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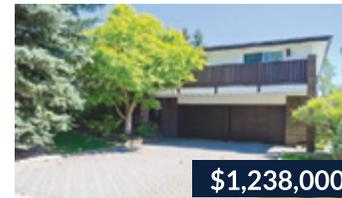
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IN & AROUND CALGARY

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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Fax: 403-268-8091
Email: ward11@calgary.ca
Web: www.calgary.ca/ward11



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Calgary-Glenmore
#A208, 1600 - 90th Avenue SW
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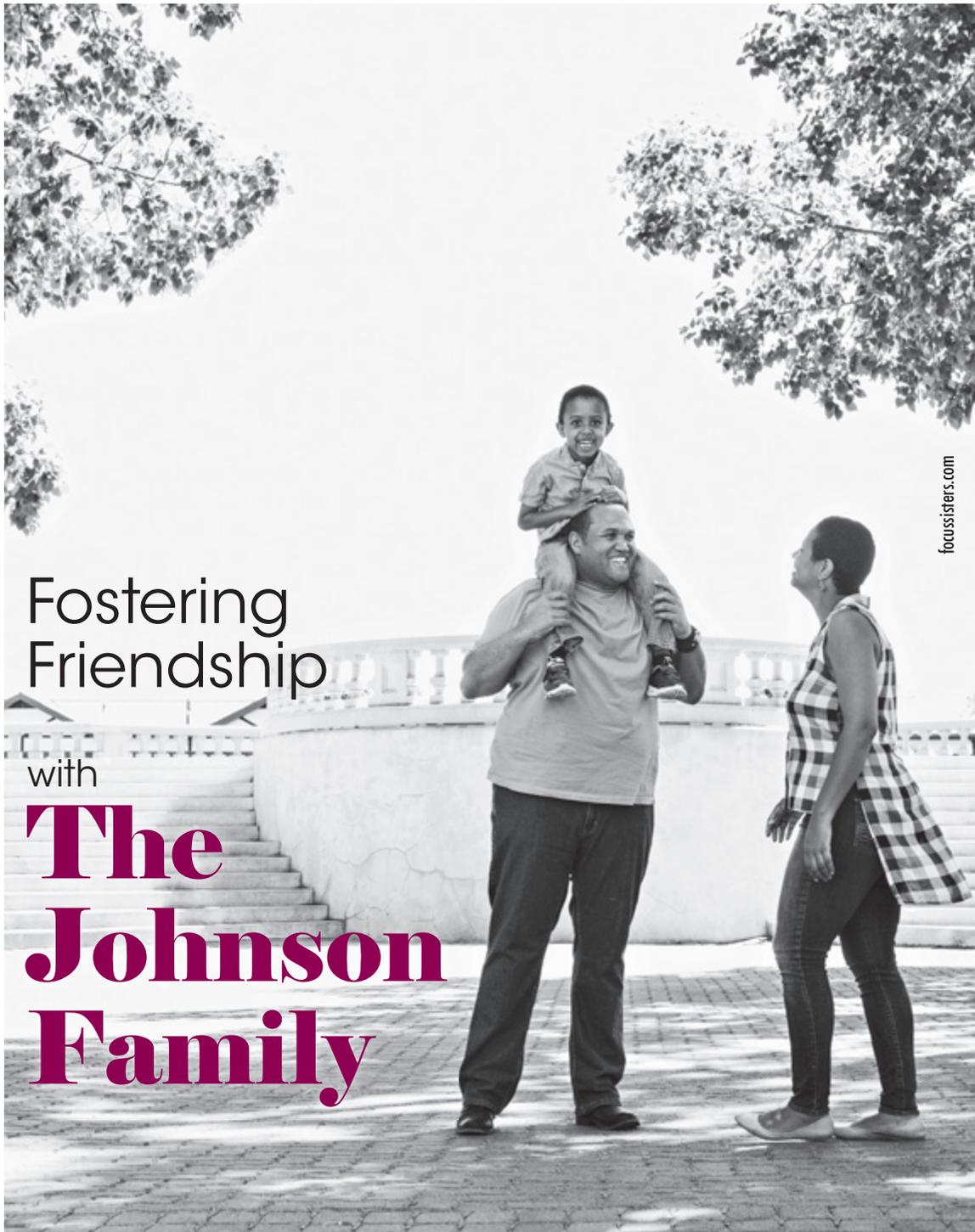
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When planning a photo session for the Johnson family, there were a lot of locations in the city that they felt meant a lot to them. As soon as Spruce Meadows was mentioned, all parties agree it was perfect place! Five-year-old Matthew used to love horses and he and his mom often visited Spruce Meadows when they had the chance. Going back to one of their favourite places, somewhere they hadn't visited in a while (Matthew is now into lions and tigers), seemed like the perfect location for a family day.

Arriving at Spruce Meadows, we met up with Suzette, Anthony, and Matthew. Matthew was shy at first since he had just woken up from a nap, but quickly warmed up and happily chatted about his day-to-day life: about his friends, his school, and all of his favourite things (lions and tigers may have come up a few times!).

The Johnson family isn't originally from Canada; Anthony grew up in Jamaica and Suzette grew up in the UK and Jamaica and even spent time in Guyana, Martinique, and the Dominican Republic. The couple moved to Calgary in 2008 and have got the city all figured out

for family fun: from frequent visits to the zoo and the Telus Spark science centre, to their all-time favourite event, the Calgary Stampede, the Johnsons have made Calgary their home.

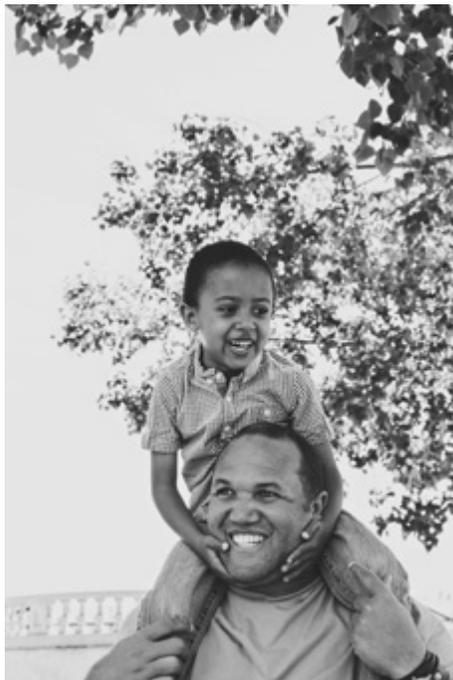
In fact, because Suzette and Matthew love the Calgary Stampede so much, Suzette recently wrote a children's book all about the Stampede called *Austin Loves The Stampede*. To go along with her new book, she has also created a blog about activities for families in Calgary. You can check out her new book and her awesome blog at www.austinlovesthestampede.com.

When they aren't discovering all the great things their community has to offer, this family is busy with their careers, school, and all sorts of activities. Suzette is a French and Spanish translator and Anthony is a process control specialist who has a background in chemical engineering. Little Matthew is finishing his first year at Lycée Louis Pasteur International French School. He loves attending his kindergarten class and already has an amazing French vocabulary. Matthew also loves playing

~continued next page~



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community soccer and swimming with the Cascade Swim Club. He even did martial arts for a while.

The one thing that this family loves most, however, is music. Matthew joined the MRU Conservatory Kodaly singing program, where he excels. He loves performing in his recitals! Matthew and his dad, Anthony, are both a part of the Suzuki Guitar program. They play classical guitar and practice together almost every night.

This family certainly keeps busy, but whenever Suzette has the opportunity, she travels to Jamaica (always bringing Matthew along) to visit family. Anthony loves his new life in Canada but goes back to Jamaica occasionally, too. Sue's parents have even come to visit in Calgary a few times, but always make sure to come during summer. Suzette says they aren't winter folk at all!

Although this family is very busy with activities, school, jobs, and travel, they always make time for church. Sue and Matthew attend the Calgary Standard Wesleyan Church in Inglewood, which they absolutely adore. They love the close-knit community there and how welcome the church has made them feel.

Anthony loves father-son time and he loves watching "the game". Because of Jamaica's British connection, he loves soccer (which he calls football), cricket, basketball and tennis. Anthony is also a huge



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Serena Williams fan. As a family, they very much admire Usain Bolt and often watch his old races together.

Lakeview has been their community since November 2011 because they found that they needed more space when Matthew began walking. Suzette fell in love with the community and their home instantly. They love how quiet and family-oriented their community is. They also love being close to amenities like Chinook Mall. The Shoppers Drug Mart and IGA are so convenient and they adore all the people who work there.

They know a few of their Lakeview neighbours but have found that during winter, Calgarians tend to go into hibernation! Suzette says that as long as they stay in Canada, they will remain in their Lakeview community. They love their "not too big, not too small" home and say it is perfect for them.

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I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9th, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50th Avenue Corridor Study; the construction of the 20th Street Bikeway; the construction of the 61st Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!



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Lakeview mybabysitterlist

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Anya	14	403-478-4996	Yes
Clara	13	403-283-4412	Yes
Elizabeth	23	587-999-5901	Yes
Emma	18	587-439-7989	Yes
Erika	18	403-685-4645	Yes
Olivia	14	403-209-3957	Yes
Shelby	16	403-860-7994	Yes

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Calling All Neighbours!



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How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.

- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.

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Lakeview

Real Estate Update

Last 12 Months Lakeview MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$649,900.00	\$637,000.00
May 2016	\$649,900.00	\$631,355.00
April 2016	\$595,000.00	\$570,000.00
March 2016	\$515,000.00	\$492,500.00
February 2016	\$524,000.00	\$509,500.00
January 2016	\$1,150,000.00	\$922,500.00
December 2015	\$639,900.00	\$619,000.00
November 2015	\$649,900.00	\$640,000.00
October 2015	\$579,000.00	\$560,000.00
September 2015	\$794,000.00	\$760,308.50
August 2015	\$624,900.00	\$618,000.00
July 2015	\$614,450.00	\$598,750.00

Last 12 Months Lakeview MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	11	9
May 2016	11	9
April 2016	11	3
March 2016	8	5
February 2016	5	3
January 2016	7	3
December 2015	4	5
November 2015	4	5
October 2015	9	5
September 2015	10	6
August 2015	8	7
July 2015	10	6

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



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Dear Constituents:

Happy Canada Day to all - united as provinces and territories celebrating our 150th birthday!

In this month of Calgary Stampede, we ready cowboy hats, boots, belts, scarves to celebrate our strong western roots with family and friends. I am delighted to host my first Stampede Breakfast and have you join me personally to share the joys of our community we are all very proud of. Please mark your calendars and refer below for more info regarding our MLA Stampede Breakfast:

MLA Anam Kazim Calgary Glenmore Stampede Breakfast Details:

Date: July 13, 2016 **Time:** 7:00 am- 10:00 am **Location:** Heritage Park

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Agenda:

- 6:30-7:00am Greeting in the Plaza and escort to tent on the green with friends/ volunteers
- 7:00am-7:30am Opening w Blessing of Treaty Six Lands. VIP Guest Speakers
- 7:00am- 9:00am Matt Masters Band and MC - while refreshments served
- 7:30- 9:30 am Pancakes and Breakfast served
- 9:00am – 10:00am Paul Finkleman: Songs and Stories
VIP Guest Speakers
- 9:30 – 10:00Am Breakfast Buffet closed - mingling and entertainment
- 10:00am Farewell

Recognitions: I would like to congratulate two high school constituents from Calgary-Glenmore who participated in the **MLA for a Day Program** this year in May 2016 at the legislature. Also, many thanks and congratulations to the students of Grade 6 from Calgary Jewish Academy who visited the legislature and learned about politics by actually experiencing it. I was happy to introduce them in the chamber and the introduction can be watched by scrolling to 1:31:45 pm using the following link: [http://assemblyonline.assembly.ab.ca/Harmo-](http://assemblyonline.assembly.ab.ca/Harmo-ny/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3424&EssenceFormatID=73&date=20160525&browser=0)

[ny/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3424&EssenceFormatID=73&date=20160525&browser=0](http://assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3432&EssenceFormatID=73&date=20160531&browser=0)

My Participation in the House: Question to the Hon. Min of Education-David Eggen about the measures being taken for better education of our children especially in First Nations' communities. Please scroll to 2:30:04

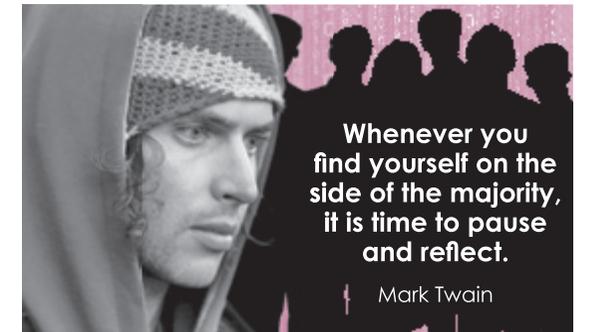
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-Question to the Hon. Min of Transportation-Brian Mason on public transit. Please scroll to 2:45:33 pm.

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For continuous updates please check:

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Whenever you find yourself on the side of the majority, it is time to pause and reflect.

Mark Twain



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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.mardagrass.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

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



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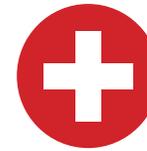


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