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 Email: ward13@calgary.ca
 Web: www.calgary.ca/ward13



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mybabysitterlist

Name	Age	Contact	Course
Sierra	11	403-201-2164	Yes
Belle	13	403-256-5551	Yes
Anna	14	587-999-5607	Yes
Bryson	14	403-720-0345	No
Deborah	14	403-619-7037	Yes
Polina	14	403-455-3067	Yes
Jeffery	14	403-256-7828	Yes
Faith	15	403-805-6988	Yes
Amy	15	403-247-9228	Yes
Alyssa	15	403-801-6248	Yes
Jacy	15	403-254-4949	Yes
Alexandra	15	587-717-7033	Yes
Kali	15	403-244-8814	Yes
Leah	16	403-862-2487	Yes
Monika	17	403-805-1224	No
Ella	17	778-212-9102	No
Katie	19	403-540-3878	No
Stephanie	24	403-991-9545	Yes
Brandie	35	403-802-2940	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

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

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

news@great-news.ca

Editorial Content DEADLINE

1st of each month for the next month's issue

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

July at Trico Centre

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

Membership Specials while the Pool is Closed

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

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

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.

- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

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

Summer Programs for Older Adults

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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 22

IN & AROUND CALGARY



Historic Calgary Week July 22-August 1, 2016

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

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Green Cart set to roll out next spring

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

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

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

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

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

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

Green carts go beyond backyard composting

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

Why we need to keep food and yard waste out of landfills

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

Submitted by The City of Calgary Waste & Recycling Services.



Millrise Community Association

Last 12 Months Millrise
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$465,888.00	\$455,000.00
May 2016	\$439,950.00	\$428,750.00
April 2016	\$429,950.00	\$421,500.00
March 2016	\$466,000.00	\$454,250.00
February 2016	\$458,800.00	\$443,500.00
January 2016	\$404,900.00	\$386,500.00
December 2015	\$402,350.00	\$386,000.00
November 2015	\$437,450.00	\$425,000.00
October 2015	\$409,900.00	\$397,000.00
September 2015	\$474,900.00	\$452,000.00
August 2015	\$429,900.00	\$427,500.00
July 2015	\$434,900.00	\$425,000.00

Last 12 Months Millrise
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	12	9
May 2016	8	8
April 2016	14	4
March 2016	3	6
February 2016	7	5
January 2016	3	2
December 2015	3	2
November 2015	6	6
October 2015	8	5
September 2015	5	5
August 2015	5	4
July 2015	8	11

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

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IN & AROUND CALGARY



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

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

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

Visit calgarycommunities.com/events to register today!

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

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

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



Going on a Holiday? A message from the Federation of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com and visit the Virtual Resource Centre.

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

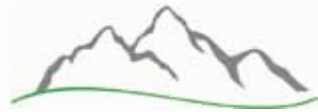


AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

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



AUGUST



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

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

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Desire. Dedication. Determination. That's what **YOU** get when **YOU** work with Matt Grigg. **YOU** can be confident knowing **YOUR** best interests are being cared for. **YOU** can be confident that you will have a dedicated professional partner to satisfy **YOUR** mortgage needs.

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- Lower your monthly payments

CORE VALUES

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

WHAT DOES THIS MEAN FOR YOU?

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

WHY UTILIZE A MORTGAGE PROFESSIONAL?

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



TESTIMONIALS

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

Kyla Workman



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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.



Shawnee-Evergreen Community Association

Last 12 Months Shawnee-Evergreen MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$639,900.00	\$615,000.00
May 2016	\$559,900.00	\$546,000.00
April 2016	\$650,000.00	\$654,000.00
March 2016	\$599,900.00	\$602,000.00
February 2016	\$799,900.00	\$730,000.00
January 2016	\$674,900.00	\$654,950.00
December 2015	\$714,900.00	\$687,500.00
November 2015	\$0.00	\$0.00
October 2015	\$505,000.00	\$500,000.00
September 2015	\$829,900.00	\$791,888.00
August 2015	\$664,450.00	\$632,500.00
July 2015	\$0.00	\$0.00

Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	6	2
May 2016	6	4
April 2016	7	1
March 2016	6	1
February 2016	1	3
January 2016	1	2
December 2015	2	2
November 2015	2	0
October 2015	7	1
September 2015	5	1
August 2015	2	2
July 2015	1	0

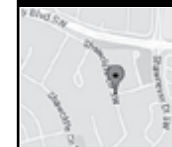
To view the specific SOLD Listings that comprise the above MLS averages please visit shawnee_slopes.great-news.ca

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Foursome: \$1,200

Register at stmu.ca/golf
or call 403.254.3739





Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion,

avocados served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

Cilantro Lime Chicken Marinade

- 4 Chicken Breasts
- Zest from 1 Lime
- Juice from 1 Lime
- 1/3 cup Chopped Cilantro
- 1/4 Olive Oil
- 1 tsp Honey
- 2-3 Cloves Minced Garlic
- Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour

however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

Creamy Avocado Lime Dressing

- 1 Avocado
- 1/4 Cup Cilantro
- 1 Clove of Garlic
- Juice from 1/2 Lime
- 3 Tbsp. of Olive Oil
- 1/3 cup of water
- Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.



Shawnessy Community Association

P.O. Box 76115, Millrise RPO | Calgary, AB T2Y 2Z9

Phone: 403.254.1012

md-mccarthy@shaw.ca | www.shawnessy.ca

Last 12 Months Shawnessy

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$409,900.00	\$400,000.00
May 2016	\$434,900.00	\$431,250.00
April 2016	\$399,900.00	\$390,000.00
March 2016	\$424,900.00	\$417,000.00
February 2016	\$444,900.00	\$426,250.00
January 2016	\$419,900.00	\$421,000.00
December 2015	\$399,350.00	\$383,000.00
November 2015	\$465,000.00	\$435,000.00
October 2015	\$423,900.00	\$411,000.00
September 2015	\$439,000.00	\$425,000.00
August 2015	\$440,000.00	\$430,000.00
July 2015	\$429,450.00	\$419,500.00

Last 12 Months Shawnessy

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	11	9
May 2016	12	7
April 2016	18	7
March 2016	9	9
February 2016	9	5
January 2016	7	3
December 2015	4	8
November 2015	8	9
October 2015	13	10
September 2015	11	7
August 2015	8	9
July 2015	16	12

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

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CALGARY PUBLIC LIBRARY

CALGARY PUBLIC LIBRARY

The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!

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COMMERCIAL CLEANING PERSON: required for several weeks during the summer of 2016. Person should have commercial cleaning experience. Must be efficient, reliable and able to provide references. Please call 403-818-1515.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon 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.

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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.

HUNTER'S HEATING AND COOLING: Mention this ad for \$250 off a new furnace or \$150 off an A/C installation. Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

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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.

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CHILD CARE AVAILABLE: Married Mother of 2 (boy 3, girl 1). Looking for children ages 1-3 from M-F, within the hours of 8:30-5:30 (hours negotiable). Will take older children in summer. \$800/month FT (\$5/hour). We live in Millrise. Please text/call Britain at 403-629-6974.

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.

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LESSONS / TUTOR

TRIOMUSIC.CA: RCM Certified Teacher Advanced Specialist in both voice and theory (all levels including history); Elementary Specialist in piano. Try us out with a summer lesson or get a jump on a fall day and time. Call Margaret, BA in Music, member of NATS and ARMTA. 403-251-1385 triomusic.ca.

AFRAID TO SPEAK IN PUBLIC OR SING? Summer lessons & ½ day workshops for kids and adults can help build confidence & voice skills for singing or speaking. Say what you need to say. It's time to play with your Voice! Sounds within, Sandy 403-225-2463.

PERSONAL

PEACEFUL MEDITATIVE MOVEMENTS FOR ADULTS 50+: by Living Kindness Yoga. A flowing Hatha Yoga that builds strength, flexibility, and stamina. Saturdays 2:00 - 3:30pm June 11, 18, 25, July 16, 23, and August 6. Parkland Community Hall. To register, please contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

MEDITATION FOR ADULTS OF ALL AGES: by Living Kindness Yoga. Calm your mind, relax your body, and experience inner peace. 7:30 - 9:00pm Wednesdays June, July, and August, plus Tuesday July 26. There will be a new set of five classes starting the first Wednesday of each month. To register, contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

MASSAGE-U-WELL: Special: \$72/hour. Lee is a registered massage therapist and acupuncturist. He has 20 years' experience in Chinese acupressure massage. His special is in treating whiplash and sciatic. If you are bothered with chronic pain, don't wait for the problem to get worse. He can help you with magical hands. Phone 403-475-0368. Book online: www.massage-u-well.com.

CAREGIVER: Need female to help senior with errands, appointments, companionship and personal care. 30-40hrs/week. \$11.20-13.50/hr. Contact Kat at cgnan@shaw.ca with resume to apply.

~continued next page~

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MISCELLANEOUS

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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.

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JULY MOON CALENDAR



New Moon
July 4



First Quarter
July 12



Full Moon
July 19



Last Quarter
July 26

BRAIN GAMES

SUDOKU

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

Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

1. **Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.
2. **Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.
3. **Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriot Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

4. **Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.
5. **Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at www.marriott.com/rewards/promotion.mi?promotion=SB16.

www.newscanada.com

COUNCILLOR, WARD 13
DIANE COLLEY-URQUHART

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



Summer Safety Tips

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

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

SW Transitway Update

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

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

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

Stampede 2016

Once again The Greatest Outdoor Show on Earth comes to Calgary July 8 - 17th bringing with them their signa-

ture western flair! With it comes a reminder of safety and security.

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

This is my Neighbourhood – Canyon Meadows

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

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

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

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



IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
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

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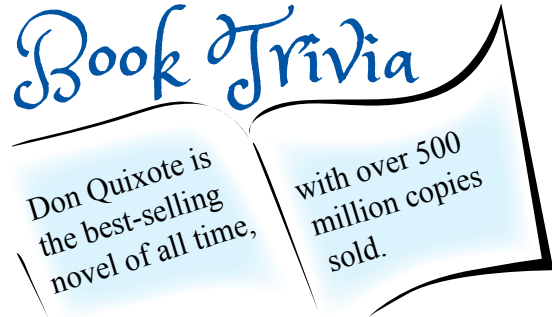
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Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

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

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.



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Happy Canada Day! 149 years young. As we move to 2017 many activities and events in communities all across Canada are being planned. Canada 150 is our invitation to shine, to share what makes your community unique - from collaborative art to neighbourhood improvement projects, youth leadership and environmental initiatives, storytelling, commemorations and acts of community service, we get to decide what 2017 will look like, and how we can be a part of it. Canada 150 is about creating the Canada that you want to live in tomorrow. Connect with your community association to learn about event plans to celebrate Canada's 150th birthday. <http://canada.pch.gc.ca/eng/1342792785740> It's our chance to deepen and expand our sense of being Canadian, discover untapped potential, create lasting connections and build community legacies that will live on long after 2017 has ended.

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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.

Fort McMurray: THANK-YOU! to all the firefighters, first responders and others who have shown great leadership during the Fort McMurray evacuation. Unfortunately the fire is continuing to rage through parts of Alberta. However the gradual re-entry of residents is great news, it has been a difficult time for many of the residents.

Centennial High School: Congratulations! For an amazing job at hosting the 2016 High School Leadership Conference. The theme was 'A New Hope' and over one thousand students participated over the three day event.

Climate leadership plan: Following extensive consultation with Albertans and stakeholders over the 2015 summer and fall, a plan has been drafted. The plan will encourage investment and build pipelines.

The majority of Alberta households will receive rebates which are determined by a formula which includes household income and number of children. The plan includes reduced taxes for small businesses and the government will be drafting a framework to assist businesses, not-for-profits and individuals with retro fits.

Pay Day Lenders: Recently our government passed legislation to combat predatory lenders. Our government recognized that individuals who used pay day lenders for loans were paying up to 600% in interest forcing borrowers to take out loans to pay loans. With regulations in place, lenders must work with and inform clients about financial literacy and borrowers can re pay loans through installments. Restrictions have also been introduced with the amount of interest that can be charged.

Ring Road Update: We are getting closer to a ring road construction date. I will continue to inform residents with details for this project. I have had several meetings and conversations with my municipal counterparts and Infrastructure Minister himself about the project. Should you have any concerns, feedback and questions please contact my office.

Stampede B-B-Q: Don't forget to join us for our first annual Stampede B-B-Q on July 9th 11:00 am – 2:00 pm at our constituency office. Enjoy hamburgers, hotdogs and entertainment. Yahoo!

Don't forget - my office can provide Notary Public and Commissioner for Oaths services (it's a good idea to make an appointment) and provincial pins, if you need a few. Just a reminder that we are now open on the first Saturday of the month from 10:00 am – 2:00 pm. (exception might be when a statutory holiday falls on the first Monday of the month)

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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GUEST SPEAKERS:



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Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
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DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

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

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
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