

JULY 2017

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THE OFFICIAL GLENBROOK COMMUNITY NEWSLETTER





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**MOUNT ROYAL UNIVERSITY
INNER RING ROAD CLOSURE
ON JUNE 30**

For safety reasons, community traffic will be permanently rerouted along Richardson Way SW and Richard Road SW.

EA Faculty of Arts Building
EB Bissett School of Business
EC Roderick Mah Centre for Continuous Learning
ED Taylor Centre for the Performing Arts
RLLC Riddell Library and Learning Centre
R Recreation





GLENBROOK COMMUNITY ASSOCIATION

3524 45 St SW, Calgary, AB T3E 3V2
403-249-6664 | Email: Glenbrook.Community@shaw.ca

Delivered monthly to 4,400 households and businesses

Editorial Submissions

glenbrook.community@shaw.ca
All editorial content must be submitted by the 5th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

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T2C 2K2

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www.great-news.ca



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 and Glenbrook Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Glenbrook Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
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
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654



Glenbrook Community Association Board of Directors/Contact List

Glenbrook.Community@shaw.ca • (403) 249-6664

President	Murray Ost	Glenbrook.president@shaw.ca
Vice-President	Andrew Del Bucchia	Glenbrook.vicepresident@shaw.ca
Past-President	Ken Weaving	Glenbrook.community@shaw.ca
Secretary	Haley Bent	Glenbrook.secretary@shaw.ca
Treasurer	Kerry McGuire	Glenbrook.treasurer@shaw.ca
Hall Rentals	Shirley Barge	(403) 249-6664, (403) 242-4821 Glenbrook.hall.rentals@shaw.ca
Memberships	Mary Kuipers-Morris	Glenbrook.community@shaw.ca
Newsletter Editor	Leah Arends	leahearends@gmail.com
Rink Coordinator		Nicole Schroeder/Darren Morrison
Outdoor Programming	Bill Stamile	Glenbrook.programs@shaw.ca

Hall Rentals

- Monday to Thursday Daytime (07:00 to 17:00) \$25/hour
- Monday to Thursday Evening (17:00 to 22:00) \$30/hour/minimum 3 hours
- Friday, Saturday, Sunday (10:00 to 02:00) \$350/day (Community resident member \$300/day)

- Wedding Package Friday 18:00 to Sunday 12 noon \$700 Includes use of Boardroom and upstairs.

Security Deposit

\$500.00 per rental, returnable after 7 days passed the event

Boardroom

Monday to Thursday (18:00 to 22:00) \$75

Sport Shack

- Sunday to Saturday (08:00 to 22:00) \$25/hour/min. 2 hours
- Storage Lockers(rooms) \$75 to \$95/month. For sport equipment use by sport groups only.



PRESIDENT'S MESSAGE

This is the first summer publication of the Glenbrook Globe and I am excited to share with you all the events this season brings to our community. As you are aware, the Glenbrook Community Association takes a break from our regular meetings in July and August. Our volunteers, however, will continue working in and around the community to help make Glenbrook one of the best places to live in Calgary. Our hockey rink renovations are now complete and we are proud to offer Glenbrook residents a year-round outdoor facility. Many new and old activities are now part of the outdoor rink to use during the summer months. Stop by to check it out over the summer, but don't forget to bring your running shoes. You can always reach me by email at glenbrook.president@shaw.ca or call me at 403-616-4644.

Please remember the playground zones are in effect until 9:30 every night.

Take care and enjoy the summer,

*Murray Ost
President*



What's going on in our community? Check the Glenbrook Facebook page and find out! Like our page and engage with your neighbours and fellow community members. www.facebook.com/glenbrookcommunity

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MEET THE BOARD

Glenbrook, like many communities is run by volunteers. Our board is small and we need help to put on the activities and events the community members are asking for. Want to volunteer? Contact glenbrook.community@shaw.ca.

President: Murray Ost
(Glenbrook.President@shaw.ca)

Murray is returning for his 20th year as President of the Community Association.

Vice-President: Andrew Del Bucchia
(Glenbrook.VicePresident@shaw.ca)

Moving on from his role as treasurer last year, Andrew will be Murray's right-hand man, as VP of the Community Association

Past President: Ken Weaving
(Glenbrook.Community@shaw.ca)

Ken continues on filling the role as Past President, supporting Murray and the rest of the board.

Treasurer: Kerry McGuire
(Glenbrook.Treasurer@shaw.ca)

Kerry starts her first year on the board as the Treasurer.

Secretary: Haley Bent
(Glenbrook.Secretary@shaw.ca)

Haley is also joining the board this year as the Secretary

Memberships: Mary Kuipers-Morris
(Glenbrook.Community@shaw.ca)

Mary has been the Secretary on the board for several years. She'll now try her hand at membership coordination

Hall Rentals: Shirley Barge
(Glenbrook.Hall.Rentals@shaw.ca)

Shirley takes care of the hall. If you'd like to rent the hall, boardroom, or skate shack, contact Shirley.

GLENBROOK COMMUNITY ASSOCIATION MEETINGS

Did you know that **anyone** can come to the Glenbrook Community Association meetings? They aren't just for board members. Everyone in the community has a voice... and we'd love to hear it.

Meetings are held the first Thursday of every month from September to June at the Community Hall (3524 45 St. SW) from 7-9pm.



Meeting Dates:
September 7, 2017
October 5, 2017

STAMPEDE LUNCH

Abundant Life Church and Emmanuel Christian Reform would like to invite you to our Stampede Lunch!

Date: July 8, 2017
Time: 11:00 a.m. - 1:00 p.m.
Location: Abundant Life Church, 3325 49 Street S.W.



Come out and try a great new sport - Padel

LEARN TO PLAY PADEL
All ages are welcome!

Wednesday evenings July 5, 12, 19 & 26
7:00 pm. to 8:30 pm.
(\$45 for adults, \$15 for kids: includes membership to CPC)

Thursday mornings July 6, 13, 20 & 27
10:00 am. to 11:30 am.
(\$45 for adults: \$15 for kids; includes membership to CPC)

FUN SOCIAL TOURNAMENT DATES

Mark your calendars!

- Saturday July 1 (4--6 pm) Canada Day Celebration at Glenbrook
- Friday/Saturday (July 21--22) Evolution of Padel
- Saturday/Sunday (Aug. 26-27) Summer Saviour
- Friday/Saturday (Sept. 16--17) Calgary Open

We are now recruiting Junior players (ages 12 to 17) with prior racquet skills for our elite national team program.

Please also watch for programs/schedules on the updated notices at the courts. Sign ups are required at least two days in advance. In some cases space is limited. For all inquires and registrations please email: info@calgarypadel.ca. All events take place at the Glenbrook Community Rink Padel Courts.



CALGARY INTERNATIONAL BLUES FESTIVAL – SHAW MILLENNIUM PARK, JULY 31 – AUG. 6

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



TOUR DE BOWNESS – 6501 BOWNESS RD. N.W., AUG. 5 - 7

This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: tourdebowness.com.



GLOBALFEST – ELLISTON PARK, AUG. 15 – 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.



AUGUST AUGUST AUGUST

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Captain's Cruises – Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 – Aug. 4 – 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most action-packed stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmostampede.com.

Taste of Calgary – Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.

Puppies and Prosecco-Dining with Your Dog – Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-and-prosecco-vin-room-tickets-33841948178.

West Side Story – StoryBook Theatre, Aug. 19 – Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.

GLENBROOK COMMUNITY

BASKETBALL

Basketball is a sport that is played by two teams of five players on a rectangular court. The objective is to shoot a ball through a hoop 18 inches (46 cm) in diameter and mounted at a height of 10 feet (3.048 m) to backboards at each end of the court. There are many techniques for ball-handling—shooting, passing, dribbling, and rebounding. Basketball teams generally have player positions, the tallest and strongest members of a team are called a center or power forward, while slightly shorter and more agile players are called small forward, and the shortest players or those who possess the best ball handling skills are called a point guard or shooting guard. The point guard directs the on court action of the team, implementing the coach's game plan, and managing the execution of offensive and defensive plays (player positioning) Basketball is one of the world's most popular and widely viewed sports.

CONTACT

GLENBROOK COMMUNITY ASSOCIATION

Glenbrook.community@shaw.ca



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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 a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



MP Calgary Signal Hill
Ron Liepert

#2216, 8561 8A Avenue SW, Calgary, Alberta T3H 0V5
403-292-6666 403-292-6670 ron.liepert.C1A@parl.gc.ca

This past May, we said goodbye to Rona Ambrose as interim leader. Rona was a champion for all Albertans, presented a strong conviction for justice within the House of Commons, and displayed her deep passion for improving the lives of Canadians across the country. Her overwhelming support was made clear during her tributes from our caucus and fellow Members of Parliament. Thank you, Rona, for your service to all Canadians.

Going forward, I would like to welcome Andrew Scheer as the new leader of the Conservative Party. I look forward to working with him in Ottawa.

Over the past legislative year, my colleague and Conservative Member of Parliament Michael Cooper re-introduced Bill S-217, Wynn's Law, to the House of Commons. Wynn's Law would require that the Crown disclose the criminal history and outstanding charges of bail applicants. Bill S-217 was proposed in response to the murder of Constable David Wynn, who lost his life to career criminal Shawn Rehn. Currently, under the Criminal Code, it is discretionary for prosecutors to present the criminal history of an accused at their bail hearing. Wynn's Law would close this loophole. Despite passing the 2nd reading in the House of Commons, Wynn's Law was defeated by the Standing Committee on Justice and Human Rights, as it voted to recommend that the House of Commons not proceed with the bill.

In March, the Liberal government tabled the budget for 2017. As member of the Official Opposition and Vice Chair of the Finance Committee, I have worked with my colleagues to find areas to criticize within the budget. I have been disappointed with the lack of tangible choices or measures made by the budget. It does not provide relief for unemployed Albertans, nor does it address the priorities of Albertan families. There has been no plan made to balance the budget before 2050-2051, and large structural deficits have been forecasted for the next five years. In Finance Committee, we have studied the subject matter of Bill C-44, An Act to Implement Certain Provisions of the Budget Tabled in Parliament on March 22, 2017 and Other Measures. Within committee, I have stood up for Albertan interests,

making it clear that a strong Albertan economy and oil and gas sector benefits the entire country. At Finance Committee and in the House, our Conservative caucus will continue to hold the government to account to ensure that the voices of Albertans are heard in Ottawa.

As always, your feedback is welcomed and valued. Now that the House of Commons has adjourned for the summer, I hope to see many of you around in the neighbourhood. I wish everyone an enjoyable summer with family and friends, and hope you find an opportunity to participate in a number of events celebrating Canada's 150th birthday!

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalattitudes.org.

DOWNSIZING AND STILL DOWNSIZING. Too many items to list them all! Artificial flowers and vases—not junk. Kitchen appliances, new or slightly used. Some mens items. World War II pictures. Small tool items: drill bits, socket sets. Collectables. 100 year old CP picture. Flat screen 13" TV. Just like a garage sale only cheaper and better! For more information, please call 403-255-1955.

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GLENBROOK COMMUNITY

MEMBERSHIPS

GLENBROOK COMMUNITY MEMBERSHIP

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. You can become involved with your community association in two important ways:

1. Become a member – when you purchase your annual Glenbrook membership, your dues are used to offer you and your neighbours many programs and activities.
2. Become a volunteer – Glenbrook Community Association relies on volunteers to make things happen. There are many ways to volunteer to make your community a more enjoyable place to live. At the same time, you will make new friends and learn new skills.

Membership forms and payment can be dropped off at the Glenbrook Hall mail slot, mailed to 3524-45 St SW, Calgary, AB T3E 3V2 or purchased at community events.

CONTACT

3524 – 45 Street SW
Calgary, AB T3E 3V2
Glenbrook.Community@shaw.ca
(403) 249-6664



September 1, 2016 to August 31, 2017

Membership fees: \$25 per family (includes any family member living at same address) or \$20 for Senior (65 years and older) or individual. Please make cheques payable to: Glenbrook Community Association

Name: _____

Address: _____

Postal Code: _____ Phone: _____

Email: _____

Are you interested in volunteering? Yes No



**MLA Calgary Currie
Brian Malkinson**
2108 B - 33 Avenue SW
Calgary, AB, Canada T2T 1Z6
403-246-4794
403-686-1543
calgary.currie@assembly.ab.ca

When I worked as mechanic and then later, as a diesel engine salesman, I was lucky to have had positive experiences with each of my employers. But my experience is not everyone's experience. And that is why I am proud of the changes our government is making to ensure that Alberta has fair, modern and family-friendly workplaces that support our growing economy.

One of the bills of this past session was Bill 17 - Fair and Family-friendly Workplaces Act. This brought our Employment Standards Code and Labour Relations Code legislation in line with trends and standards across Canada. These amendments will make life better for Alberta families and protect vulnerable Albertans by, for example, repealing the ability for employers to pay employees with disabilities less than minimum wage. Albertans also had to work for one year before they were able to access compassionate care, maternity and parental leave. That was the longest wait period in Canada. Our government has reduced that period to 90 days like Saskatchewan, Manitoba, Quebec, and Nova Scotia.

Because all Albertans deserve to be treated fairly at work, you are now eligible for new unpaid leaves that would provide up to 36 weeks of job protection for parents with critically ill or injured children. Parents caring for a critically ill child should not have the extra stress of worrying about if they will have a job once they return to work. In addition, 36 weeks of job protected leave applies to those fleeing domestic violence. A new unpaid leave provides up to 10 days of job protection per year for employees addressing a situation of domestic violence. And as we celebrate Canada Day this July first, I am happy that we are providing new Canadians with a half-day leave so they will not lose their job for attending their Canadian citizenship ceremony.

This session also saw the passing of Bill 205 – Advocate for Persons with Disabilities Act – We will be one of three provinces in Canada to have such an advocate. I continued my consultative work on my own bill, The Henson trust. I travelled to Lethbridge in June, and in July I will hold a consultation in Medicine Hat. Thanks to

all for your excellent contributions. I look forward to this becoming the law of land in Alberta.

Here in Calgary Currie I recently attended the opening of a newly renovated affordable housing unit in Bankview. This Calgary Housing Company renovation provides 26 households with modern, safe, and affordable housing, and is part of a \$1.3 million investment in senior and affordable housing in our riding. In June, I saw many of you at the Lilac Festival and I look forward to seeing many more of you at my Stampede Breakfast at the Glenbrook Community Association on July 9th from 9:00-11:30pm. We will have food with halal options, face painting, music, and even wiener dog racing! I'd love to visit your events too - please contact me at the office, or on Facebook or Twitter @BrianMalkinson.

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Programs run weekdays and are weather dependent.

Dates: July 3rd - July 7th
Community: Glenbrook
Address: 3524 45th St. S.W.

In partnership with Glenbrook Community Association.

Stay n' Play FREE

Ages 3Y - 5Y
10 a.m. - noon

Participants must be accompanied by an adult/guardian

Park n' Play FREE

Ages 6Y - 12Y
10 a.m. - 3:30 p.m.

For more information visit calgary.ca/community/summerprograms.

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Glenbrook Community Association

3524 45 St SW, Calgary, AB T3E 3V2

(403) 249-6664 • Email - Glenbrook.Community@shaw.ca

Last 12 Months Glenbrook MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$549,450	\$564,000
April 2017	\$699,900	\$692,500
March 2017	\$589,900	\$575,000
February 2017	\$550,000	\$545,000
January 2017	\$539,900	\$559,500
December 2016	\$579,900	\$566,000
November 2016	\$548,888	\$525,000
October 2016	\$534,900	\$535,000
September 2016	\$689,900	\$675,000
August 2016	\$542,900	\$521,000
July 2016	\$379,900	\$365,000
June 2016	\$484,450	\$483,750

Last 12 Months Glenbrook MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2017	5	4
April 2017	8	3
March 2017	2	7
February 2017	7	5
January 2017	7	4
December 2016	2	3
November 2016	4	7
October 2016	8	5
September 2016	6	13
August 2016	7	1
July 2016	8	5
June 2016	6	10

To view more detailed information that comprise the above MLS averages please visit glenbrook.great-news.ca

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NEED A HOUSE OR PET SITTER? Enjoy peace of mind knowing your house and/or pet is in good hands while you are away. Reliable adult experienced with dogs and cats. Regular house checks vary depending on your needs. References available. Phone / Text: 403-863-9146 Email: cb.1@live.ca.

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

MUELLER BROTHERS CONTRACTING: Free estimates on all projects! Journeyman carpenter with 30 years' experience. Fully licensed, insured and bonded, for your protection. Renovation, development, fences, decks, we do it all. All work done to Alberta building code. Call Tim for information. 403-560-8169/ muellerbrothers.ca.

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Art Out-of-Doors

Summer is here, and I'm sure many of us are looking for ways to experience the arts out-of-doors, in the sunshine (hopefully not in the rain!) Like the warming rays of the sun give us vitamin D, helping to improve our mood and overall personal well-being, so does listening to music, viewing art, or seeing live theatre. According to the Canadian Council of Chief Executives, "the quality of a community's cultural infrastructure has a direct impact on quality of life."

Fortunately for us in Calgary, there are some fabulous opportunities to get our happy on and enjoy the arts outside during the month of July. Kick off your summer season with the free Canada Day celebration on Olympic Plaza with music, parades, and of course, fireworks! Among many other exciting events that day, Arts Commons and The City of Calgary are inviting 1,500 musicians to perform *Four Strong Winds* together with legendary Alberta musician, Ian Tyson – for free! To view the full lineup of Canada Day activities, you can visit Calgary.ca/Canada150.

Also happening in July, Music in the Plaza returns to Heritage Park, giving you a great opportunity to introduce your kids to a music performance without the pressure of having to sit still, and Theatre Calgary's Shakespeare on the Bow is back for another year with *As You Like It* at Prince's Island Park. Then, of course, there's the ever-popular Calgary Folk Music Festival where you can stroll from stage to stage enjoying an all-star lineup of folk musicians carefully selected for your listening enjoyment. What better way to enjoy your summer months than to combine the arts and fun in the sun?

For a full list of Calgary's festivals this summer, indoor and outdoor, you can visit todocanada.ca/festivals-in-calgary.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.



Councillor, Ward 6

Richard Pootmans

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www.calgary.ca/ward6

Happy Canada 150! I hope everyone enjoyed this extra-special July 1st Canada Day with friends and family, whether you were at one of the many celebrations in Shaw Millennium Park, Fort Calgary, Confederation Park, Olympic Plaza, Studio Bell, Chinatown, Prince's Island Park, Glenbrook's Sports Day Grand Opening, or in your own backyard.

Calgary truly comes alive in July and there is no shortage of things to do, regardless of your age. City-wide, you can enjoy the Calgary Stampede, Shakespeare by the Bow, Calgary Turkish Festival, Fiestaval, Calgary Folk Music Festival, go on a cemetery tour, or explore a Mobile Adventure Playground in many of Calgary's parks.

Ward 6 also has great community events and opportunities you can enjoy. Here are some highlights:

Stay n' Play and Park n' Play

This increasingly popular program for children aged 3-12 is open to all and at no cost. You can drop off your kids (Park n' Play) or join them (Stay n' Play) for a week of activities including crafts, games, and active play. Make new friends and learn healthy and active lifestyles in a safe, supervised environment. Glenbrook and Glendale will be offering both programs on the following dates:

Monday, July 3 – Friday, July 7

Glenbrook Community Centre (3524 45 Street)

Monday, July 17 – Friday, July 21

Glendale Meadows Community Association (4500 25 Avenue)

Programs run weekdays and are weather dependant. Look forward to August opportunities in Signal Hill and Strathcona!

For more information or to fill out the sign-in form, visit Calgary.ca and search "Children's Summer Programs" or call 3-1-1

Mobile Skate Park in Glendale

The City hosts temporary mobile skateparks from Spring to Fall, and is free to skateboarders, inline skaters and

scooter users of all ages. From July 4 to 24, a park will be constructed in the Optimist Arena in Glendale (5020 26 Ave SW) with a combination of roll-ins, fun-boxes with rails, pyramids with rails, grind-boxes, quarter pipes, wall rides, and half pipes.

For more information, visit Calgary.ca and search "Mobile Skateparks" or call 3-1-1

Community Association Stampede Breakfasts! West Springs Cougar Ridge 8th Annual Charity Stampede Breakfast

Saturday, July 8 from 9am – 12pm

West Springs Village (85 St SW & 9 Ave SW)

Tickets are \$5 and all proceeds are donated to the Alberta Children's Hospital Foundation.

Glendale/Glendale Meadows Stampede Breakfast

Saturday July 8 8:30am – 11:30am

Glendale Community Hall

All welcome! Bring your GGMCA membership card to skip the line.

Coach Hill Patterson Heights

Monday, July 10 from 8:30 – 11:00 am

Coach Hill Plaza (20 Patterson Blvd SW)

All are welcome! Good food, live music, dance, and a bouncy castle.

Discovery Ridge Stampede BBQ

Sunday, June 11 from 4 – 7pm

Discovery Ridge Recreation Facility (corner of Discovery Ridge Hill and Discovery Ridge Blvd)

Green Cart Collection Reminder

Finally, a reminder that green cart collection begins in Ward 6 during the week of July 17. Please remember to use certified compostable bags, and sign up for reminders of the new collection schedules!

If you haven't received your cart, or have additional questions, please visit Calgary.ca/GreenCart or contact 3-1-1



The Grey Jay

Article by J.G. Turner

In 2016, the Royal Canadian Geographical Society asked Canadians to identify candidates for an 'official' bird for Canada, intending to lobby the Canadian Government to make the final choice official to mark Canada's 150th birthday in 2017. The winner was the Grey Jay which is also known as the Gray Jay, the Canada Jay, the Whisky/Whiskey Jack, the Camp Robber, the Meat Hawk and the Moose Bird.

The Grey Jay is the only grey coloured Jay in North America and is 28 to 33 cm (11 – 13 in) from beak to tail's tip, has a 45 cm (18 in) wingspan and weighs about 70 g (21.5 oz) The Grey Jay is a large fluffy grey bird with white head, black nape, short black bill, and long tail but no head crest. It has variations in its colouring in different regions and is often visually confused with Northern and Loggerhead Shrikes. This mischievous bird lives year round in every province and territory of Canada, thriving in cold temperature extremes (up to -30 C). The Grey Jay is found in boreal regions from the tree limit in the far north through mountains and foothills, coniferous and mixed forests, bogs and fens, picnic and campsites across the country.

Fun Facts:

- The Grey Jay is a member of the Corvidae family of birds, along with other Jays, Crows, Magpies and Ravens. This is a highly intelligent group of birds known

- for their boisterousness, persistence and adaptability to the presence of humans in their environment. The Grey Jay is said to have the same "brain to body size ratio" as dolphins and chimpanzees!
- These birds are of the earliest nesters in Alberta, laying eggs as early as late February. This gives their young most of the year to learn to forage and store food for their first winter.
- Grey Jays are omnivores and eat seeds, scavenge carcasses (part of nature's clean up crew), and eat eggs and nestlings of other birds.
- Grey Jay cold weather adaptations include:
 - catching small chunks of food by covering it with their sticky saliva, and 'gluing' the food to tree trunks, twigs or conifer needle clusters. The Grey Jay remembers where it stores this food!
 - allowing solar radiation to penetrate their feathers while still keeping their insulating qualities; and
 - decreasing their body temperature at night.
- You may be able to attract the Grey Jay to your backyard feeder with suet, rolled oats, shelled sunflower seeds, or dry dog and cat food.

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

Glenbrook mybabysitterlist

Elizabeth	14	403-253-7269	Yes
Alison	15	403-244-2154	Yes
Faith	16	403-618-6040	Yes
Hassnaa	32	403-606-4024	Yes
Katie	19	587-700-1009	No
Sydney	26	403-993-5441	Yes

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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.

OH, CANADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!

The collage features the following text in speech bubbles:

- The 4-season day
- Canadian Tire money
- Respect for wilderness
- House Hippo
- Mr. Dressup
- There is a sense of community that people can and want to contribute to.
- Beautiful Canadian natural landscapes that we are actively trying to preserve.
- Canadians have the right and freedom to practice our choice of religion.
- All Dressed/ Ketchup Chips
- Canadians seek commonalities when meeting someone new.
- Sorry!
- Best beef in the world!
- Wayne Gretzky
- Equal access to necessities of life.
- We know the French equivalents of "free," "prize," and "no sugar added," thanks to our extensive education in bilingual cereal packaging.
- Our differences are not only accepted, but celebrated.
- We have a strong multicultural identity with a multitude of various backgrounds and religions.
- Universal health care
- Heritage Minutes
- Kraft Dinner

Icons include a beaver, a polar bear, a soldier in a red uniform, a moose, a hockey stick, a winter hat, a totem pole, a person in a hijab, and a maple syrup bottle.

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