

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!  
[www.youtube.com/watch?v=pY3S4aMzgxY&feature=fv](http://www.youtube.com/watch?v=pY3S4aMzgxY&feature=fv)  
[www.youtube.com/watch?v=VF-LITV1iRA&feature=related](http://www.youtube.com/watch?v=VF-LITV1iRA&feature=related)

By Alan Killian, CFP PGA of Canada

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Photo Credit: Alberta Guide Dogs





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In a growing and maturing city, change is constant. Change, in the form of City-led public projects and private developments, is important to building a resilient city. The inclusion of local wisdom improves these projects to better address the hopes and needs of current and future Calgarians.

On significant projects, sufficient public consultation is considered an essential public right, as well as a key responsibility of government. Over the years, I have seen both good and bad examples of public engagement. I firmly believe that progress happens at the speed of trust.

In 2011, I introduced a motion to City Council requiring The City to improve the quality and consistency of public consultation. While some progress has been made, Council further discussed public engagement at a recent strategic planning session to learn how we can do better.

For public engagement to achieve its objectives, it is important for everyone involved to understand the rights and responsibilities associated with their roles. Organizers should start by providing notification to affected stakeholders to solicit as much feedback as possible. The terms of engagement should be established up-front. Whether the engagement is led by The City, community or developer, organizers must facilitate an open, objective and respectful dialogue where all participants feel safe to express their views. Two great examples are the Crowchild Trail Corridor Study and the Bow to Bluff project.

The organizer must outline the decision-making process, including the current status, the scope of the project, and answers to commonly asked questions: What is on the table? What decisions have already been made? What is the background of previous decisions? How will future decisions be made? Feedback should be documented, carefully considered, and included in a report back to the public. Offering this level of transparency produces credibility for the project and builds trust.

Organizers should also structure engagement to fit the scope of the project. More opportunities and multiple ways to provide feedback are needed on large city-shaping projects like a new CTrain line, as compared to smaller projects like local traffic calming.

Public participants share in some important responsibilities. The first is to understand and respect the terms of engagement, as well as the subject matter. Participants also have a responsibility to listen and contribute respectfully. Intimidation at public meetings may discourage earnest participation, with disenchanted participants leaving the process. We need to ensure the quiet voices are heard too.

At Council's recent strategy session, we talked about the number of large projects on the go and the risk of consultation fatigue. City staff agreed to work on a more co-ordinated approach, combining engagement on several related projects.

It is clear to me that City Council and staff still have more work to do on improving the public engagement process, but I am confident that we can learn from our best examples to ensure all voices are heard in a respectful manner.



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## IMPORTANT NUMBERS

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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

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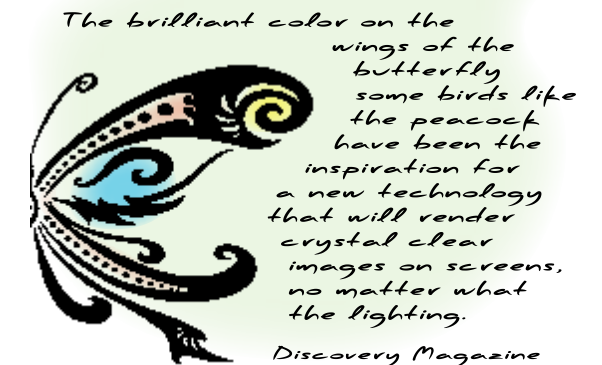
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On March 22nd, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that puts people first and delivers the help that Canadians and Albertans need now.

For 30 years, we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest one percent. The new Canada Child Benefit - which will put \$930M into the pockets of Albertan families - will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits.

It's been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unemployment levels we haven't seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. EI benefits for Albertans will be extended in some instances to up to 70 weeks and wait times reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment.

The current economic trend is not Alberta's challenge, it is Canada's challenge, and we will meet it together.

With the introduction of this budget, we are beginning to address those challenges and will work with Provincial and Municipal leaders to identify priorities now, and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years.

Finally, we know that global oil prices will stabilize and rebound, and we need to be ready when it does. That's why we are investing \$50 million over two years in research to develop Canada's hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the global marketplace.

Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta's rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada's best days are ahead.

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