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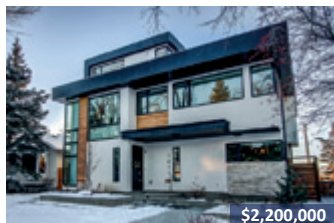
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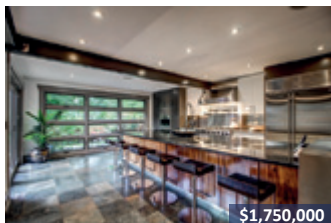


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\$1,750,000

## 1219 Beverley Blvd SW

5 bed. 4/1 bath. 3,380 sq.ft.

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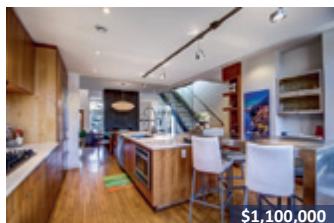


\$1,349,000

## 43 Stoneypointe PI

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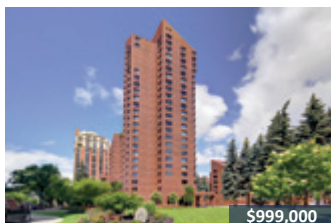


\$1,100,000

## 904 31 Avenue NW

3 bed. 2/2 bath. 2,151 sq.ft.

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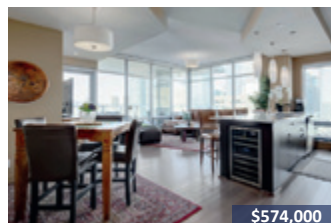


\$999,000

## 602B, 500 Eau Claire Ave SW

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## 1202, 530 12 Avenue SW

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**Dennis Plintz**  
403-608-1112  
dennis@plintz.com

**Luke Nichols**  
403-991-8110  
luke@plintz.com



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and EVERYTHING  
THEY DO



10 AM - 2 PM  
SATURDAY, MAY 11<sup>th</sup>

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• mimosas • crafts for Kiddos



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ERLTON • PARKHILL • MAYFAIR • RIDEAU PARK •  
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## ELECTED OFFICIALS



**MP Hon. Kent Hehr**  
**Calgary Centre**

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



**Councillor Jeromy Farkas**  
**Ward 11**

Ward11@calgary.ca  
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## “ Cat got your tongue? ”



**Meaning:** A question posed when someone is silent in response to a previous question or statement.

**Origin:** The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and feed them to their cats. None of these theories are substantiated, however.



## REASONS TO BECOME A MEMBER OF

# ERLTON COMMUNITY ASSOCIATION



### NEWSFLASHES

Keep up to date with any happenings in the community including events; meetings; planning; traffic; workshops; Ward news; flood-prevention info and City news.



### VOTE

We represent the voice for both North and South Erlton. Want your say in how we respond to big developments that are occurring or planning and traffic issues?



### RETAIL DISCOUNTS

Erlton Community Association members get discounts on many food and retail outlets on nearby. Who wants to pay full price?!



### FREE EVENTS

Get a reduced rate or free entry to the many events that the Erlton Community Association holds each year, whether that be a 'wine and cheese' night or Neighbour Day event



### BE PART OF A COMMUNITY

Research shows that being part of a community and its association is vital to making sure your community is a great place to live, work, and play.

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[memberships@erltoncommunity.com](mailto:memberships@erltoncommunity.com)



## Important Notice from The Erlton Community Association

The Erlton Community Association (ECA) is soliciting responses from all Erlton residents regarding our community's vision for the Erlton School site at 24 – 28 Ave SW.

On Feb 22, 2019, the Calgary Board of Education provided notice that it has declared the site as being surplus to its needs and has received approval to dispose of the property. The City of Calgary has a Right of First Refusal to purchase the property. Should the City forego the offer to purchase, the property will be listed for sale.

Please visit [www.erltoncommunity.com](http://www.erltoncommunity.com) for more background information and a link to the survey which can be filled out online and emailed to the ECA. The survey will remain open until May 31, 2019 and the results will be discussed at the June General Meeting.

### Erlton Community Association Monthly Meetings

The ECA hosts monthly meetings every second Tuesday of the month at the Repsol Sport Centre except for July and August. Meetings provide an opportunity for community members to receive updates on the status of projects from the ECA and bring any new issues to the attention of the community and executive. Agendas are usually sent the weekend before the next scheduled meeting.

### Upcoming Meetings

May meeting

Tuesday May 14 2019

7:00 – 9:00 PM, Repsol Sport Centre, Riverview room

*Hope to see you there!*





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mybabysitterlist

Name	Age	Contact	Course
Taia	13	403-971-1814	Yes
Natalie	14	403-862-1986	Yes
Mattea	15	587-582-5689	Yes
Emma	16	403-253-3262	Yes
Emma	16	587-891-3262	Yes
Gabi	16	587-700-8856	No
Lev	16	587-891-7789	Yes
Naomi	16	403-604-0646	Yes
Quinn	16	403-478-8129	Yes
Caitie	17	403-701-3879	Yes
Chris	17	403-701-3879	Yes
Dana	17	403-243-3836	Yes
Katie	17	587-225-7171	Yes
Miranda	17	403-620-3750	Yes
Thomas	17	403-837-2834	No
Yaisha	17	403-818-9872	Yes
Zoe	17	587-890-7335	Yes
Aidan	18	403-217-1233	No
Benjamin	19	403-966-3084	No
Katja	19	403-903-2777	Yes
Micaela	19	403-703-9996	No
Katharine	20	403-629-3961	No
Claire	21	561-809-0597	No
Emma	28	587-439-5991	No
Mary Frances	28	403-390-9307	Yes
Ambur	33	587-434-3742	Yes
Christine	35	403-923-9101	Yes
Emely	51	403-805-2527	Yes

#### Calling All BABYSITTERS

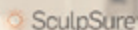

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

#### Calling All PARENTS

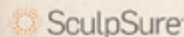

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



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## ROXBORO COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	0	0	\$ 0	\$ 0
Feb 2019	0	0	\$ 0	\$ 0
Jan 2019	0	0	\$ 0	\$ 0
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	0	1	\$ 979,000	\$ 900,000
Oct 2018	0	1	\$ 1,500,000	\$ 1,455,000
Sep 2018	1	1	\$ 3,399,888	\$ 3,175,000
Aug 2018	2	0	\$ 0	\$ 0
Jul 2018	1	0	\$ 0	\$ 0
Jun 2018	0	0	\$ 0	\$ 0
May 2018	1	0	\$ 0	\$ 0
Apr 2018	0	2	\$ 949,000	\$ 930,000

To view more detailed information that comprise  
the above MLS averages please visit  
[rox.mycalgary.com](http://rox.mycalgary.com)

## WINDSOR PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	2	0	\$ 0	\$ 0
Feb 2019	0	2	\$ 625,000	\$ 605,000
Jan 2019	3	2	\$ 649,000	\$ 638,000
Dec 2018	2	0	\$ 0	\$ 0
Nov 2018	2	4	\$ 669,000	\$ 660,000
Oct 2018	3	0	\$ 0	\$ 0
Sep 2018	2	3	\$ 484,900	\$ 484,500
Aug 2018	3	3	\$ 625,000	\$ 590,000
Jul 2018	1	3	\$ 665,000	\$ 660,000
Jun 2018	5	2	\$ 780,000	\$ 770,000
May 2018	4	1	\$ 698,000	\$ 670,000
Apr 2018	1	0	\$ 0	\$ 0

To view more detailed information that comprise  
the above MLS averages please visit  
[wnd.mycalgary.com](http://wnd.mycalgary.com)

\*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

# Attention 1969 Graduating Class

## of St. Mary's Boys and St. Mary's Girls High Schools

We were the Calgary kids of the late-'60s. We graduated from St. Mary's Boys and St. Mary's Girls high schools in 1969.

50 years later, we're getting together to tell old stories and new. To see who's put on weight, who's healthy... and who died. To look at kids' and grandkids' pictures, now all grown up. To talk to old boyfriends and girlfriends and wonder 'what was I thinking?'... or 'Maybe now...?' To assess all the water gone under the bridge and wonder what's coming next.

A few things have changed:

- Illegal marijuana became commonplace. Now legal dope is every place.
- The World Trade centre began construction. 50 years later it's a different hole in the ground...
- The Leafs won the cup for the last time. Um... no change there.
- The first SuperBowl filled a Sunday. The 53rd Superbowl bored a Sunday.
- Trudeau was elected. Trudeau was elected.
- Vietnam raged. Ex-GI's now holiday in Hanoi.

The kids of two former schools: St. Mary's Boys and St. Mary's Girls, are gathering for a GabFest and BBQ on a sunny day in mid-September 2019, 50 years later. If you were there from '66 - '69, contact [rlucy@createmylegacy.com](mailto:rlucy@createmylegacy.com).

### Password: Acorn1234



Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

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# The Unimposing House Finch

by J.G. Turner



The House Finch (*Haemorhous mexicanus*), a passerine (a song bird), is found year-round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

It is a medium-sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

## Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wingbeats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

*If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.*

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**Contact us today:** Carlene Clemence, at **587-602-0221**  
[cclemence@copemanhealthcare.com](mailto:cclemence@copemanhealthcare.com)  
[www.copemanhealthcare.com/calgary](http://www.copemanhealthcare.com/calgary)

# Could you be living with type 2 diabetes and not know it?

BY KEVIN BELL, COPEMAN HEALTHCARE

Mark Kent, a 57 year-old financial consultant from Calgary, believed that he was perfectly healthy when he completed his first Comprehensive Health Assessment at Copeman Healthcare. Little did he know, however, that just like an estimated 1 million other Canadians, he'd been living with undiagnosed type 2 diabetes – and he likely had been for a number of years.

"I felt very healthy for the most part," says Kent. "I had no family history of diabetes and certainly wasn't experiencing any symptoms of type 2 diabetes or other related health concerns. So learning that I was living with it came as a huge shock to me."

There are often a number of hallmark warning signs for type 2 diabetes, including unusual increases in thirst, frequent urination, weight change, fatigue and blurred vision. However, Kent, like many people who have prediabetes or type 2 diabetes, displayed virtually none of these common symptoms. His disease therefore, remained undetected, even despite regular physicals.

"There was just no follow-up at all," he says. "I wonder how much further my diabetes would have had to progress before it caught anyone's attention." Kent learned of his diagnosis after completing his first Comprehensive Health Assessment at Copeman Healthcare – a head-to-toe medical examination that is included in Copeman's LifePlus program.

"I'd been looking for a good family physician for a while," explains Kent. "My wife, who'd been a member at Copeman for a number of years, recommended I give it a try. Within a month of joining, I had already received my diagnosis."

Dr. Thakur, Kent's family physician, notes that early diagnosis of diabetes is critical to successful treatment and management of the disease. "Diet and exercise, along with diabetes medication (if your doctor recommends it), can help manage the symptoms of diabetes and protect you from serious complications. Timely diagnosis of type 2 diabetes or prediabetes is so important because research has shown that some long-term complications associat-

ed with diabetes – such as heart disease and nerve damage – may begin during the early stages."

Since joining Copeman, Mark regularly visits his care team, including his physician, family health nurse, dietitian and kinesiologist, and has made significant improvements to his overall health. "The biggest change for me has been becoming more mindful of my health and lifestyle choices, namely, my exercise and eating habits," says Kent. "I'm now much more aware of some of the unhealthy choices I was making before joining Copeman, and I now have the knowledge to avoid these choices as best I can."

In his first year at Copeman, Kent lost a total of 15 pounds, reduced his blood sugar level and significantly lowered his cholesterol. He now weighs 179 pounds, which puts him just four pounds away from his target weight. These health improvements, made since his diagnosis, have also played a major role in helping Kent manage his diabetes. He doesn't need to take insulin – which is something he hopes to extend for as long as possible – and he has significantly lowered his risk of long-term complications.

"For me, the little things really added up, and I think that can apply to a lot of people," he explains. "Whether it's eating out less, exercising more regularly or including more fruit and vegetables in your diet, these small changes can really make a difference in impacting your overall health. If you follow the golden rule of 'everything in moderation' and remember to treat yourself now and then, it's not as hard as you might think!"

If you are worried about type 2 diabetes in your family, or are interested in learning more about our preventative approach to healthcare, contact **Carlene Clemence** at **587-602-0221** or [cclemence@copemanhealthcare.com](mailto:cclemence@copemanhealthcare.com)  
[www.copemanhealthcare.com/calgary](http://www.copemanhealthcare.com/calgary)

# Girl Guides BLACKFOOT DISTRICT

Spring is in the air! It's time to register for fall 2019!

**Girls returning to the same unit—registration opens April 15, 2019**

**Girls advancing (moving up) to a new unit—registration opens May 06, 2019**

**New girls wishing to join any level of Guiding—registration opens June 03, 2019**

For more registration information and to find a unit near you go to [www.girlguides.ca](http://www.girlguides.ca).

Sparks units attended Sparklefest at Camp Jubilee, did projects for Earth Day, will be potting flowers for Mother's Day and learning basic first aid. Some girls will "advance" to the next level of Guiding which means they will move up and be joining their Guiding sisters in Brownies in the fall for new friendships and challenges.

Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, made bird feeders and are prepping for camp. Some girls will be advancing to Guides and taking on new adventures in the fall.

Guide units helped green our world for Earth Day by learning about recycling and how to reduce our consumption of non-recyclable waste, attended Guide Skills at Camp Jubilee and are prepping for tent camping. One Guide unit travelled to the Bamfield Marine Sciences Centre on Vancouver Island for a fantastic learning experience during spring break! Third year Guides continue to work on their Lady Baden Powell Award, and some will be advancing to Pathfinders.

Pathfinder, Ranger & Trex units attended Alberta Girls Parliament in Edmonton, will be backpacking, yurt & tent camping, had an evening at Combat Archery and held a campfire in Fish Creek Park. Some units are busy prepping for travel this summer to Halifax and Vancouver Island.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at [any-calgaryinfo@girlguides.ca](mailto:any-calgaryinfo@girlguides.ca) or go to [www.girlguides.ca](http://www.girlguides.ca) to register for fall 2019!

Girl Greatness Starts Here







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## ERLTON COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	1	1	\$ 449,900	\$ 425,000
Feb 2019	0	0	\$ 0	\$ 0
Jan 2019	3	0	\$ 0	\$ 0
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	2	1	\$ 685,000	\$ 660,000
Oct 2018	1	0	\$ 0	\$ 0
Sep 2018	0	0	\$ 0	\$ 0
Aug 2018	2	0	\$ 0	\$ 0
Jul 2018	0	1	\$ 1,360,000	\$ 1,300,000
Jun 2018	1	1	\$ 450,000	\$ 436,000
May 2018	2	0	\$ 0	\$ 0
Apr 2018	0	1	\$ 484,900	\$ 470,000

To view more detailed information that comprise  
the above MLS averages please visit  
[erl.mycalgary.com](http://erl.mycalgary.com)

## PARKHILL COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	2	2	\$ 579,900	\$ 552,500
Feb 2019	5	0	\$ 0	\$ 0
Jan 2019	1	1	\$ 849,900	\$ 788,800
Dec 2018	2	1	\$ 499,900	\$ 462,000
Nov 2018	2	2	\$ 689,900	\$ 670,000
Oct 2018	1	1	\$ 899,000	\$ 875,000
Sep 2018	2	0	\$ 0	\$ 0
Aug 2018	3	0	\$ 0	\$ 0
Jul 2018	1	1	\$ 1,146,000	\$ 1,025,000
Jun 2018	1	3	\$ 1,599,900	\$ 1,500,000
May 2018	5	3	\$ 1,075,000	\$ 1,030,000
Apr 2018	5	2	\$ 1,329,000	\$ 1,260,000

To view more detailed information that comprise  
the above MLS averages please visit  
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**Want a Safer Community? Get to Know Your Neighbours!**

A great crime prevention tool is simply saying “hi” to your neighbours. The more interactions neighbours have with each other forms community relationships that will help increase neighbourhood safety. Here are three reasons that being neighbourly builds a safer community:

**Belonging**

Knowing your neighbours can increase a sense of belonging and respect. When neighbours have a relationship, neighbourly tension and community disputes can be reduced.

**Be Alert!**

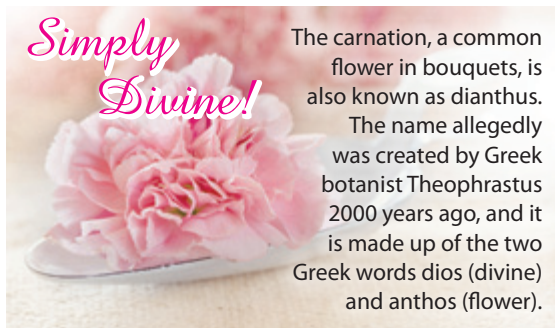
If an emergency does arise, when you know your neighbours you can readily identify those who may have special needs, mobility issues, or those who need additional assistance.

**Attitude Shift**

Many neighbours watch each other but what if we change our attitude to watching out for our neighbours instead?! Watching out for your neighbours could make the difference in reducing criminal activity. When you can rely on the people who live closest to you it increases your sense of safety and prevents crime.

A great way to start to build a relationship is by using a *My Neighbour Card*

If you would like to grab some *My Neighbour Cards* for your street stop by our office at #110, 720 – 28 Street NE.



The carnation, a common flower in bouquets, is also known as dianthus. The name allegedly was created by Greek botanist Theophrastus 2000 years ago, and it is made up of the two Greek words dios (divine) and anthos (flower).

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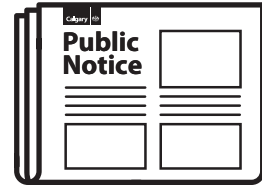


**Calgary**



## Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16<sup>th</sup>. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



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## Storm Drains in Your Community

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

### **Keep your storm drains free and clear of snow and debris**

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

### **Pooled water on your street**

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

### **Homeowner responsibility**

Your property's drainage systems (eavestroughs, downspouts, lot grading, landscaping) interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage Bylaw, the Drainage Bylaw and Community Standards Bylaw:

- Maintaining positive drainage on your lot – away from structures without adverse effect to neighbours or public property.
- Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

### **Protecting your Home**

- There are many ways you can ensure your home is re-

silient during storm events:

- Conduct regular maintenance and clear debris in eavestroughs and downspouts.
- Ensure downspouts discharge a minimum of 2 metres from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.
- Keep any grassed or concrete swales on your property free from debris, ice or obstructions.
- Regularly inspect grading around your foundation and fill any settling or depressions.
- Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) for links to more information.

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## ELBOYA COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	5	0	\$ 0	\$ 0
Feb 2019	3	1	\$ 1,180,000	\$ 1,150,000
Jan 2019	1	1	\$ 1,849,000	\$ 1,785,000
Dec 2018	0	1	\$ 1,449,890	\$ 1,510,000
Nov 2018	1	2	\$ 699,900	\$ 678,000
Oct 2018	1	2	\$ 2,095,000	\$ 2,075,000
Sep 2018	5	1	\$ 2,150,000	\$ 2,014,000
Aug 2018	2	2	\$ 1,799,999	\$ 1,695,000
Jul 2018	3	2	\$ 1,160,000	\$ 1,070,000
Jun 2018	2	4	\$ 1,550,000	\$ 1,462,500
May 2018	6	3	\$ 2,022,000	\$ 1,945,000
Apr 2018	7	1	\$ 2,099,000	\$ 2,000,000

To view more detailed information that comprise the above MLS averages please visit  
[eya.mycalgary.com](http://eya.mycalgary.com)

## ELBOW PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	12	5	\$ 1,264,950	\$ 1,205,000
Feb 2019	14	5	\$ 2,194,000	\$ 2,184,000
Jan 2019	10	6	\$ 1,095,000	\$ 1,095,000
Dec 2018	3	1	\$ 2,050,000	\$ 1,925,000
Nov 2018	5	5	\$ 2,074,500	\$ 1,946,944
Oct 2018	9	5	\$ 2,422,000	\$ 2,325,000
Sep 2018	10	2	\$ 709,000	\$ 709,000
Aug 2018	8	3	\$ 1,422,500	\$ 1,423,750
Jul 2018	5	3	\$ 1,499,250	\$ 1,437,500
Jun 2018	10	5	\$ 2,289,000	\$ 2,000,000
May 2018	9	6	\$ 1,699,900	\$ 1,644,000
Apr 2018	10	4	\$ 1,195,000	\$ 1,172,500

To view more detailed information that comprise the above MLS averages please visit  
[epk.mycalgary.com](http://epk.mycalgary.com)

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## YOUR CITY OF CALGARY



## May Sports Activities with the City of Calgary

### Swing into Summer with Golf and The City of Calgary

This summer, The City of Calgary is offering fun, affordable golf opportunities for you and your family to get more active, more often. From beginner event nights for those looking to try out golf in a non-competitive, friendly environment to family nights which are a perfect night out for healthy, quality family time, we have something for all ages and skill levels. In addition, we offer registered golf programs for those who have never picked up a golf club to those looking to further develop their skills – all taught by our award winning, expertly trained golf pros. With eight courses and three driving ranges conveniently located throughout the city, we're closer than you think. Visit [calgary.ca/golf](http://calgary.ca/golf) to learn more and let The City of Calgary help you swing into summer!

### Get Ready to Roll!

The City of Calgary hosts temporary community mobile skateparks at various indoor and outdoor locations across the city. Each park is supervised by qualified staff, and has a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes. Skateparks are free to use and are open to skateboarders, inline skaters and scooter users of all ages (waivers required). Locations and dates available April 1, 2019 at [calgary.ca/skateparks](http://calgary.ca/skateparks).

### Reach New Heights with The City's Climbing Walls

Reach new heights with The City of Calgary's affordable, supervised, drop-in climbing for all ages and levels. Never climbed before? Sign up for a free belay orientation session at Beltline Aquatic & Fitness Centre (outdoor – weather permitting) and Southland Leisure Centre (indoor) to help you get started. Visit [calgary.ca/climbing](http://calgary.ca/climbing) to learn more.

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# Wines with Dick McDougall

Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary.



## I Do Not Like Green Eggs and Wine

I do not like them in a moat, I would not eat them with a goat...

Those who have been reading me know from my articles that I like all sorts of wines from all sorts of places but allow me one brief article to vent about something that I do not like. I do not like natural wines. Shame on me for throwing shade on a trendy new thing but after trying at least a dozen times, I just shake my head.

Winemakers have spent a thousand years developing the perfect yeasts so valued that some wineries keep theirs under lock and key, much like sake makers who protect

their defining Koji rice. Suddenly, it becomes trendy to mimic the Ancients and put grapes in a clay amphora, bury it and let the wild yeasts on the grapes' skins go wild without filtering or fining. Are we so bored of drinking the tremendous wines of today?

As a mathematician and scientist, I love a good experiment as much as the next guy, but I would not say, "Hey, let's try leaving the stems and pits in the wine for a little extra bitter flavour and crunchiness!" Rogue yeasts on grape skins are unpredictable and sometimes the worst of them win out which is why only predictable yeasts are used in the best wines.

I recently bought a natural wine made with Sauvignon Blanc and shared it with relatives who I know love that particular varietal. It was cloudy, unfiltered and funky which is definitely not what they were looking for, yet this wine was \$30+ and rated 95 points by a top wine mag.

I will probably get some emails on this, but I leave you with a warning of the Ancients when it comes to the natural wine trend: *caveat emptor*.



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# Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors

and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km<sup>2</sup>. Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing "nature to take its course" with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

*Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.*

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## MAYFAIR COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	0	0	\$ 0	\$ 0
Feb 2019	1	1	\$ 1,050,000	\$ 980,000
Jan 2019	0	0	\$ 0	\$ 0
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	1	1	\$ 1,285,000	\$ 1,240,000
Oct 2018	0	1	\$ 1,269,000	\$ 1,253,000
Sep 2018	1	0	\$ 0	\$ 0
Aug 2018	0	0	\$ 0	\$ 0
Jul 2018	1	1	\$ 1,595,000	\$ 1,400,000
Jun 2018	1	1	\$ 787,000	\$ 878,000
May 2018	1	0	\$ 0	\$ 0
Apr 2018	0	0	\$ 0	\$ 0

To view more detailed information that comprise the above MLS averages please visit  
[maf.mycalgary.com](http://maf.mycalgary.com)

## RIDEAU PARK COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	0	0	\$ 0	\$ 0
Feb 2019	1	0	\$ 0	\$ 0
Jan 2019	0	0	\$ 0	\$ 0
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	0	1	\$ 3,250,000	\$ 3,165,000
Oct 2018	1	1	\$ 2,225,000	\$ 1,900,000
Sep 2018	1	1	\$ 849,900	\$ 785,000
Aug 2018	2	0	\$ 0	\$ 0
Jul 2018	0	0	\$ 0	\$ 0
Jun 2018	0	1	\$ 3,695,000	\$ 3,450,000
May 2018	1	1	\$ 999,900	\$ 980,000
Apr 2018	1	1	\$ 1,059,000	\$ 1,059,000

To view more detailed information that comprise the above MLS averages please visit  
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# MARDA LOOP JUSTICE FILM FEST justREEL FILM SERIES

Marda Loop Justice Film Festival justREEL film series presents screening of:



## Most Likely To

May 14, 2019

Event: justREEL FILM SERIES

Film: Most Likely To

Where: River Park Auditorium  
(3818 14a St SW, Calgary, AB T2T 3Y2)

When: Tuesday May 14th, 2019  
at 7:00PM

Cost: FREE

Each year the Marda Loop Justice Film Festival strives to present innovative and meaningful documentaries that encourage Calgarians to take positive action in their communities, this nation, and the world. The film featured in May is a Calgary Police Service (CPS) production.

Synopsis: Children are not born criminals. And one city is making sure of that.

*Most Likely To...* A look at the Calgary Police Service's approach to youth at-risk crime prevention through intervention, education and most importantly, human connection.

Disruptive. Defiant. Dangerous. Everyone remembers that one kid in their class unanimously voted "most likely to end up behind bars". If we know that kids need help, then why aren't we helping them? *Most Likely To...* follows the lives of Kevin and Timmy, 8 and 18, over the course of a year as they fight for a better life that they were born into. With the help of one of the most progressive police services in Canada, Kevin and Timmy realize that their future doesn't have to be decided by their past.

We hope that we will be able to not only improve our attendance and following, with your assistance, but that we may also inspire Calgarians to change our communities, nation, and world.

<http://www.justicefilmfestival.ca/>

## TAKE ON WELLNESS



## The Power of Positive Self-Talk for Young Athletes and Dancers

by Brianna Thorogood, office manager at a dance studio in SW Calgary

There is one rule of thumb that we like to follow when we are encouraging young dancers—treat yourself as you would your best friend. Sometimes we need to take a step away from ourselves, not just kids but adults too, and realize that we've got a negative radio show happening in our heads!

So, we say, "treat yourself as you would your best friend". We treat our best friends with kindness, support, and love. We try to teach our young dancers and athletes to treat themselves this way too. Be gentle and encouraging with yourself and with others. It's amazing how thinking with a positive mindset can change everything! Instead of "I can't do four pirouettes" or "I won't be able to run that far" try "I'm going to try my best to do four pirouettes" or "I can definitely run that far".

We encourage kids to train their minds as well as their bodies. You can train so hard, for hours and hours and still have something holding you back. Having a positive mindset and positive radio station playing in your head can be the difference between achieving your goals and staying where you are.

Not only can this positive self-talk help with a healthier mindset, but it can also relieve stress!

So, encourage your athlete to try something new today...encourage them to treat themselves like a best friend; try speaking kindly to themselves!

"I will try my best and lean on my teachers and teammates for support." You'll be surprised what a simple mindset shift can change.

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**SALON 105:** Welcome all my new and current clients to the Elbow Scene area. To serve you better, I am in a new convenient location with free parking. Days Inn, 3828 Macleod Trail South. All chemical services come with a free haircut. Chair rental available. Visit Salon 105 Calgary on Google Maps for reviews, call 403-214-0090, or text 587-889-9395.

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**TDS DECORATING SERVICES LTD:** Residential painting in Calgary for 36 years. We spray ceilings; brush and roll walls; spray woodwork, minor carpentry and drywall repairs; cover-up and clean-up. Top quality, low VOC waterborne paints. Colour consultations, senior discounts, no deposits, WCB, liability insurance. Call Tom at 403-452-3648 or 403-606-3381 for a free estimate.

**PROFESSIONAL ACCOUNTANTS:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 - 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

**THE GRASS GURUS LAWN AND LANDSCAPING:** We are an owner operated company in Calgary since 2008. Reliable, honest and fairly priced. We can help you with spring cleanups (power raking, aeration), weekly lawn cuts and your other yard care needs. Call or email Tara for a free estimate tara.sleigh@thegrassgurus.ca, 403.604.4057.

**YOUR NEW LOCAL FLOWER SHOP - VAVA BLOOM:** We are an online flower shop specializing in artful, affordable and eco-friendly flowers for any occasion. Daily delivery city wide. Mother's Day arrangements. Birthdays. Anniversaries. Weddings. Special events. Sympathy arrangements. Order today! www.vavabloom.ca 403-921-5823 @vavabloomyyyc.

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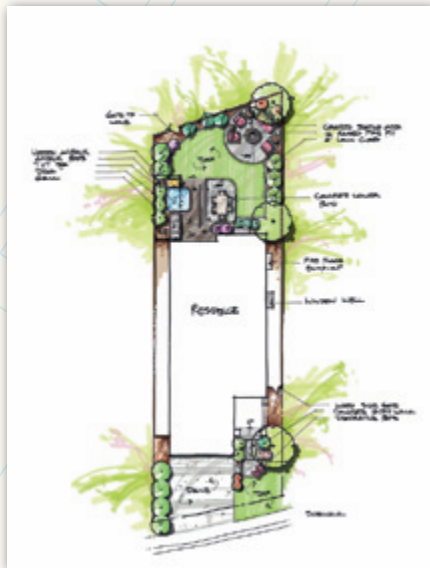
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**Jeromy Farkas**  
 Office of the Councillors  
 800 Macleod Trail S (#8001)  
 Calgary, AB T2G 2M3  
 ☎ 403 268 2430 ✉ [ward11@calgary.ca](mailto:ward11@calgary.ca)  
 Sign up for Ward news: [calgary.ca/ward11](http://calgary.ca/ward11)

Dear Friends,

Conditions permitting, the Glenmore Reservoir is expected to open for recreational use on May 1st, 2019. Rentals available include kayaks, canoes, and sailboats. Rack, mooring, and stall rentals, registered sailing lessons with our Glenmore Sailing School, and even racing opportunities for more advanced sailors are also available. For Reservoir status, rentals, and program registration information visit [calgary.ca/sailing](http://calgary.ca/sailing).

Construction season is upon us. Thank you all for your patience with the various construction projects happening throughout the Ward. We are working hard in the office to advocate for improvements and reduce the impact of these disruptions. I share your frustration in commuting through lengthy construction zones.

SWBRT construction on 14th Street will continue throughout the summer and is scheduled to finish by the end of the year. The extension projects on Southland Drive and 90th Avenue for the Southwest Calgary Ring Road are nearly complete, and there will be minimal impacts to traffic this year. If you have any questions about these or other projects, please contact us.

Our next monthly town hall is on Thursday May 23 at the Meadowlark Park Community Centre from 7:00 to 8:30 pm. Please join us for light refreshments and discussion on local issues!

As always, please contact our office if you have any feedback or concerns to share. I always enjoy reading your messages and returning your phone calls!

## COMMUNITY ANNOUNCEMENTS

### Deadline – 1<sup>st</sup> of each month for the next month's publication

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

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

**ACOUSTIC MUSIC NEIGHBORHOOD JAM:** Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: [beabrightlight@yahoo.ca](mailto:beabrightlight@yahoo.ca).



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## BEL-AIRE COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	0	0	\$ 0	\$ 0
Feb 2019	4	0	\$ 0	\$ 0
Jan 2019	2	1	\$ 2,375,000	\$ 2,210,000
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	0	1	\$ 1,349,900	\$ 1,270,000
Oct 2018	1	0	\$ 0	\$ 0
Sep 2018	0	0	\$ 0	\$ 0
Aug 2018	3	2	\$ 5,495,000	\$ 5,000,000
Jul 2018	1	1	\$ 1,595,000	\$ 1,537,500
Jun 2018	0	1	\$ 3,699,000	\$ 3,600,000
May 2018	3	0	\$ 0	\$ 0
Apr 2018	1	0	\$ 0	\$ 0

To view more detailed information that comprise the above MLS averages please visit  
[bel.mycalgary.com](http://bel.mycalgary.com)

## BRITANNIA COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Mar 2019	4	1	\$ 1,299,999	\$ 1,300,000
Feb 2019	2	1	\$ 1,575,000	\$ 1,450,000
Jan 2019	3	2	\$ 3,799,000	\$ 3,300,000
Dec 2018	0	0	\$ 0	\$ 0
Nov 2018	2	1	\$ 3,599,000	\$ 3,599,000
Oct 2018	0	0	\$ 0	\$ 0
Sep 2018	1	0	\$ 0	\$ 0
Aug 2018	2	1	\$ 1,795,000	\$ 1,725,000
Jul 2018	0	2	\$ 3,300,000	\$ 3,026,500
Jun 2018	5	1	\$ 698,500	\$ 650,000
May 2018	1	1	\$ 3,998,000	\$ 3,900,000
Apr 2018	2	1	\$ 2,495,000	\$ 2,495,000

To view more detailed information that comprise the above MLS averages please visit  
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🌐 www.KentHehrMP.ca

### **\$168 Million to Protect Calgary from Flooding**

In September 2015, I had a phone call with then-candidate for Prime Minister, Justin Trudeau, about our priorities for Calgary. I said they were pipelines, affordable housing, LRT funding, and flood mitigation.

I detailed how the downtown economic engine of our city had flooded in 2013, how the whole city was virtually shutdown, how there was upwards of \$6 billion of financial losses and property damage, and how five lives were tragically lost. Further, I pointed out that the previous Conservative federal government had contributed \$0 to Alberta flood mitigation.

In short, I told the Prime Minister that it wasn't about whether Calgary would flood again, but when. A week later, we promised to fund flood mitigation infrastructure in this city.

Promise made, promise kept.

Last week we announced our Liberal federal government's \$168 million investment in the Springbank Off-Stream Reservoir. This important and life-saving project will store water temporarily during a flood, keeping our city, people and businesses protected.

The money is coming from our government's \$2 billion Disaster Mitigation and Adaptation Fund, which is for infrastructure projects that will protect communities from natural disasters.

This is in addition to the \$63 million we have already invested in Alberta flood mitigation. These investments are about keeping our city protected, and letting people build their lives and businesses build their operations without the fear of having it all uprooted.

I am very proud of this funding and the proactive measures being taken to protect Calgary against the threat of flooding. It's yet another example of how our government is delivering on infrastructure funding for our city.



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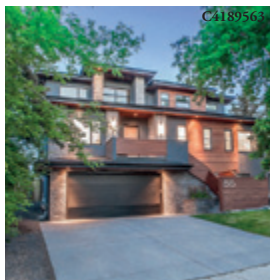


Other Calgary Manor Village Life Center locations: Varsity • Huntington Hills • Rocky Ridge • Fish Creek Park (opening July 2018) • Currie Green (under development)





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5 beds, 4.5 baths, 3,120 ft<sup>2</sup>



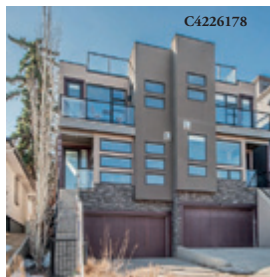
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**809 20A Avenue NE - \$1,049,900**  
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**2027 28 Avenue SW - \$998,000**  
4 beds, 3.5 baths, 2,508 ft<sup>2</sup>



C4219407

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C4236293

**1611 40 Street SW - \$749,900**  
4 beds, 3.5 baths, 1,870 ft<sup>2</sup>



C4223682

**227 Whispering Water Way - \$684,900**  
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**456 21 Avenue NE - \$479,900**  
3 beds, 2 baths, 1,085 ft<sup>2</sup>



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**592 Regal Park - \$349,900**  
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## Thomas Keeper

call **403-230-8004** today!

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