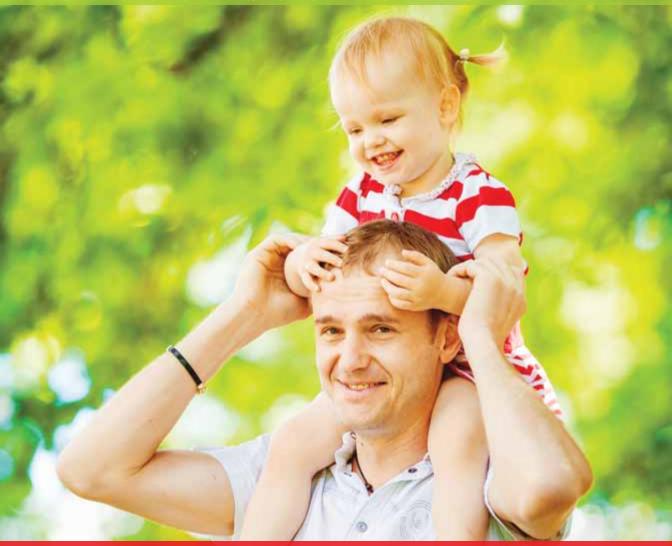
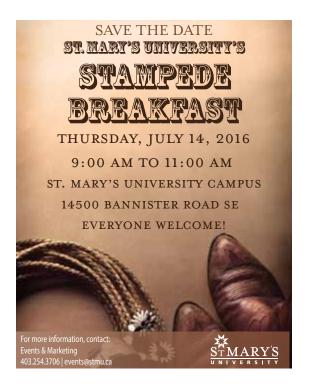
# **EVERGREEN**

BRINGING EVERGREEN & EVERGREEN ESTATES RESIDENTS TOGETHER







## ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

## STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

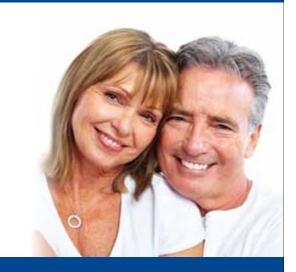
## **WE OFFER:**

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

## **Southcentre Mall**

Suite 126A, 100 Anderson Rd SE (403) 269-8308

## www.academydenture.com



Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



## Evergreen Community Association

PO Box 24007 RPO Evergreen #100, 2250-162 Ave SW president@myceca.ca| www.myceca.ca

## **Elected Officials**



Councillor Diane Colley-Urquhart Ward 13 Office P.O. Box 2100, Station M 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

## **NEWSLETTER AD SALES**



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

# CONTENTS

My Babysitter List 4

Trico Centre 5

SWCRC 6

Real Estate Update

Update 10
At A Glance 11

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









## Evergreen my babysitter list

Name	Age	Contact	Course	
Jack	13	403-201-0528	Yes	
Noah	13	403-477-5209	Yes	
Valeria	14	403-830-7991	Yes	
Gabrielle	14	403-201-0528	Yes	
Valeria	14	403-830-7991	Yes	
Holly	14	587-890-9295	Yes	
Kalysta	14	403-926-0563	No	
Mel	14	403-629-8404	Yes	
Aurora	15	403-266-2806	Yes	
William	15	587-352-7162	No	
Diana	15	587-481-4810	Yes	
Michelle	15	403-256-4366	Yes	
Cristina	15	403-245-5184	Yes	
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	
Jessica	18	403-826-6276	No	
Kenzie	18	403-861-9671	No	
Madeleine (Maddy)	19	403-975-5180	Yes	
Ria	20	403-470-9783	No	
Danita	21	403-990-0205	Yes	
Reina Cassandra	21	403-667-5493	No	
Natalie	34	780-237-5331	Yes	

## Calling All BABYSITTERS | Calling All PARENTS

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

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.



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.

#### **June at Trico Centre**

Trico Centre for Family Wellness is a non-profit, communityowned 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 February 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 five free passes\*

#### Spring Activities 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**

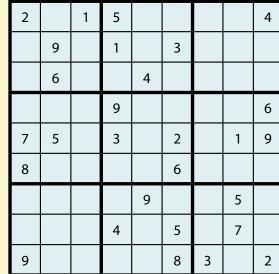
- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every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

Trico Centre is located at 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.

## SUDOKU



FIND SOLUTION ON PAGE 17

## Kidsland Daycare

17 months to 12 years

An excellent beginning to your child's education

403-251-2332

665 Woodbine Blvd SW

## Shawnessy Plaza Dental Clinic



## Dr. Roman Koutsil

"We don't sell dentistry — we give people a lifetime of smiles with natural-looking teeth!"

#### LOCATION

647 Shawcliffe Gate SW Calgary, AB T2Y 1W1 403-254-1124

info@smilesareus.ca | smilesareus.ca



## **South West Communities Resource Centre**

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8 Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

#### Connecting you to the Resources you Need

You live in one of the 28 communities served by the SW-CRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- · provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

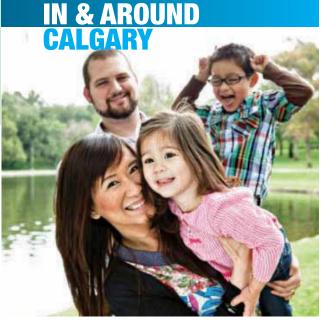
## **Neighbours Helping Neighbours**

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap (Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

#### **SWCRC Volunteer Opportunity: Parenting Group Assistant**

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we offer free child care for the parents' young children. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 - noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role, Call 403-238-9222 ext. 222.

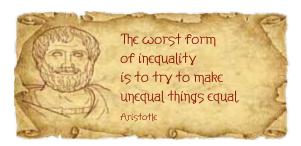


## **Enjoy some family time at Canada's largest** man-made wetland

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

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

For more information, visit calgary.ca/parksevents.





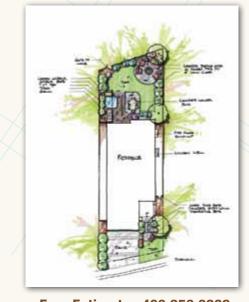
#### CUSTOMER SATISFACTION GUARANTEED



### We specialize in all forms of landscape and Construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- **Bulk Topsoil Deliveries**
- Through Tip Top Soil

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282 www.jacksonandjacksonlandscaping.ca

# IN & AROUND CALGARY

## **June and July Events in Fish Creek**

### Qi Gong and the Fish Creek Wellness Showcase

Qi Gong (pronounced Chi Gong) is a way of enriching and supporting the life energy that flows through all people and all things. It is an ancient form of exercise derived in China that features recurring movements that help to unify physical, mental and spiritual aspects in participants. This system can be beneficial for reducing stress, alleviating the effects of illness, and improving and maintaining physical well-being. Learn about the general principles and history of Qi Gong, follow along as Spring Forest Qi Gong Certified Instructor Diane Smith leads you in simple movements, and learn some of the basic exercises that you can practice at home.

June Fish Creek Speaker Series – Qi Gong and the Fish Creek Wellness Showcase:

Wednesday, June 22, 7:00 - 8:30pm at the Fish Creek Environmental Learning Centre



Outdoor Qi Gong Sessions: Tuesday nights, June 14 – July

6:30 - 7:30pm at the Bow Valley Ranch, Fish Creek Provincial Park

For more information or to register www.friendsoffishcreek.org/programs/wellness-clinics

#### **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! www.friendsoffishcreek.org/programs/capturenature

#### Parks Day & Creekfest

Free Fun for the Whole Family!

Sunday, July 17, 2016 11:00 am - 4:00pm, Glennfield, Fish Creek Provincial Park

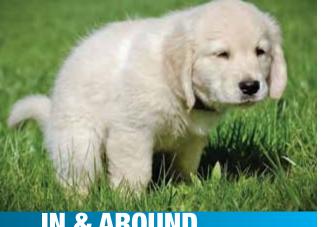
Celebrate Alberta's Natural Provincial Parks and Learn about Protecting our Watersheds at Parks Day & Creekfest! Juno-award winning Peter Puffin's Whale Tales will return to Fish Creek to host a concert and song writing workshop! Enjoy the performance "Good Night and Good Duck" from Alberta Parks' K-Country Interpretive Theatre! Coyote Kids Theatre will present "A Muskrat's Tail" and local musician Alex Boisselle will return to Fish Creek! Take part in an outdoor yoga session and fly fishing demonstration.

Enjoy interactive booths and activities hosted by community organizations dedicated to the environmental sustainability of our Provincial Parks! For more info: www.friendsoffishcreek.org/event/creekfest

#### **Full Moon Guided Meditation in Fish Creek**

Let go of outside distractions and just be. Join Naomi Parker and Gwen Draude Woolverton for outdoor meditation sessions on full moon evenings at the Bow Valley Ranch in Fish Creek Provincial Park.

7:00 - 8:00 pm on Monday, June 20 (The first day of summer!) Tuesday, July 19, and Thursday, August 18. Registration is recommended and fees apply. For more information, visit www.friendsoffishcreek.ora/programs/ wellness-clinics.



# **IN & AROUND**

## The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doodoo:

- 1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
- 2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
- 3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
- 4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
- 5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.



## IN-HOME CARE OPTIONS FOR YOUR CAT

- Wellness Exams
- · Geriatric Care
- Vaccinations
- · Palliative Care/End of life
- Dietary Counselling
   Laboratory Testing

Dr. Christine Hughton, DVM | 403-336-5890 www.caringforcats.ca | vet@caringforcats.ca





Fall Registration begins:

June 13 at 2 p.m. for current members

June 16th at 10 a.m. for new members For more information on classes and times, please visit our website: or call 403-251-3469

Glenmore Gymnastics Club is located at the Southland Leisure Centre



**Interior & Exterior** 25 years experience

Professional, Reasonable & Reliable **Power Washing Services** 

- All Paintina
- Stucco Paintina
- Drywall Repair
- Spray Painting
- Wood Staining
- Ceiling Painting

Licensed & Insured "Free Estimates & Advice" ALL WORK FULLY GUARANTEED

2 YEAR WARRANTY SERVING CALGARY & ALBERTA

South 403-252-1366



North 403-239-9022

Our website: www.aboutpainting.ca





LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees • Flowerbeds Fences • Decks • Landscape Designs and much more

#### WEEKLY LAWN CARE

Cut & Trim • Fertilize Pruning • Vacation Services and much more

2yr Quality Guarntee • WCB • Insured • Licensed • Bonded f @ 🛤 🚃

## **BRIDLEWOOD EYE CARE** YOUR NEIGHBOURHOOD VISION CENTRE

## **NEW OASYS 1 Day lens!**

Save \$5/box on any supply of lenses
Combine with Rebates for up to \$160 OFF 1 year supply

## **UV Groovy Days**

Free Sunglasses for kids 5 and under. June 11, 2016









Dr. Shikha Garg Dr. Anthony Iuliano Dr. Shazeen Manj OPTOMETRIST OPTOMETRIST

**315**, 2335 - 162nd Avenue SW (beside Sobeys)

**403.873.2123** 

www.bridlewoodeyecare.com

WE DIRECT BILL TO:



ast 12 Months Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$484,900.00	\$475,000.00

Last 12 Months Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	43	28
April 2016	38	27
March 2016	48	21
February 2016	24	14
January 2016	24	8
December 2015	6	15
November 2015	23	17
October 2015	26	18
September 2015	26	18
August 2015	29	26
July 2015	42	34
June 2015	34	37

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

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE

- July 1 to September 4 Legends of Rock N Roll: Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- July 17 Park Day and Creekfest: This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park, www. friendsoffishcreek.org
- July 19 to 24 Newsies: This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- July 21 to 24 Calgary Folk Music Festival: This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- July 22 to 24 Fiestaval Latin Festival: This free, familyfriendly festival is a multicultural celebration of Latin American culture, www.fiestaval.ca
- July 23 and 24 Pet-A-Palooza: A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- July 25 to 31 Calgary International Blues Festival: This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, 23 with workshops, concerts and special events. www. calgarybluesfest.com
- July 30 Making a Murderer's Dean Strang and Jerry **Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and 27 talk about what it means in broader terms, too.
- July 30 Inglewood Sunfest: This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www. inglewoodsunfest.ca

## **JULY 8 TO 17 CALGARY STAMPEDE**

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



## **JULY 21 TO 23 MILKY WAY NIGHTS**

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



## **JULY 30 SLIDE THE CITY**

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



## South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

# PAP test?

- · STI testing, contraception, HPV counselling.
- Patients may also self-refer for early prenatal care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment. Visit our website at www.thesundanceclinic.com

## The Sundance Clinic FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building 31 Sunpark Plaza SE Calgary T2X 3W5

## FREE APPLICATION TOOLS WITH THIS AD



## PROTECT

your investment

## SEAL

your own concrete



422 Manitou Road SE **\$ 877-240-2508** 

"Ask for Surecrete HS240 or HS340 for the ultimate in concrete waterproofing and protection"

HOURS Mon - Thurs 7-6 Fri - 7-5 Sat 8-2



www.hardrockdevelopments.com

# calgary reads

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

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

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

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

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

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

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

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

# 5 Tips for Preparing Kids for Summer Sports

It is now spring and the kids are getting excited for the start of the outdoor sport season. Here are some important points to remember to keep them smiling and free from injury this summer.

Set the Body up for Success: Sleep, nutrition and hydration all have an important effect on the exercising body. Make sure that your child is getting enough rest in the days leading up to practices and games. Eating energy-packed vegetables and staying hydrated will ensure adequate energy to perform at their best!

Warm-up the Body: Performing a dynamic warm-up prior to play is important to ensure that the body is ready for activity. Arm swings, knee bends and jumping jacks are some examples of fun, safe and effective warm-up exercises. Static stretching should only be done after activity during the cool-down as it can decrease strength and stability when done prior practices or games.

Add Movement Variety: Kids that participate in two to three different activities are more likely to avoid injury as compared to those who perform the same repetitive activities. Each activity involves a combination of movement patterns; some activities are based around running (soccer, track), some use one arm/shoulder predominantly (tennis, softball) and some are more full body activities (gymnastics, swimming, yoga). Adding

variety helps to prevent overuse of one particular area which may lead to a repetitive strain injury.

Avoid Activity Burn-out: Activities help kids to stay active physically and mentally but can also lead to stress, fatigue and immune system dysfunction if the child is over-committed. If your child develops chronic infections, colds or flu's, repetitive injuries or changes in overall mood, energy or personality, they may be experiencing activity burn-out.

Get a Pre-Activity Assessment: Body posture and alignment are visual cues that show how well the spine and nervous system are functioning. Gait, balance, flexibility, coordination and joint function should be assessed on a regular basis to ensure the child's body is functioning well for their appropriate stage of growth and development. When the spine and body are in great working order it allows our joints and muscles to work efficiently and facilitates optimal blood flow, nerve function, breathing and healing. When we optimize the body it keeps us free from repetitive strain injury - the most common type of athletic injury in kids!

Summer sports are a great way for kids to meet new friends, get adequate physical activity and learn new skills. Incorporating some of these tips will help our little athletes stay healthy, prevent injuries and keep them out on the field having fun!





- ✓ Small Company ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490



# **BUSINESS CLASSIFIEDS**

**NEPTUNE PLUMBING & HEATING LTD:** Oualified journeymen plumbers/gasfitters, very experienced in Evergreen. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Evergreen area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**QUALITY CLEANING SERVICES:** Professional, consistent, dependable and affordable. Residential and commercial cleaning, post construction, move in / move out. Please call for a free estimate at 403-667-2503.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/ electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

#### DOUBLE DIAMOND PLUMBING AND HEATING LTD:

A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gal-Ion Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed, X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

# **BUSINESS CLASSIFIEDS**

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kinds of interior exterior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.calgaryabpaintingservices.ca. Thank you.

ART WORKSHOPS FOR ADULTS: Never painted before? Take your friend for a tea party, painting and some great time. Go home with a completed picture that you've created. All materials are included. Discounts for a party of four or more. Call Sonia 403-238-3827. Or email gellersonia@gmail.com.

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

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**ESTABLISHED DAYHOME:** Preschool learning style. On street accessing Fish Creek Park walkways. Quick access from 37 St. Learning, walking, playing, baking, dancing, crafting, we do it all. Full time, part time, before and after school care (pick ups from Woodbine Elementary School). Also available: Evening/overnight babysitting in my home. Call 403-809-2034.

GARDEN GURUS: We do spring clean-ups, planting, transplanting, design and monthly maintenance for your garden beds. We provide friendly service, thorough work and reasonable rates. Initial jobs for new customers should be a minimum of eight hours. Call Beth at 403-618-3656 or e-mail nicholsons@telus.net.

PIANO LESSONS: Offered by experienced, enthusiastic teacher with European background. Individualized approach for every learning type. Exams, recitals, festivals are offered. Register for September and receive the best time table. For more information call Sonia 403-238-3827 or email gellersonia@gmail.com.

**NEW, RENO AND REPAIRS:** Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

**WORK FROM HOME:** We help families get out of debt! Our team of Moms and Dads has found a proven system to earn income from home. Choose your hours, take control of your future. No large investment, product sales, or parties. Shop, save, and refer others to do the same. Please call Lindsay 403-630-4218.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/ shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

CHILD CARE SERVICES: Second Home offers a safe, educational and recreational care for your child. Snacks and lunch provided. We speak English and Spanish. We have more than 2 years of experience in Canada. Contact Laura and Ana at 587-707-1585 and 403-383-5314 or secondhomechildcaresw@gmail.com for service list and pricing.

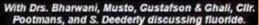
**ESSENTIAL OILS FOR WELLNESS:** Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

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

## COUNCILLOR. **WARD 13 DIANE COLLEY-URQUHART**

Email: dcolley@calgary.ca Phone: 403.268.1624 Twitter / Instagram: @BigRedYYC FB: Facebook.com/dianecu Website: CouncillorDiane.ca







### June Events Coming Near You!

June will be a jam-packed month with a number of different events that I hope you will attend and meet with myself and my staff. Please see below and mark those calendars!

#### **SW Transitway Town Hall with Councillor Diane**

- Date: Wednesday, June 8, 2016
- **Time:** 7:00pm 8:30pm
- Location: Woodcreek Community Association (199 Woodview Drive SW)
- · Have your questions ready and please join me as we discuss the SW Transitway project and where I stand on it. \*Please note this town hall will not include City staff.

#### Ward 13 Mobile Town Hall

- Date: Saturday, June 11, 2016
- Time: 11:00am 2:00pm
- Locations: TBA Stay tuned to my website and social media channels for announcements!
- I invite you to meet with me and the *Engage!* team as we tour around in the Action Plan Check-In bus and stop at different locations in South Calgary to discuss the Action Plan Check-In. Meet with the team and I and tell us what your priorities are in Calgary's current economic state.

## **Dog Park Open House**

- Date: Wednesday, June 22, 2016
- Time: 5:30pm 7:00pm
- Location: Woodcreek Community Association (1991 Woodview Drive SW)
- · In partnership with the Providence Dream Developers, we will present a presentation right at 6:15pm on our dog park strategy and listen to your feedback.

#### **Deerfoot Trail Open House**

- **Date:** Thursday, June 23, 2016
- **Time:** 7:00pm 9:00 pm

- Location: First Alliance Church (12345 40<sup>th</sup> Street SE)
- Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house I will be co-hosting to talk about the past, present and future of Deerfoot Trail. In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.

### The Intersection of Shawnessy Blvd and Shawnessy Drive

It has been brought to my attention that the intersection at Shawnessy Blvd and Shawnessy Drive is in need of a Rectangular Rapid Flashing Beacon (RRFB), otherwise known as a pedestrian street crossing. As this intersection is in front of Silvera for Seniors, we need to ensure the safety of all pedestrians and drivers.

Within the last five years, there have been six collisions reported (five in 2010, one in 2012). Luckily, none of these involved pedestrians and were all collisions relating to vehicle damage. However, I have now heard several stories relating to near-misses that should never have happened in the first place.

#### What is qualified for an RRFB?

- Whether the location is on a neighbour blvd / urban blvd or on a pedestrian priority area
- Pedestrian involved casualty collisions in last five years
- Pedestrian, traffic, bicycle volume & speed limits
- Available sight distance & roadway cross section
- Proximity to school, playground or seniors residence
- Proximity to existing overhead pedestrian corridor or signal/ pathway, midblock or crossing desire line

Based on the above criteria, it is clear that an RRFB is required here at this intersection. I will ensure the appropriate measures are taken immediately to have a pedestrian street crossing implemented here.

## **IMPORTANT NUMBERS**

ALL EMERGENCY CALLS

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

## DISCLAIMER

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

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

# COMMUNITY

## Deadline - 1st of each month Contact news@great-news.ca

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

## BRAIN SUDOKU

		11						
2	3	1	5	6	7	8	9	4
4	9	8	1	2	3	5	6	7
5	6	7	8	4	9	1	2	3
1	2	3	9	5	4	7	8	6
7	5	6	3	8	2	4	1	9
8	4	9	7	1	6	2	3	5
3	7	4	2	9	1	6	5	8
6	8	2	4	3	5	9	7	1
9	1	5	6	7	8	3	4	2

## Published by:



Proudly serving Evergreen for 4 years!

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

> **DELIVERED BY** Canada Post

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



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

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

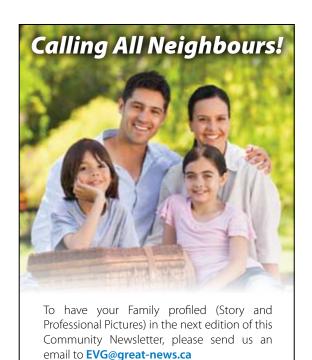
Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

#### There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. "Member-Canadian investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. @ RBC Dominion Securities Inc. 2015. All rieths reserved is 5 9701 880 of 1801.



## Specializing in new beginnings Sold in the Last 60 Days Woodbine Woodlands 2 Storey Split avg. sale \$543,475 2 Storey Attached avg. sale \$323,500 2 Storey avg. 2 storeys avg. sale \$514.429 sale \$618.300 2 Storey Attached Split Level avg. 4 Level Split avg. Bungalows avg. sale \$461.450 Thinking of buying or selling? 'acreb' Lynda Kisil, Associate 279 Midpark Way SE c: 403.836.0947 | o: 403.256.3888 | e: lkisil@telus.net

## INTERIOR AND EXTERIOR RENOVATIONS



Any home renovations including, but not limited to, kitchens, bathrooms, basements, windows (PlyGem window and door dealer), siding, stonework and roofing. SHOWTIME does it all. Design services included at no extra cost. Thirty years experience. Licensed, insured, WCB. Professional, experienced trades.

Award winner Calgary Home + Design Show and Calgary Home and Garden Show.

References and viewings of finished designs related to your requirements available upon request

For a FREE initial consultation call 403.818.3118 | 403.819.8753 or visit www.showtimehomedesign.com





Personalized High Quality Dentures from the Denturist who Cares!

- New Complete & Partial Dentures
- Implant Dentures on your implants
- Relines, Repairs & Adjustments
- Complex and Standard Dentures
- Consultations & referrals provided to General Dentists and Specialists

Oakridge Co-Op Mall Suite 49, 2580 Southland Drive SW Charles Gulley, DD, F.C.A.D. Denturist – Denture Specialist



Striving to Improve Lives – One Denture at a Time!

Call to Book Your Appointment: 403-251-1522 www.OakridgeDenture.com

## — IVECEES FAMILY PHYSICIANS AND WALK-IN CLINIC

635 Shawcliffe Gate SW Calgary, AB T2Y 1W1

Tel: 403-457-5009

Dr. Taofik A Adedeji, MBBS, LMCC, MCFP

**Medical Centre** 

Dr. Chika Odunze, MBBS,DCH,DFFP,MRCGP,CCFP Female doctor accepting new patiens.

## **NO WAIT TIMES**

Close to Bus Stops & C-Train Station

#### **HOURS OF OPERATION**

Monday - Friday: 9-7pm Saturdays 10-5pm Sundays Closed



Our mission and ethics are centered around Fivecees, **committed**, **compassionate**, **consistent**, **continuous** and **comprehensive** quality healthcare for you and the ones you love.



## **BUYING OR SELLING?**

Exceptional one-on-one service from start to finish





97 Evermeadow MR SW C4060109



19 Evergreen Heights SW C4052214



107 Evergreen Square SW C4052824



What is Your Home Worth? Call Me 24/7 for help 403.861.9554 | www.haraldhubner.com



Parkside Interiors Ltd.
INTERIOR HOME RENOVATIONS
403.861.9554 hhubner@shaw.ca

Bathroom & Kitchen Renovations Basement Developments Custom Tiling & Painting Services All jobs big or small

