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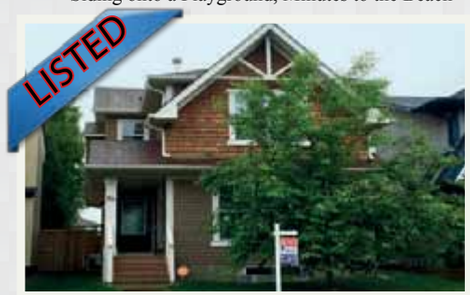

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Calgary, AB, CanadaT2P 2M5
Phone: 403-268-1624
Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13

Dave Rodney
Calgary-Lougheed
#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@assembly.ab.ca

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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING EVERGREEN FOR 4 YEARS!

Last 12 Months Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	$473,200.00	$462,500.00
May 2016	$476,700.00	$463,000.00
April 2016	$474,900.00	$464,500.00
March 2016	$439,900.00	$437,000.00
February 2016	$497,450.00	$481,500.00
January 2016	$473,900.00	$462,000.00
December 2015	$464,999.00	$463,999.00
November 2015	$488,900.00	$473,000.00
October 2015	$451,900.00	$448,694.00
September 2015	$514,950.00	$507,500.00
August 2015	$442,450.00	$437,000.00
July 2015	$478,750.00	$467,550.00

Last 12 Months Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	54	34
May 2016	40	28
April 2016	35	27
March 2016	47	21
February 2016	24	14
January 2016	23	8
December 2015	5	15
November 2015	23	17
October 2015	26	18
September 2015	26	18
August 2015	29	26
July 2015	42	34

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

CALGARY

Park n' Play & Stay n' Play

These free, safe, supervised programs help children make new friends learn new games and activities that they can use on their path to a healthy and active lifestyles.

Programs run weekdays and are weather dependant.

Dates: August 8 – 12th
Community: Bankview
Address: Bankview Community Association
2418 17 Street SW

Stay n' Play
Ages 3Y – 5Y
10:00 am – noon
Participants must be accompanied by an adult/guardian (Max 2 kids per adult)

Park n' Play
Ages 6Y – 12Y
10:00 am – 3:30pm

Play Pass
Play Faster This Summer!
Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. **Entry to these programs is on a first-come, first-served basis, each day.**

We encourage you to supply us your information by pre-registering prior to program starting to help you save time filling out forms at the program when you arrive.

For more information visit calgary.ca/communitysummerprograms.

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Evergreen mybabysitterlist

Name	Age	Contact	Course
Jack	13	403-201-0528	Yes
Noah	13	403-477-5209	Yes
Kalysta	14	403-926-0563	No
Gabrielle	14	403-201-0528	Yes
Holly	14	587-890-9295	Yes
Jordan	14	587-225-0555	Yes
Mel	14	403-629-8404	Yes
Cristina	15	403-245-5184	Yes
Valeria	15	403-830-7991	Yes
Diana	15	587-481-4810	Yes
Michelle	15	403-256-4366	Yes
Aurora	15	403-266-2806	Yes
Valeria	15	403-830-7991	Yes
William	15	587-352-7162	No
Bronte	16	403-880-1572	Yes
Hannah	16	403-993-0740	Yes
Sarah	16	403-998-9639	No
Maddie	17	403-201-7075	Yes
Kasandra	17	403-926-9056	Yes
Kenzie	18	403-861-9671	No
Jessica	18	403-826-6276	No
Ria	20	403-470-9783	No
Danita	22	403-990-0205	Yes
Janelle	24	403-808-2505	Yes
Natalie	34	780-237-5331	Yes

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

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

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.*

TRICO CENTRE
11150 Bonaventure Drive SE

Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

July at Trico Centre
Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Membership Specials while the Pool is Closed
After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth
- **Summer Day Camps**: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Preschool Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults
- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults
- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 21

AUGUST

AUGUST 5 TO 7
EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com

AUGUST 13
CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com

AUGUST 13 TO 14
CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat

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

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagras.ca
- **August 18 to 20 – ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca
- **August 18 to 27 – GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca

IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week**.

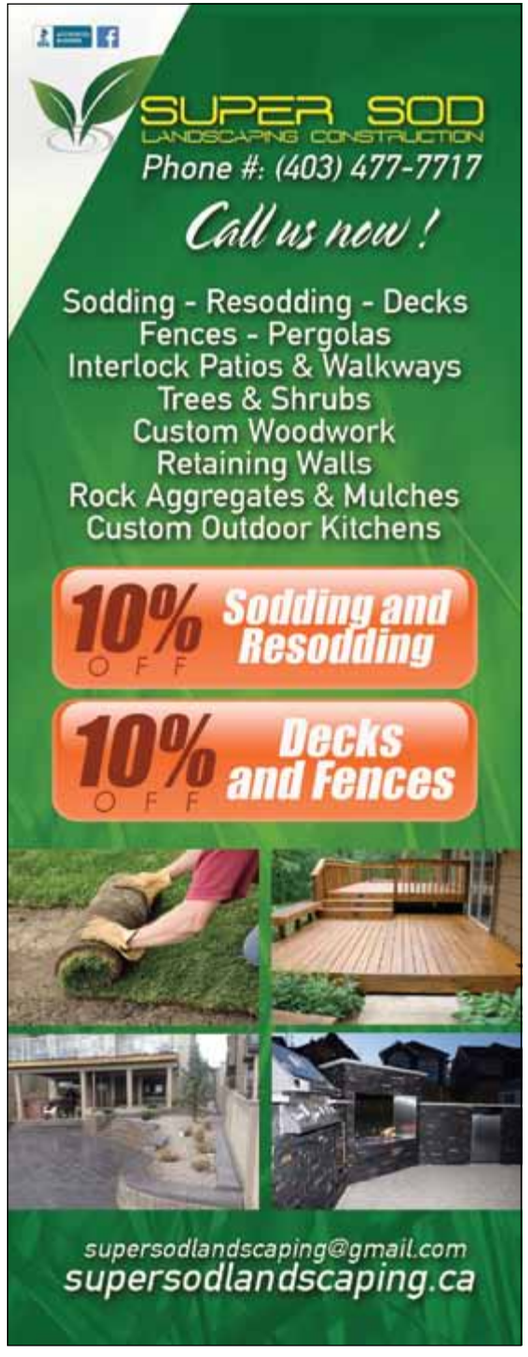
Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay $6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

Green carts go beyond backyard composting
If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills
It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.
To learn more about the Green Cart Program, visit **calgary.ca/greencart.**

Submitted by The City of Calgary Waste & Recycling Services.



IN & AROUND SCHOOLS

St. Gerard School

Cher Parents,

It's hard to believe that this will be my last principal's message for St. Gerard. It has been a great ride and I have enjoyed serving this community for the last 7 years. I am thankful to have had the opportunity to work with such great teachers and kids; they made it easy to come to work every day. I was also blessed to have a supportive and collaborative parent community to work with; together we have made our school even more amazing. St. Gerard has had principals before me and will have others after me; however, although we steer the ship, it is the community that makes this a great school and that will never change.

God Bless and thank you for giving me the privilege of working with your kids.

Mme Wozny

Changes at St. Gerard: Our school is excited to welcome our **new Principal, Christian Harries**. He began his position in May. This has allowed him to observe all functions of the school and get a feel for our community. Welcome! Another change in our building was **saying goodbye to St. Cyril School**. It has been a pleasure having you in our building for the last 2 years. We are excited for you as you begin the next school year in your renovated building. Thanks for the awesome BBQ you hosted for us on June 9th!

School Supplies - the deadline for ordering school supplies is July 11th. Details are on our website. If you are not ordering supplies through the service, please refer to the lists published.

Top 10 Highlights of the 2015-16 School Year

1. Story Telling Residency with Jeff Stockton
2. Special Lunches every Monday
3. In-line skating (gr. K, 1, 2), Skiing/snowboarding (gr. 5, 6), Swimming (gr. 3, 4)
4. A presentation from Calgary Opera: The Magic Flute
5. Carnival Day
6. Celebrating our school and student achievements at monthly assemblies
7. Artist in Residence Gail Bartel
8. Mission Impossible unit in phys. ed.
9. Daily SPARK (physical activity)
10. Openminds to Glenbow School (Mme. Cote's grade 4/5 class)

Wishing EVERYONE a wonderful SUMMER!

IN & AROUND CALGARY

July Programs and Events in Fish Creek

www.friendsoffishcreek.org

Parks Day & Creekfest
Free Fun for the Whole Family!
Sunday, July 17, 2016 11:00 am – 4:00pm
Glennfield, Fish Creek Provincial Park (14228 Bannister Rd. SE)
Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Join in an outdoor yoga session and fly fishing demonstration, and enjoy a special visit from Boston Pizza's Lionel.

Capture Nature Photography Contest
The Friends of Fish Creek are excited to offer our Capture Nature Photography Contest for the second year in a row! Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! All proceeds from the contest will help to support our stewardship and education activities in Fish Creek Provincial Park. Capture Nature will run from July 1 to August 15. Register for a chance to win one of the amazing prizes from Vistek and MEC!

Minibus Tours
Archaeology in the Park: Finding the Pioneers
Tuesday, July 12, 1:00 – 4:00 pm
Enjoy a scenic tour of Fish Creek to learn about the history of the early pioneers who made this area their home and about the archaeological evidence they have left behind.

Photography Tours: Unleash the Power of Your Digital SLR Camera
Tuesday, July 19, 9:00 – 11:00 am
In this beginner's level photography class, you will learn all the basics, including depth of field, composition, lighting and the "Exposure Triangle" (Aperture-Shutter-ISO), using the stunning beauty of the park as your subject. Several stops along the way will allow you to put theory into practice!

Wellness Programs in Fish Creek
Join us at the Bow Valley Ranch this Summer to rejuvenate body, mind, and spirit in the beautiful natural setting of Fish Creek. The Friends' Wellness Program is designed to engage community members and foster overall wellness.

Yoga: 7:00 – 8:30 pm, Wednesdays, Instructed by Naomi Parker and Gwen Draude Woolverton

Qi Gong: 6:30 – 7:30 pm, Tuesdays, Lead by Diane Smith, Spring Forest Qi Gong Certified Instructor

Full Moon Meditations: 6:30 – 8:00 pm, Full moon evenings, Lead by Naomi Parker and Gwen Draude Woolverton

Historic Calgary Week
July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.

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Quality Lending Services

Matt Grigg is a licensed mortgage professional serving the Alberta community.

With a primary focus on customer service, Matt provides expertise in arranging mortgage financing for residential purchases, refinancing and renewals

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- Best Market Rates vs. Your Existing Rate
- Renovations and Home Improvements
- Consolidate high interest credit cards
- Lower your monthly payments

CORE VALUES

The values driving Matt Grigg's quality lending services also drive him in his everyday life. He is passionate about building trusting relationships, serving his community and helping individuals reach their real estate goals by getting ahead of the process.

WHAT DOES THIS MEAN FOR YOU?

- Win-Win for YOU: There is no cost to YOU. Matt is compensated by the lender for providing them with qualified business. The fee is the same regardless of what lender is chosen and it is not built into the rate.
- Matt will be YOUR dedicated partner throughout the mortgage process.
- He will provide current information on how mortgages work and what is applicable to YOU.
- Matt will provide proactive solutions to help find a competitive mortgage that works for YOU.
- YOU can have confidence and trust in the results of YOUR unbiased mortgage options.
- Matt will work as YOUR intermediary between YOU and the lender (bank) to negotiate mortgage loans.
- Matt will continue to support YOU beyond the home buying purchase.

WHY UTILIZE A MORTGAGE PROFESSIONAL?

- Benefit from an unbiased advisor. Rather than working for one financial institution, Matt deals with many financial institutions on a daily basis. This allows him to offer YOU more choices and highly competitive options.
- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.

TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

Kyla Workman

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Fish Creek Provincial Park Summer Tour Series 2016

This summer discover the natural wonders of Fish Creek Provincial Park.

Bring your family and friends and join us as we explore this oasis in the city.

Come prepared for the weather and walking (easy trails). Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera. Included this season visits to Big Hill Springs and Glenbow Ranch Provincial Parks and guest presenters from Trout Unlimited Canada, The Friends of Fish Creek Provincial Park Society and more.

Registration Required: Please phone (403) 297-7927 or email Roland.Kirzinger@gov.ab.ca

Admission: By donation (suggested $5.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park.

Tuesday, July 12:
Glenbow Ranch Provincial Park Tour
When: 9:00 a.m. – 12:00 noon
Where: Glenbow Ranch Provincial Park (maps and directions will be provided)

Tuesday, July 19:
Fish Creek as Theatre: The Ongoing Play Between Native and Invasive Plants in Fish Creek
When: 7:00 p.m. – 9:00 p.m.
Where: Boat Launch Parking Lot (Located off Bow Bottom Trail S.E.)

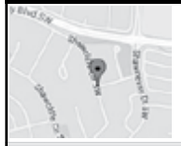
Tuesday, July 26:
Fish Creek's Native Grasslands
When: 7:00 p.m. — 9:00 p.m.
Where: Bebo Grove (South end of 24 St. SW)

Tuesday, August 2:
Big Hill Springs Provincial Park Tour
When: 10:00 a.m.—12:00 noon
Where: Big Hill Springs Provincial Park (maps and directions will be provided)

Wednesday, August 9:
Trout and the Bow River
When: 7:00 pm – 9:00 pm
Where: Mallard Point Day Use Area (Access off Canyon Meadows Dr. S.E.)

Tuesday, August 16:
Birding Basics
When: 7:00 p.m. – 9:00 p.m.
Where: Votier's Flats (South end of Elbow Dr. SW)

Tuesday, August 23:
The Good, The Bad and the Beavers
When: 7:00 pm – 9:00 pm
Where: Bow Valley Ranch Visitor Centre, Bow Bottom Trail SE

Shawnessy Plaza Dental Clinic

Dr. Roman Koutsil
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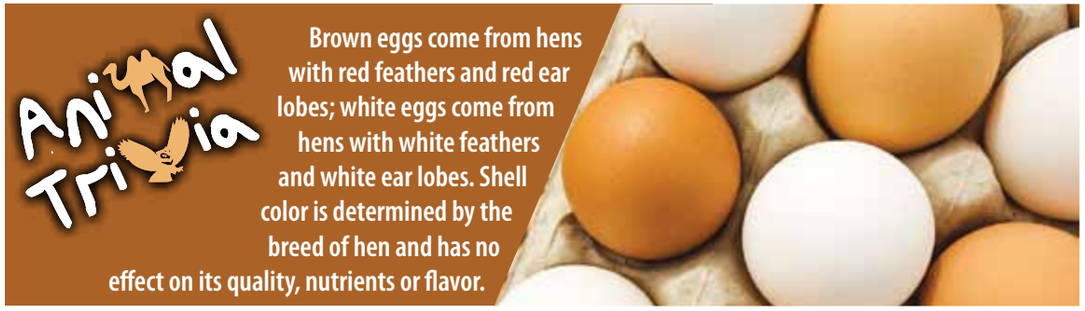

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion
- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke
- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid
- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention
- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

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PET INSURANCE is for everyone, including Vets

Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board- certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assesses every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.

IN & AROUND CALGARY

Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to $15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only $160 for an individual golfer and a discounted rate of $600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

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

Blue-winged Teal

a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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

Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows. Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.

Discovery Magazine

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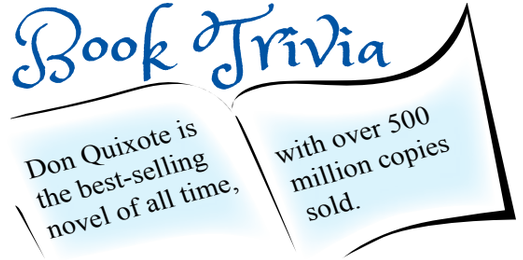

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DIANE COLLEY-URQUHART

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Cllr. Colley-Urquhart with fellow paddlers at the Annual Dragon Boat Festival

Speaking with constituents at my SW Transitway Town Hall on June 8, 2016 at Woodcreek Community Association

Summer Safety Tips

With all the exciting summer activities happening in our City, it is easy to forget the simple things that could easily make or break your summer. By following these easy tips, you'll be out enjoying the sunshine in no time:

- Hydrate, hydrate, hydrate;
- Avoid being outside during the hottest part of the day;
- Wear light, loose clothing to let air circulate;
- Hat and sunglasses are not only fashion statements, but also imperative in protecting yourselves;
- Apply sunscreen with at least SPF15 or higher and re-apply as necessary; and
- Don't forget those life jackets when partaking in water sports and activities!

SW Transitway Update

On June 8, 2016, I held a Town Hall for Ward 13 residents concerning the SW Transitway. I was able to hear and discuss your concerns with the project and area development. The main concern I heard was regarding budget and ridership for the BRT project. Considering the budget is likey to double, coupled with the economic downturn, I could no longer support the project in its entirety.

Hearing my constituents, both for and against the project, helped to clarify the needs in our Ward to best help serve the community. Many aspects of the project have merit but as the voice for my constituents, I feel the appropriate course of action is to take a deep breath and put the project on ice.

If you were unable to attend or want your voice to be heard, I implore you to come to the Transportation & Transit meeting on July 20th at 9:30am to speak to the Committee for five minutes about your thoughts on the SW Transitway project. I also invite you to email my office at Ward13@calgary.ca.

Stampede 2016

Once again The Greatest Outdoor Show on Earth comes to Calgary July 8 - 17th bringing with them their signature western flair! With it comes a reminder of safety and security.

If you're going to enjoy all the festivities the Calgary Stampede has to offer, please remember to utilize public transit, taxi services or other alternative forms of transportation and help prevent drinking and driving on our city streets.

This is my Neighbourhood – Canyon Meadows

The results are in! Visit Calgary.ca/TIMN to see the list of This is my Neighbourhood improvement projects that Canyon Meadows and The City of Calgary are partnering on!

Over the past year, The City has been talking with residents in our neighbourhood to identify ways to help our community become an even better place to live, work and play.

Based on the feedback and ideas we received from our residents, we are pleased to partner with The City on a number of your requested neighbourhood improvement projects.

Thank you to everyone who participated in this program and took an active role in shaping the future of our neighbourhood!

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
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Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
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ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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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	
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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 Weather Information	511
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

- Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
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Fidelity INVESTMENTS

M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist
RBC Wealth Management
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DATE: Tuesday, August 30, 2016

LOCATION: **Canada's Sports Hall of Fame**
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Canada Olympic Park
Calgary, AB T3B 6B7

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

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- Being self-conscious of your smile
- Looking older than your age

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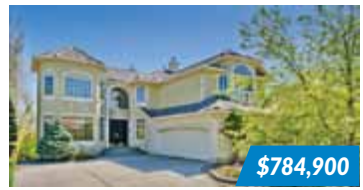

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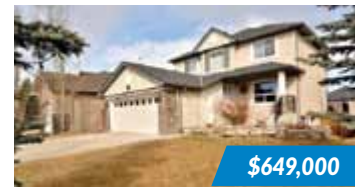

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