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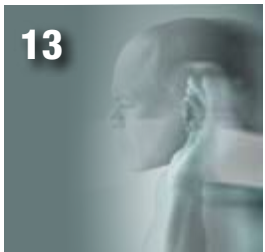
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Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Photo taken by Sarah at Mount Royal University.



Spring Blossoms

Lakeview mybabysitterlist

Name	Age	Contact	Course
Clara	14	403-283-4412	Yes
Olivia	15	403-209-3957	Yes
Alix	16	587-998-2201	Yes
Shelby	17	403-860-7994	Yes
Emma	19	587-439-7989	Yes
Erika	19	403-685-4645	Yes
Elizabeth	23	587-999-5901	Yes
Alison	25	587-999-1278	Yes

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Alberta Health Care	403-310-0000
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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

IN & AROUND CALGARY



Women’s English and Social Group

Improve your spoken English and meet new women in your community with the New Friends and Neighbourhood Groups program. Drop in at one of our weekly groups throughout the city. No cost, no immigration requirements and no minimum English requirement. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com for group locations and times or contact Debra Colley at 403-444-1752 or debrac@ciwa-online.com.

Calling All Neighbours!

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



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IN & AROUND CALGARY

EMS

National Paramedic Services Week is May 28 – June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family's integration into Canada, a close second is finding employment – 90% of Calgary's newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor's degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn't mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don't have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.

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Lakeview Real Estate Update
 Last 12 Months Lakeview
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$639,900	\$655,000
March 2017	\$634,500	\$632,750
February 2017	\$695,000	\$680,000
January 2017	\$575,000	\$575,000
December 2016	\$649,900	\$623,500
November 2016	\$583,950	\$573,750
October 2016	\$699,900	\$675,000
September 2016	\$539,900	\$530,000
August 2016	\$548,900	\$535,000
July 2016	\$954,450	\$827,500
June 2016	\$649,900	\$637,000
May 2016	\$649,900	\$631,355

Last 12 Months Lakeview
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	11	5
March 2017	8	8
February 2017	7	9
January 2017	8	3
December 2016	2	4
November 2016	4	2
October 2016	9	7
September 2016	8	11
August 2016	6	5
July 2016	3	2
June 2016	10	9
May 2016	11	9

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

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

BRAIN GAMES SUDOKU

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4	6	2						
		3			1			5

FIND SOLUTION ON PAGE 17

The Indoor Gardener

by Cindy DeJager

Peace Lily (*Spathiphyllum wallisii*)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for *Spathiphyllum*.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.

Hear ye, hear ye: May is Speech & Hearing Awareness Month!

Deaf & Hear Alberta is hosting its 2nd Annual Safe Sound Awards.

Safe Sound Awards raises awareness about hearing health and hearing loss. In support of May being Speech & Hearing Awareness Month, we want Calgarians to participate in Safe Sound Awards.

Sound represents a variety of things to different people, all ultimately connecting us to our environment. It is all around us, impacting many facets of our lives. It is family conversation at the dinner table, leaves rustling, music playing, heavy traffic and so much more. Sound is measured in decibels (dB) and like all things in life, there are healthy and harmful levels.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Safe and harmful sound levels are also highly dependent on *how long*, *how often* and *use of hearing protection*.

Continuous dB	Examples	Permissible Exposure time
85 dB	Noisy restaurant	8 hours
88 dB	Window air conditioner	4 hours
94 dB	Subway	1 hour
103 dB	School dance	7.5 min
106 dB	Leaf blower	3.75 min
112 dB	Jackhammer	Approx. 1 min

There are numerous benefits to ensuring the protection and management of our hearing. How can you help maintain your hearing? Limit time using ear buds,

check the volume on TVs and stereos, wear ear plugs to concerts, and adhere to occupational & safety guidelines at work. Maintaining hearing health also includes using appropriate hearing devices such as hearing aids or personal amplifiers.

Changes in hearing health can impact a person's physical, social and emotional health. If you or someone you love is already living with hearing loss, there are ways to improve communication. Here are some suggestions:

Set the stage. Find places that have soft surfaces such as carpets, tablecloths, curtains and/or places that are well lit which makes it easier to see body language and facial expressions.

Communicate effectively. When speaking to a person with hearing loss– make sure you have their attention before speaking and keep your face visible. Move closer to the person you are speaking to, speak at a moderate pace and use a normal volume of voice. Most importantly, be patient and open to repetition; use alternate phrasing if needed.

We invite you to nominate hearing friendly places that allow for conversation, fun and connection to those around us. Then vote. Pick your favourites and as a community we will celebrate Calgarian's favourite hearing friendly spaces with the Safe Sound Awards. Let's celebrate Speech and Hearing Awareness Month together!

To be involved visit: <http://hearalberta.ca/safe-sound-awards/>

Written by: Alia Bharwani, Hearing Services Coordinator & Kylie Bradbury, Peer Mentoring Coordinator at Deaf & Hear Alberta

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Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights

What should I do with these items instead?

- If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.
- If the item is broken, it should go in your black cart as garbage.
- Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.

You'll receive everything you need to get started

When your green cart arrives look inside to find:

- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visitcalgary.ca/multifamily.

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THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

K2 BOOKKEEPING: 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.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

LONDONDERRY PAINTING AND DECORATING: Interior painting: walls, ceilings, wood trim, wallpaper application and removal. Exterior painting: house, garage, fences, decks, including fence and deck repair. Seniors receive a discount. For a free estimate call Howard at 403-226-3456.

VICTORY ROOFING & CONSTRUCTION INC: A locally established and fully insured company dedicated to helping you with all your home's exterior needs. Installing quality roofs and skylights. Soffit, fascia, and eaves. Vinyl/Fiber Cement Siding. We do conversions: flat to pitch, wood to asphalt. Repairs and concrete tile restoration. Call 403-921-1717 or email us at victoryroofingcalgary@gmail.com.

REAL ESTATE SERVICE: Looking to move? Local Southwest realtor with 20 years' experience. Residential & Condos. Personal service to help you with the transition. Call Vivien Augart 403-921-1717 or email vaugart@gmail.com. Sutton Group Canwest Real Estate.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance and BBB accredited. Providing quality, reliable service, free estimates, and 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at: www.russellsawn.com or call 403-686-LAWN (5296).

Make a difference in the life of a family...



Are you looking for a way to give back to your community? Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca

East Calgary: 403-660-6809
West Calgary: 403-660-1136



BRAIN GAMES **SUDOKU**

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



MLA Calgary-Glenmore
Anam Kazim
 #A208, 1600 - 90th Avenue SW
 Calgary, AB Canada T2V 5A8
 ☎ 403-216-5421; 📠 403-216-5423
 ✉ calgary.glenmore@assembly.ab.ca
 📱 Anam Kazim - MLA for Calgary Glenmore
 🐦 Twitter: @anamkazimMLA

Dear Constituents:

I hope you have been enjoying the new flowers and green leaves under beautiful blue skies as we head towards summer.

Budget 2017 Highlights:

- Budget 2017 is about making the lives of Albertans better.
- Creating and protecting jobs, investing in long-overdue repairs and modernizations of our schools and hospitals, critical improvements to our roads and highways, long-term care beds for our **seniors**
- Making things more affordable, keeping taxes on families the lowest in Canada, and planning to reduce the deficit, thoughtfully and prudently.
- 24 new and modernized schools across Alberta
- 25% reduction in school fees, saving families over \$50 million.
- A new hospital in Edmonton, a long-term care home and expansion of Cancer Care facility in Calgary

Economy

- The economy is stabilizing and jobs are beginning to return.
- We will continue to bring the deficit down to balance in a stable way without sacrificing the supports and services families need.

Education

- We continue to fund enrolment for every new student and we are protecting grants for English Language Learners, First Nations, Métis and Inuit students and others.
- Through Budget 2017, we are supporting our students by continuing to provide school authorities with stable funding.

Energy Efficiency Alberta:

- A public agency promoting energy efficiency and small scale renewable energy to save energy and money, reduce emissions, and create new jobs in efficiency and renewable energy services industries.
- All carbon levy funds are invested to help Albertans save energy, reduce emissions and create new economic opportunities. Energy Efficiency Alberta is one key reinvestment of the carbon levy.
- For details on programs please visit **Error! Hyperlink ref-**

erence not valid. or call 1-844-357-5604 or email hello@efficiencyalberta.ca or contact 310-0000(toll-free) or visit climate.alberta.ca

- **Residential No-Charge Energy Savings Program** offers direct, no-charge installation of energy savings products to residences (homeowners and tenants), including household smart thermostats, lighting, water and heating components.
- **Residential Retail Products Program** offers rebates to residential customers at retail outlets around the province. The initial focus is on lighting, insulation and appliances. Consumer electronics, water-heating products, and other options will be offered in subsequent campaigns.
- **Business, Non-Profit and Institutional Energy Savings Program** offers incentives for high-efficiency products from a comprehensive list, initially using mail-in rebates for the purchase and installation of electric and gas-based products such as lighting, heating and cooling systems, and hot water systems.
- **Residential and Commercial Solar Program** offers incentives to households, businesses, and non-profit organizations to encourage the installation of distributed solar photovoltaic (PV) systems.
- Online registration for the Residential No-charge Program has already begun, and start dates will be announced as the other programs officially begin between April and June.
- One in two **seniors** in Alberta is eligible to receive a rebate for the carbon levy under the Climate Leadership Plan.
- Building Accessible Parks:
- Removing barriers, to ensure parks are more accessible for **seniors**. All park facilities are now built for accessibility.

Office Open House:

May 12, 2017 from 4:00 pm to 6:00 pm with our special guest and constituent, David Kelly, P.Eng CEO of SkyFire Energy Inc , www.skyfireenergy.com

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



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LAKEVIEW

CONDITIONALLY SOLD

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CONDITIONALLY SOLD ON APRIL 7, 2017
WAS LISTED AT \$719,900

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SOLD

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**based on total combined mls sales in Lakeview, North Glenmore, and Lakeview Village since 2012 *As of April 7, 2017

† In the years 2013/2014



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