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Elected Officials



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 Calgary, AB, Canada T2P 2M5
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 Fax: 403-268-8091
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 Web: www.calgary.ca/ward9



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Ward 8 Office
 P.O. Box 2100, Station M
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	7			3	8			5
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5		9	2		7			
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1			5	9			7	

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Editorial Content DEADLINE

1st of each month for the next month's issue



Parkhill-Stanley Park Community Assoc.
4013 Stanley Rd. SW | Calgary, AB – T2S 2P5
Phone: 403.287.0614
president@parkhillstanleypark.ca
www.parkhillstanleypark.ca

Last 12 Months Parkhill-Stanley Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$1,788,000.00	\$1,625,000.00
June 2016	\$982,000.00	\$937,500.00
May 2016	\$824,000.00	\$835,250.00
April 2016	\$649,000.00	\$625,000.00
March 2016	\$0.00	\$0.00
February 2016	\$849,450.00	\$844,500.00
January 2016	\$0.00	\$0.00
December 2015	\$1,150,000.00	\$1,020,000.00
November 2015	\$1,261,900.00	\$1,202,500.00
October 2015	\$537,450.00	\$510,750.00
September 2015	\$0.00	\$0.00
August 2015	\$860,000.00	\$830,000.00

Last 12 Months Parkhill-Stanley Park MLS Real Estate Number of Listings Update

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

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

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SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

August 26 to September 5 - Calgary Pride Parade and Festival: Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca

September 1 - Easter Seals Drop Zone: On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca

September 3 to 4 - X-Fest Calgary: This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com

September 9 - Calgary Night Market: Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708

September 10 to 11 - One Love Music Festival: The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca

September 13 to October 1 - Waiting For the Parade: Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com

September 14 to 18 - Beakerhead: Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com

September 20 - The YWCA Walk a Mile In Her Shoes: Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

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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

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Elboya Community Association
PO Box 30573, 1323N-6455 McLeod Trail South
Calgary, AB T2H 2W2
Phone: 403.249.7097 | www.elboyaheights.com

Last 12 Months Elboya
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$0.00	\$0.00
June 2016	\$2,150,000.00	\$2,255,000.00
May 2016	\$1,437,000.00	\$1,361,250.00
April 2016	\$2,187,450.00	\$1,978,500.00
March 2016	\$1,161,500.00	\$1,098,750.00
February 2016	\$899,500.00	\$885,000.00
January 2016	\$0.00	\$0.00
December 2015	\$2,300,000.00	\$2,220,000.00
November 2015	\$0.00	\$0.00
October 2015	\$697,000.00	\$675,000.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00

Last 12 Months Elboya
MLS Real Estate Number of Listings Update

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

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

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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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Bel Aire-Mayfair Community Association
 65 Medford Place SW, c/o MBCA Calgary, AB - T2V 2C6
 Phone: 403.259.3844
www.maybel.org | maybel@shaw.ca

Last 12 Months Bel Aire-Mayfair MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$2,350,000.00	\$2,070,000.00
June 2016	\$3,498,000.00	\$3,000,000.00
May 2016	\$1,579,000.00	\$1,475,000.00
April 2016	\$0.00	\$0.00
March 2016	\$1,799,999.00	\$1,680,000.00
February 2016	\$0.00	\$0.00
January 2016	\$1,788,000.00	\$1,735,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00

Last 12 Months Bel Aire-Mayfair MLS Real Estate Number of Listings Update

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

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

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Name	Age	Contact	Course
Ambur	31	587-434-3742	Yes
Caitie	14	403-701-3879	Yes
Charlotte	16	403-991-3728	Yes
Chris	14	403-701-3879	Yes
Christine	32	403-923-9101	Yes
Claire	18	561-809-0597	No
Dana	15	403-243-3836	Yes
Dana	18	403-993-4492	Yes
Emely	48	403-805-2527	Yes
Emma	13	403-253-3262	Yes
Emma	25	587-439-5991	No
Heather	14	403-243-9779	Yes
Katharine	17	403-629-3961	No
Laura	20	819-979-0388	No
Lev	13	587-891-7789	Yes
Micaela	17	403-703-9996	No
Miranda	14	403-620-3750	Yes
Natalie	11	403-862-1986	Yes


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Rideau-Roxboro Community Assoc.

c/o 525-30 Ave SW
Calgary, AB – T2S 0P4
Phone: 403.803.1717

Last 12 Months RIDEAU PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$0.00	\$0.00
June 2016	\$0.00	\$0.00
May 2016	\$999,000.00	\$973,000.00
April 2016	\$649,900.00	\$595,000.00
March 2016	\$695,000.00	\$672,500.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00

Last 12 Months ROXBORO MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$0.00	\$0.00
June 2016	\$0.00	\$0.00
May 2016	\$0.00	\$0.00
April 2016	\$0.00	\$0.00
March 2016	\$0.00	\$0.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$1,069,000.00	\$955,000.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00

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

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Exciting News

The Board of Directors would like to introduce Debra Armstrong as the new Executive Director for the SouthWest Communities Resource Centre. With a background in Social Work and Non-Profit Management her leadership has contributed to the impact of numerous programs and services throughout Alberta. She is excited to work with families throughout 28 local communities and provide a range of programs and services that will meet the needs of children, youth and parents. Come by our office and say hello.

Summer Fun Chat N' Play

Wednesday afternoons from 1:30 to 3:30.

This is a fun gathering of parents and tots who are looking for opportunities to socialize and connect with other parents. Coffee will be on, but childcare will not be provided.

Volunteering in your community


- Casino shifts available on October 1st and 2nd. At Cash Casino.** Please help our agency raise needed dollars to support our neighbours. The gift of your time means so much to so many families. (Must be over the age of 18 to volunteer at a casino).
- If you have a professional skill that you would like to offer as a volunteer, we want to talk to you! We are looking for people who can donate time to help with the following areas and roles: our social media, volunteer management, web design, graphic artists, photographers, parenting group assistants and morning child care once a week. **Please contact our office if you would like to help.**

Donations

Neighbours Helping Neighbours:

- Do you know anyone giving away high quality office furniture? We are seeking three office desks, white boards, and credenza.
- More than ever your neighbors' are requesting our support. The demand for basic needs for many young families has increased over the last year. We are seeking donations for baby diapers, pull-ups and wipes, baby shampoo and formula, personal hygiene products and feminine hygiene products.
- If you are unable to purchase these items, consider making an **online donation** so that the SWCRC can continue to help those who require a helping hand. Visit www.swcrc.ca for more information.

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Mark Twain



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Windsor Park Community Association

403.253.3223

5304 6 Street Southwest
Calgary Alberta, T2V 1E1
WPCA5304@yahoo.ca

Last 12 Months Windsor Park

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$619,900.00	\$590,000.00
June 2016	\$0.00	\$0.00
May 2016	\$539,888.00	\$515,000.00
April 2016	\$389,900.00	\$380,000.00
March 2016	\$749,900.00	\$726,000.00
February 2016	\$724,900.00	\$675,000.00
January 2016	\$699,900.00	\$645,000.00
December 2015	\$729,000.00	\$655,000.00
November 2015	\$0.00	\$0.00
October 2015	\$664,900.00	\$650,000.00
September 2015	\$488,000.00	\$482,000.00
August 2015	\$739,700.00	\$722,500.00

Last 12 Months Windsor Park

MLS Real Estate Number of Listings Update

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

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

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Britannia Community Association

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Last 12 Months Britannia

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$0.00	\$0.00
June 2016	\$1,549,900.00	\$1,475,500.00
May 2016	\$1,550,000.00	\$1,500,000.00
April 2016	\$2,180,000.00	\$1,950,000.00
March 2016	\$0.00	\$0.00
February 2016	\$0.00	\$0.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$1,699,000.00	\$1,620,000.00

Last 12 Months Britannia

MLS Real Estate Number of Listings Update

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

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

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Last 12 Months Erlton

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$0.00	\$0.00
June 2016	\$384,900.00	\$380,750.00
May 2016	\$519,000.00	\$515,000.00
April 2016	\$359,900.00	\$348,000.00
March 2016	\$399,900.00	\$391,000.00
February 2016	\$460,000.00	\$442,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$0.00	\$0.00
September 2015	\$424,000.00	\$413,000.00
August 2015	\$388,950.00	\$371,500.00

Last 12 Months Erlton

MLS Real Estate Number of Listings Update

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

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

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RSVP: Kara Weber
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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 wing-tips (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).

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Last 12 Months Elbow Park

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$2,899,000.00	\$2,550,000.00
June 2016	\$1,095,000.00	\$1,050,000.00
May 2016	\$1,474,500.00	\$1,375,000.00
April 2016	\$1,299,000.00	\$1,337,500.00
March 2016	\$1,092,000.00	\$1,070,000.00
February 2016	\$1,699,000.00	\$1,525,000.00
January 2016	\$1,675,000.00	\$1,600,000.00
December 2015	\$999,900.00	\$950,000.00
November 2015	\$1,499,900.00	\$1,425,000.00
October 2015	\$796,950.00	\$726,500.00
September 2015	\$2,700,000.00	\$2,604,025.00
August 2015	\$0.00	\$0.00

Last 12 Months Elbow Park

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	4	1
June 2016	7	7
May 2016	8	6
April 2016	9	3
March 2016	6	6
February 2016	5	3
January 2016	9	3
December 2015	6	1
November 2015	5	1
October 2015	2	4
September 2015	11	2
August 2015	5	0

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

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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.

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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, rate-payers 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



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.



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

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!

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.

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 aide 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 summers 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.



HOME GARDENING WITH BARBARA

SAN MIGUEL DE ALLENDE

Barbara Shorrock

Mexico is a popular travel destination for Canadians; it is a wonderful country. Having visited coastal resorts many times, I chose a different city this past January – San Miguel de Allende in the state of Guanajuato. San Miguel (SMA) is high up in the Sierra Madre Occidental Mountains, at an elevation of 6400 ft (Calgary is 3500 ft) situated at almost the geographical centre of the country, northwest of Mexico City. It was cool at night and warm, dry and sunny during the day. Because it is in mountainous terrain, there is no airport, and you have to either land in Mexico City or Leon. I chose Leon, and the shuttle had me at my little house in about 90 minutes. San Miguel is one of several colonial cities settled by the Spanish in the 16th century. Their quest for precious metals was successful when they discovered vast quantities of silver, and they proceeded to build cities with impressive architecture that has been preserved and continues to enchant visitors and expats hundreds of years later. Recognized as a Unesco National Heritage Site, the city centre has been maintained and looks much the same as it did in the 1500's and 1600's with massive stone mansions and narrow cobblestone streets. It is very walkable but some streets are so steep that a taxi is necessary.

The Parroquia, a unique church that was originally built in the colonial style, then remade in the 19th century by a local builder who copied the façade from a picture of a European Gothic church has become SMA's emblem. It faces El Jardin (The Garden), a square which is the gathering place for visitors and locals alike. This part of town is full of shops, restaurants, banks, language schools and markets. The biblioteca (library) has a large collection of Spanish and English books, theatres, meeting rooms and a café. I attended Spanish classes there and met many new friends. The city has a population of about 140,000 of which 10,000 are American and 1,000 are Canadian. Some have chosen to live there full time,

some come down for the winter every year, and many were like me, visiting for only a month or two. If you are interested in history, arts or culture, San Miguel offers unlimited quantities. It is full of artists, both native and foreign, some of the best showing their work at La Fabrica, a huge building that was formerly a muslin factory in days gone by. The local markets bring in artisans from the surrounding countryside and there is no shortage of beautiful fabrics, jewellery and objects of art to choose from. The restaurants are among the best Mexico has to offer. On weekends, it felt not unlike Banff, as families from Mexico City flocked into town for a short getaway. Weddings in the famous church are popular with young lovers. Every Sunday there is a guided "House and Garden" tour to 2 or 3 homes, some massive and grand, others smaller and quaint. Once a week an English language newspaper hits the street with everything that is happening for the next week listed – an essential resource if you don't read Spanish. Festivals with parade and fireworks are frequent as celebrations are an integral part of the Mexican culture. The most impressive one in January was the birthday celebration of Ignacio Allende, the leader of the rebellion against Spain that resulted in Mexico's independence.

The city has many language schools, a university, and several colleges. El Charco, the large botanical garden featuring native cactus, succulents, and birds is just a short bus ride away. An enormous plant sale takes place in a downtown park in January, with every perennial and annual you can imagine for sale. So many were recognizable as they also are sold in our local nurseries in the spring; it was difficult to look and not buy.

If you are looking for a different sort of Mexican holiday, I highly recommend San Miguel de Allende.

Barbara Shorrock is a traveler, gardener, ESL teacher, retired realtor, and book lover. She can be found most first Wednesdays at the Queensland Garden Club.



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



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.



MP CALGARY CENTRE HON. KENT HEHR

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

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!

IN & AROUND SCHOOLS

St. Gerard School

A MESSAGE FROM OUR NEW PRINCIPAL

I am delighted to be the new principal of St. Gerard, and feel very fortunate to have been invited into such a close-knit French Immersion community. I am very impressed by all the positive things that I have heard from Darlene Wozney about the school, the families, the educational staff, and the history.

I feel blessed and excited about this opportunity, and will continue to support all the initiatives in which the school community is invested. I trust that my efforts will mirror those of parents and students as we work with each other towards a great future in education.

Yours truly,

Christian Harries

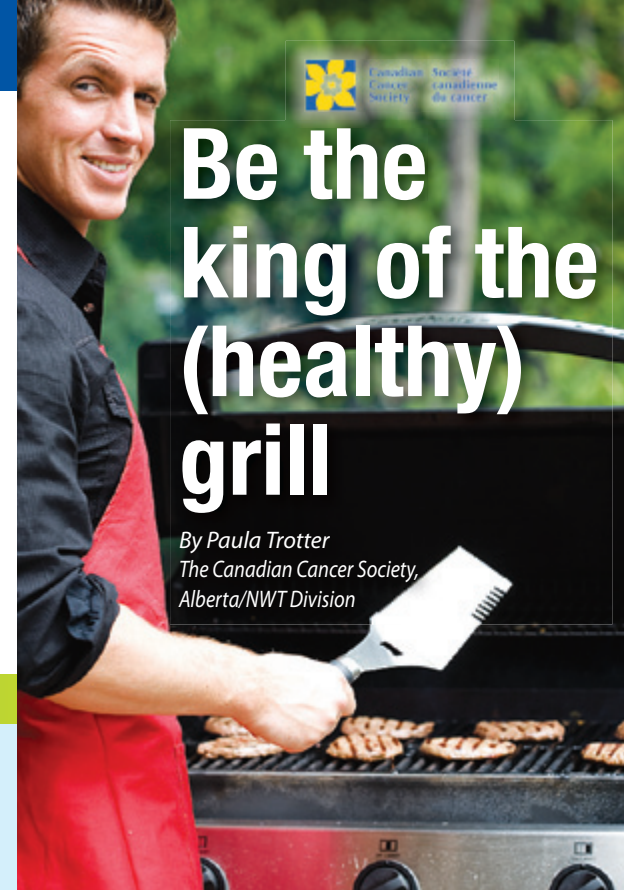
Important Dates:

August 18th: Office Opens

September 1: For day of classes

September 1, 2 and 6: Kindergarten Staggered Entry

We look forward to enjoying our school community at a FAMILY BBQ on September 15. Details to follow.



Canadians love to grill.

And rightfully so – there's nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That's because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I'm not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

IN & AROUND CALGARY

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

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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.



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BEFORE AND AFTER SCHOOL CARE: I have been providing care for children at Elboya School for 16 years. I have references from the school and parents. I am certified in CPR and insured. Offer a safe loving home for children to play in. Please contact me for more information 403-461-2136 (c) or email boloucks@shaw.ca.

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AUGUST MOON CALENDAR





COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

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.



COUNCILLOR, WARD 11 BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

Thank you for taking the time to join in on the budget discussion through June and July. I valued the thoughts, comments and feedback you added to the discussion. If you missed it, please check out the blog series on my website at www.ward11calgary.ca. If you do not have internet access, please know you are welcome to contact my office, and will find an alternate way to share the information with you.

To ensure that you're part of the conversation, I would like to encourage you to contact me and sign up to receive updates from my office. I send out one or two email updates a month to let residents of Ward 11 know about upcoming events in your community, city programs and opportunities to have input into the city's public engagement programs. You can sign up by emailing my office at ward11@calgary.ca and asking to start receiving our updates.

The summer is a great time to consider joining your community association. Community Associations work for you at the very local level of your neighbourhood. The people who volunteer with your community association are committed to making your community better. They plan events, work to represent you to the City and to me, and are always looking for new ways to help neighbours connect with neighbours. They are a very important part of what makes our communities great. Please support your community association by getting a membership, by volunteering and helping out to make your neighbourhood event better.

There are a ton of events taking place in Ward 11, and in Calgary, this summer, and I would like to encourage everyone to take part in some of them! Ward 11 is blessed with very active community associations that are hosting stampede breakfasts and parade, pub nights, movie-in-the-park nights and all kinds of other events. Enjoy the festivities, I hope you have a safe and great summer!

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
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Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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

IN & AROUND CALGARY

26TH ANNUAL CALGARY INTERNATIONAL FESTIVAL OF PINS 2016

August 27-28, 2016. 9:00 A.M. to 5:00 P.M. Free Admission. Chapelhow Legion 606 38th Avenue N.E.

Food donations to the Veteran's Food Bank will be gratefully accepted during the Festival. The public is welcome to bring along their pins to trade or sell, along with purchasing pins from vendors from across Canada. We also have hourly door prizes and a silent auction.

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MLA CALGARY-ELBOW GREG CLARK

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As I travel around Calgary-Elbow I am impressed with the variety of recreational opportunities that exist within our boundaries. I grew up in this community, yet I continue to find new places to explore and share with my children, and I hope you can too.

I was saddened to see a score of D- for overall physical activity in the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report also gives Canadian children an F in Sedentary Behaviours. The full report can be found at: www.ParticipACTION.com/reportcard.

The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

- **Only 9% of Canadian kids** aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day.
- **Only 24%** of 5 to 17 year-olds meet the Canadian Sedentary Behaviour Guidelines recommendation of no more than 2 hours of recreational screen time per day.
- **Every hour kids spend** in sedentary activities delays their bedtime by 3 minutes. And the average 5 to 17 year-old Canadian spends 8.5 hours being sedentary each day.
- **15% of children** aged 3 to 4 meet the guideline of less than 1 hour of screen time per day; only 24% of those aged 5 to 17 meet the guideline of no more than 2 hours of screen time per day.
- **High school students in Canada** spend an average of 8.2 hours in screen-based sedentary behavior.

But it's not all bad news! The report gives community and environment an A- rating and reports that "less than 20% of parents report that crime, safety or poorly maintained sidewalks are an issue in their neighbourhood". So, let's turn off the screens, get outside and play! Here is a small sample of places and activities in Calgary-Elbow:

- **South Calgary Pool:** located at 3130 16 Street S.W. (403-245-0379)

- **Talisman Centre:** located at 2225 Macleod Trail South (403-233-8393) www.talismancentre.com
- **Stanley Park:** 4011 1A St. S.W.
- **Stanley Park Lawn Bowling:** 350 42 Avenue S.W. (403-532-8006) www.calgarybowls.com
- **Lakeview Golf Course:** 5840 19 St S.W. (403-300-1003)
- **Mount Royal University Recreation:** 4825 Mount Royal Gate S.W. (403-440-6517) <http://www.mtroyal.ca/CampusServices/Recreation/Public>
- Or go for a stroll on one of the many river pathways!

If at all possible, I strongly encourage you to start the school year off by walking or biking to school with your children. Getting into a routine while the weather is nice and make it a habit that continues all year!

While you are out and about in the constituency, please feel free to pop by my office, located above the Sunterra in Britannia.

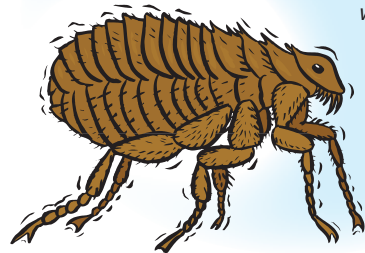
I hope you're enjoying a safe and active summer!

Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine



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