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**Bonavista Cares**

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista Cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great! Join us, or contact us for more information. Everyone is welcome!

e-mail [bonavistacares@gmail.com](mailto:bonavistacares@gmail.com) or  
 Bonavista Cares.

**Millrise / Shawnessy mybabysitterlist**

Name	Age	Contact	Course
Sierra	11	403-201-2164	Yes
Belle	13	403-256-5551	Yes
Polina	13	403-455-3067	Yes
Alyssa	14	403-801-6248	Yes
Anna	14	587-999-5607	Yes
Bryson	14	403-720-0345	No
Deborah	14	403-619-7037	Yes
Jeffery	14	403-256-7828	Yes
Faith	15	403-805-6988	Yes
Amy	15	403-247-9228	Yes
Jacy	15	403-254-4949	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	18	403-540-3878	No
Stephanie	24	403-991-9545	Yes
Brandie	35	403-802-2940	Yes

**Calling All BABYSITTERS**  
 Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
 Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).*

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**Connecting you to the Resources you Need**

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

Our two Community Resource Workers are social workers who will:

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

**Neighbours Helping Neighbours**

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

**SWCRC Volunteer Opportunity: Parenting Group Assistant**

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

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

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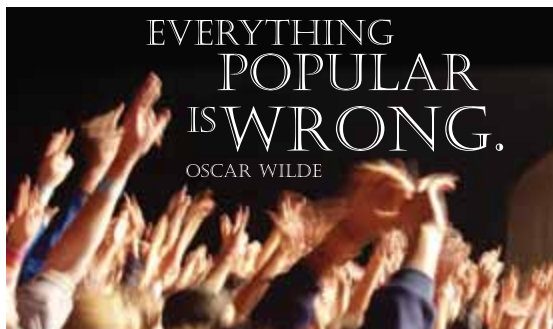
## Just Say Hi!

A message from the Federation of Calgary Communities  
 Welcoming new neighbours or introducing yourself to those you haven't met yet is a great way to establish neighbourly relationships. People who know each other are more likely to look out for one another and help build and maintain a safe community.

Do you know the first name of at least five different neighbours? Would you be able to tell police the addresses of the houses around you in the event you witnessed suspicious activity? Could you ask a neighbour to borrow a cup of sugar or an egg for a cake you are baking? What about asking a neighbour to check in on the perimeter of your home while you're away? We sure hope you answered yes to a few of these questions! But, if not, take the plunge and just say hi! One of the easiest ways to increase safety in your community is to get to know your neighbours because people tend to look out for those that they know!

Don't forget, after introducing yourself, make the effort to wave, greet and chat with your neighbours regularly. This encourages friendly chit-chat and can make neighbours feel connected.

For more information or engagement ideas, visit our website at [calgarycommunities.com](http://calgarycommunities.com).



## Millrise Community Association

### Last 12 Months Millrise MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$429,900.00	\$425,000.00

### Last 12 Months Millrise MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	9	8
April 2016	14	4
March 2016	4	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
June 2015	17	17

To view the specific SOLD Listings that comprise the above MLS averages please visit [millrise.great-news.ca](http://millrise.great-news.ca)

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## IN & AROUND CALGARY

### EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

#### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (\*) high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.



### The scoop on dog poop

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

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

Here are five facts you may not know about doggy doo-doo:

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

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

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

## IN & AROUND CALGARY

### The Status of Emergency Preparedness in Calgary

Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)

A quarter of Albertans report having three or more 'precautionary' measures in place to support their own preparedness. "We've seen an increase of almost 10% in the number of families with 72-hour kits," says Tom Sampson, Chief of CEMA, noting the growth. "While this is improving, there is still work to be done to ensure citizens understand the risks and take some responsibility for their own preparedness."

#### The best ways individuals and families can prepare:

**Know the risks.** Flooding is most common May-15 to July-15 but can occur at any time of year. Be informed about current conditions. When weather watches or warnings are in place, be prepared for severe weather such as flooding, lightning, tornadoes, or winter storms. For more information visit Alberta Emergency Alert ([emergencyalert.alberta.ca](http://emergencyalert.alberta.ca))

**Make a plan.** Know how to reach your family members if you are not with them when an emergency or disaster strikes.

**Get a kit.** Ensure you have a 72-hour kit stocked and ready to go that contains supplies to support you and your family for the first 72 hours of an emergency or disaster.

Calgary.ca/cema provides great resources for individuals, families and businesses to learn what they can do to prepare.

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# How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

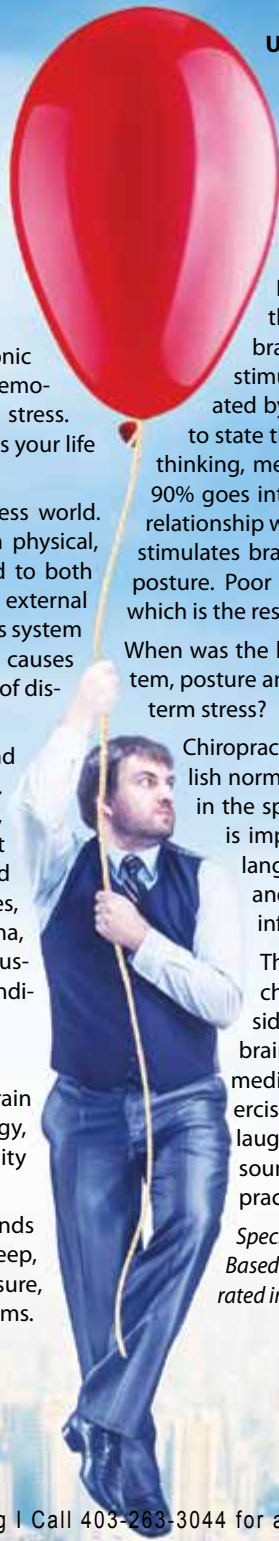
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



**Unstable** brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

*Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.*

## IN & AROUND CALGARY



### Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

#### Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

#### Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo) for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.

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## IN & AROUND CALGARY

### My dad works here – construction zone safety

Imagine sitting in your cubicle with cars whizzing by dangerously close to your work space and so fast that you can feel the tailwind. Well, that's just what many City employees experience every day when they are out working in the field.

"The only protection that we have are those signs and the cones. It's all that separates our workers and the traffic," says Marco Nicoletti, Roads Foreman. The "My Dad Works Here" Construction Zone Safety campaign is a joint initiative with Roads and Water Services, spotlighting the kids of employees working in high traffic construction areas.

It isn't always easy to maintain your patience when you're delayed in traffic because of road or utility work, but for the safety of the workers doing their job and for your safety too, it's important to slow down, stay alert and obey all posted signs.

So, keep an eye out for *My Dad Works Here* signs popping up in construction zones in late May.

For more information on construction zone safety, visit [calgary.ca/constructionzonesafety](http://calgary.ca/constructionzonesafety).

### World Elder Abuse Awareness Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek) for event information.

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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

### JULY 8 TO 17 CALGARY STAMPEDE

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



### JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. [www.uccalgary.ca](http://www.uccalgary.ca)



### JULY 30 SLIDE THE CITY

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



JULY

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# Become a Depot and Help Others in Need Right in your Own Community



I am sitting in my office looking at a map of Calgary. A city of a million people is an expanse of quadrants and communities. And within every neighbourhood, there is someone in need. The face of the food bank is anyone, anywhere but I wonder how we can reach everyone. Then I remember the incredible generosity of this city and that you don't know until you ask: **Will you be a satellite depot for the Calgary Food Bank?**

We are in need of hamper distribution depots in order to make emergency food accessible for families and individuals in various neighbourhoods throughout the city. Because of our main warehouse location in the SE industrial area, it can be extremely challenging for some to pick-up their hampers. This is where a depot location becomes an important part of the distribution process.

## What is required?

- Are you accessible by transit, foot or car
- Do you have a space to store and distribute hampers

- Can you operate for two hours
- Do you have double doors where a pallet can be moved through
- Do you have refrigeration
- Can you manage volunteers during distribution
- Will you sign a memorandum of understanding

## What we can do?

The Calgary Food Bank wants to make being a depot seamless and stress-free.

- We will screen, qualify and book clients
- We build and deliver the hampers
- We will recruit, train and schedule volunteers
- We can create flexible distribution hours
- We will create and provide depot signage

**Ready to help?** Visit our website and fill out an application form at [www.calgaryfoodbank.com/give/become-a-depot/](http://www.calgaryfoodbank.com/give/become-a-depot/) or call Selby Quinn at 403-253-2059 ext 201 today!

## IN & AROUND CALGARY



### Thinking about a yard improvement project?

Garages, decks, fences and even driveway widening are just some of the projects that often require a permit.

"Before you pay for materials, hire a contractor, or do it yourself, we encourage you to visit [calgary.ca/homeimprovement](http://calgary.ca/homeimprovement) or get in touch with us here at The City," says Jamie Fandrich,

Planning Services Technician at The City of Calgary, Fandrich is part of the team that helps Calgarians understand Alberta's safety codes and City bylaws on the phone and in person at the Municipal Building. The latest resource Fandrich's team uses to educate Calgarians on development and building regulations is the webpage [calgary.ca/homeimprovement](http://calgary.ca/homeimprovement), which allows anyone interested in doing a renovation to browse popular home renovation topics for bylaw and permit information, property and land designation, drawings and forms they will need to complete their home renovation.

"It can sometimes be difficult to understand when you need a permit and what City bylaws might impact your project – we're here to help guide you through the process," Fandrich says.

### Planning, development, licence or permit question?

Visit [Calgary.ca/homeimprovement](http://Calgary.ca/homeimprovement) or call and visit Planning Services.

### Planning Services

Monday through Friday (closed holidays)  
8 a.m. - 4:15 p.m.

**Call centre:** 403-268-5311

**Permit counter:** 3rd Floor Municipal building, 800 Macleod Tr SE

## Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016.

To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Apply for the grant/credit by Dec. 1, 2016. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

**Please note:** Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty.

For more information, or to apply, please contact 311 or visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry).

## Free Tours of Reader Rock Garden

Mark your calendars for the National Garden Days at Reader Rock Garden, taking place on Saturday, June 18, 2016. This free event, hosted by the Friends of Reader Rock Garden Society, will be held between 1:00 - 3:00 p.m. at the historical gardens, which are located at the corner of 25th Avenue SE and Macleod Trail South. There will be tours of the garden, a used gardening book sale, draw prizes and light refreshments. Event will be held rain or shine. More information on the gardens at: [www.readerrock.com](http://www.readerrock.com) or email us at [info@readerrock.com](mailto:info@readerrock.com).

## Shawnessy Plaza Dental Clinic



### Dr. Roman Koutsil

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

### LOCATION

647 Shawcliffe Gate SW Calgary, AB T2Y 1W1

**403-254-1124**

[info@smilesareus.ca](mailto:info@smilesareus.ca) | [smilesareus.ca](http://smilesareus.ca)





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

### June 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 February 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive a three-month free extension on your membership and five free passes\*

### Spring Activities for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun and learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check [www.tricocentre.ca](http://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.

*Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.*

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 26

## CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: [www.cssd.ab.ca/board-of-trustees/](http://www.cssd.ab.ca/board-of-trustees/), Email: [trustees@cssd.ab.ca](mailto:trustees@cssd.ab.ca)

**Learn more about your Calgary Catholic School District Board of Trustees!**

### District Leadership

The role of providing leadership for Calgary Catholic School District is comprised of two distinct parts, Governance and Administration, and is a cooperative process. It is through the collaboration of the Board and Chief Superintendent that we are best able to serve our district and meet the needs of our students. The Board of Trustees, as your locally elected officials, have the legislative mandate and are ultimately accountable for student education.

### How does CCSD set direction?

We are continually assessing the course of our district and monitoring to ensure we are meeting student needs. There are several key tools that trustees use to ensure we are fulfilling our mandate.

**Board Policy** - Direction is given to the Chief Superintendent by the Board of Trustees through the policies we set. It is then the responsibility of the Chief Superintendent to put these policies into action; these actions are defined in our Administrative Procedures. We are committed to continuous improvement to best serve our students. On October 7, 2015 the Board of Trustees made a motion to review and revise our policies using the G-TEC Model; Governing Through Engagement and Collaboration. On April 13, 2016, the Board of Trustees made a motion to rescind the current policies and accept our new Board Policy Handbook. The process of reviewing and revising Board Policies and the work of administration to put these into Administrative Procedures has renewed and strengthened the foundation of the district.

**Community Engagement** – Critical to our success is understanding the needs of the public which we serve. This year an extensive public engagement was facilitated through a ThoughtExchange online survey. Over 10,000 unique individuals participated, providing over 18,000 thoughts with over 600,000 stars applied to prioritize these ideas. This information is used to inform decisions on budget, strategic direction and many other areas.

**Strategic Planning** - Each year the Board of Trustees and the Chief Superintendent, supported by Senior Administration and district staff, work together to define the district priorities which form the Three-Year Education Plan. Annually, data is received from a variety of sources to help the Board of Trustees and administration assess the impact of the work done in the district. More information about our district Three-Year Education Plan can be found at: [www.cssd.ab.ca/AboutUs/ReportsandPublications/Pages/default.aspx](http://www.cssd.ab.ca/AboutUs/ReportsandPublications/Pages/default.aspx)

We wish you all a safe and wonderful summer!

## IN & AROUND CALGARY



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

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

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

For more information, visit [calgary.ca/parksevents](http://calgary.ca/parksevents).

**the Gutter Doctor**

**Home Exteriors**  
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

**403-714-0711** [gutterdoctor.ca](http://gutterdoctor.ca)

Check out these important updates from The City of Calgary

Celebrate the contribution of Calgary seniors during Seniors' Week: June 6 - 12. Visit <a href="http://calgary.ca/seniorsweek">calgary.ca/seniorsweek</a> for events in your community.	<a href="http://calgary.ca/seniorsweek">calgary.ca/seniorsweek</a>
Neighbour Day (June 18) is an opportunity for neighbours to come together to celebrate our strong community spirit.	<a href="http://calgary.ca/neighbourday">calgary.ca/neighbourday</a>
Stuck on Deerfoot? Share your challenges and recommendations to make this road better at one of our open houses or online.	<a href="http://calgary.ca/deerfoot">calgary.ca/deerfoot</a>
Planning on doing some yard renovations this summer? Be sure to visit <a href="http://calgary.ca/homeimprovement">calgary.ca/homeimprovement</a> .	<a href="http://calgary.ca/homeimprovement">calgary.ca/homeimprovement</a>
Join with other Calgarians on June 23 to celebrate the Chief David Crowchild Memorial Awards. Learn more by searching Chief David Crowchild on <a href="http://calgary.ca">calgary.ca</a> .	Search Chief David Crowchild on <a href="http://calgary.ca">calgary.ca</a>
Bring the family to Canada's largest man-made wetland on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Park Fest!	<a href="http://calgary.ca/parksevents">calgary.ca/parksevents</a>
Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)	<a href="http://calgary.ca/cema">calgary.ca/cema</a>

**Stay connected to the City of Calgary**

[facebook.com/thecityofcalgary](https://facebook.com/thecityofcalgary) | [twitter.com/cityofcalgary](https://twitter.com/cityofcalgary) | [calgarycitynews.com](http://calgarycitynews.com)



**Register the kids for a summer nature adventure**

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit [calgary.ca/parksguide](http://calgary.ca/parksguide) or call 403-268-3800 to register.

**YOUR COMMUNITY  
business of the month**

**Cattle Baron  
Steakhouse**

Inspired by Wellington's Fine Dining of Calgary, the CattleBaron (affectionately referred to in the community as The 'CB') Steakhouse & Bar has been operating in the Mid-Sun Communities over the past 12 years.

Designed as a casual alternative for the up-scale steak enthusiast the restaurant has established itself as THE consistent, well serviced, high quality go-to location for friends and family in the community. Be it a special occasion or a night out with friends and loved one's the CattleBaron has something to offer everyone. From our child friendly dining room and menu selection to our adults only lounge the CB has something is the perfect place to go when mom doesn't feel like cooking or dad wants somewhere to watch 'the game' with his buddies. As integral part of both Mid-Park and Sundance Communities the Cattlebaron Steakhouse looks forward to many more years servicing the palates of our values guest's. Unlike many of our larger corporate competitors we are a local, family ran business that takes great pride in our product and such has always and will continue to PROUDLY SERVE ALBERTA BEEF!

Here is an example of just ONE of our Large Party Menu

**With each package you have your choice of:**

- Salt and Pepper Prawns or Oven Baked Escargot or Broiled Baby Back Rib Appetizer
- &
- Soup or House Salad (Balsamic Vinaigrette)
- &
- Coffee or Tea

**Package A**

Mediterranean Stuffed Chicken, skinless breast of chicken stuffed with spinach, feta, & fresh dill in a white wine cream sauce, served with rice \$48.00

**Package B**

Fresh baked Salmon crowned with lemon herb garlic butter, served with rice \$51.00

**Package C**

Slow roasted Christmas cut of Prime Rib served with au jus and stuffed potato \$53.00

**Package D**

10oz Rib Eye steak for the true steak lover, served with stuffed potato \$58.00

\*All above chefs creations are served with fresh vegetables\*

**SOUTH LOCATION:**  
33 SunValley Blvd SE | Phone: 403.201.9000

**NORTH LOCATION:**  
3340 - 26 Street NE | Phone: 403.250.2595

[www.cattlebaroncalgary.com](http://www.cattlebaroncalgary.com)



# Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

## IN & AROUND CALGARY

### BBQ Season is upon us!

Your Calgary Fire Department wants you to grill safely!

- Propane, natural gas & charcoal BBQ's should **only** be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- Keep children and pets at least three feet away from the grill area
- Keep your BBQ clean by removing grease or fat build-up from the grills and in trays below to reduce the risk of flash fires
- Never leave your grill unattended.

#### NATURAL GAS/PROPANE GRILLS

- Always make sure the lid on your gas grill is open before lighting it.
- Check hoses for leaks at the start of BBQ season by applying a light soapy water solution to the hose, a gas leak will release bubbles
- If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill, then get the grill serviced by a professional before using it again.
- If you smell gas while cooking and cannot safely turn off the gas, then immediately get away from the grill and call the *Fire Department*, **DO NOT move the grill**. If the flame goes out, turn off and wait at least 15 minutes before re-lighting it.

#### CHARCOAL GRILLS

- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches
- If you use a starter fluid, use only *charcoal* starter fluid.
- Never add charcoal fluid or any other flammable liquids to a fire OR while hot coals are present.
- Keep charcoal fluid out of the reach of children and away from heat sources
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

## South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

# When was your last PAP test?

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

Call (403) 254-2030 to book an appointment. Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

## The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

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

### RBC Dominion Securities Inc.



#### LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

- In-person financial advice for all employees
- Group retirement savings plans
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Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

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## Southland Leisure Centre

**Summer Daycamps 2016** -Southland Leisure Centre's Summer Daycamps are now registering look for our program guide online ([www.calgary.ca/recreation](http://www.calgary.ca/recreation)) and on stands. Lots of spring preschool, children's and adults programs in the guide too!

### Senior's week

Southland Leisure will be honouring seniors in our community by hosting various events for Alberta Seniors Week June 6-12. For further information and details regarding these events please contact Zoe Flowers-Reitsma at 403-648-6576 or [zoe.flowers-reitsma@calgary.ca](mailto:zoe.flowers-reitsma@calgary.ca).

### All Sport One Day at Southland Leisure Centre

Saturday, June 18 – 10am to 2:15pm

All Sport One Day is back in 2015 at Southland Leisure Centre. This is a great opportunity for children 6-12 years old to be introduced to a new sport – and it's

free! Registration begins in May for this exciting one day event. For more information and to register, see [www.allsportoneday.ca](http://www.allsportoneday.ca).

### Friday Night Dance Party at Southland Leisure Centre

– June 24 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required! See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for schedules and more information.

### Summer Daycamp Volunteer Opportunities at Southland Leisure Centre

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6592.

### Southland Leisure Centre Playschool

2000 Southland Drive SW

Phone: 403-648-6582

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allow children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2016 to 2017 school year.

**Family Swim at Southland Leisure Centre.** Every Sunday, 8 am to noon. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Find out more at [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres).

### PD School Days at Southland Leisure Centre

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Check out the City of Calgary Recreation program guide on stands or online at [www.calgary.ca/recreation](http://www.calgary.ca/recreation) for more information on our School's Out Day Camps. Hours of School's Out Day Camps are 7 am – 6 pm, and the cost is \$57.75/day.



# ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

### How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to arboreta and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

*Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.*



The tallest building in Sweden is the 57-story Turning Torso building, which rises 190.5 m (646 ft), in Malmö and was completed in 2005. It also stands as the tallest building in Scandinavia.

# Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past\*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty respon-

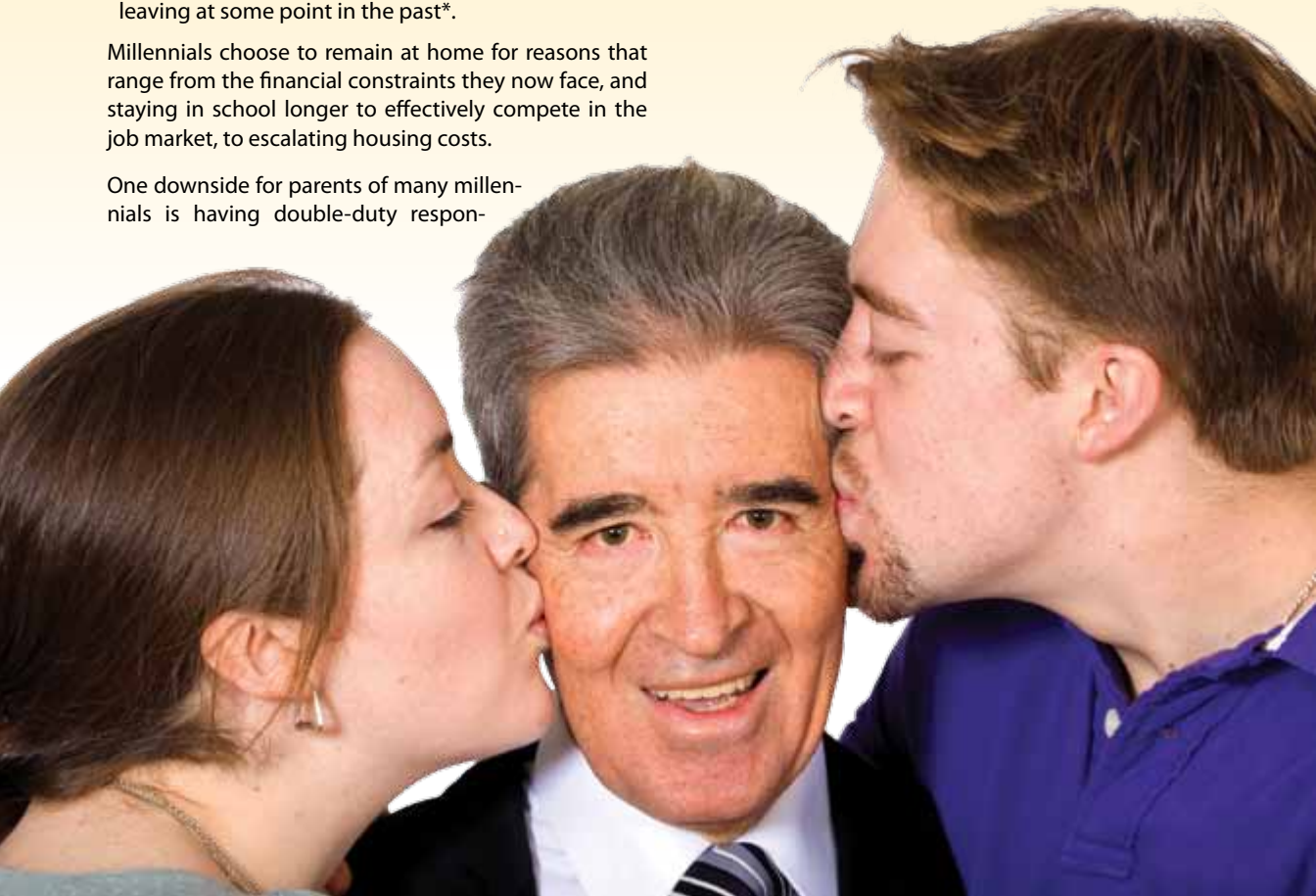
sibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it’s a good idea to plan in advance by:

- Reduce debt – before it’s competing with rent or mortgage payments.
- Establish a good credit history – get a credit card and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large items.
- Build an emergency fund – for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

\*Source: Statistics Canada 2011 Census



CALGARY  
PUBLIC  
LIBRARY

# CALGARY PUBLIC LIBRARY

## The Million Question Challenge!

**What is a puppy?  
How many dogs are there in the world?  
What would happen if dogs grew wings and could fly?**

Calgary Public Library has a new summer learning initiative for school-aged kids called The Million Question Challenge! Kids will ask a million questions this summer, sparking curiosity and wonder. These questions can be about anything and everything – we hope that the questions will be personal and meaningful to each child, and will spur them on to finding some answers, too.

The kid who asks the most number of questions this summer will win a \$250 Toys R Us gift card and get to be the Kid Executive Officer (KEO) of the Library for a day!

We have a ton of fun reading activities this summer, too! Kids from 0-12 can join the TD Summer Reading Club again this year, and read to win prizes. Teens can participate in this summer’s Youth Read. Get ready to read & win all summer long! Visit [calgarylibrary.ca](http://calgarylibrary.ca) for details.

Adults can find great summer reads in both the We Recommend collections and the Your Year of Reading guides, available at your community library.





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403.668.6402

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.



## Shawnessy Community Association

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

Phone: 403.254.1012

[md-mccarthy@shaw.ca](mailto:md-mccarthy@shaw.ca) | [www.shawnessy.ca](http://www.shawnessy.ca)

### Last 12 Months Shawnessy

#### MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$452,900.00	\$446,000.00

### Last 12 Months Shawnessy

#### MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	13	7
April 2016	19	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
June 2015	11	8

To view the specific SOLD Listings that comprise the above MLS averages please visit [shawnessy.great-news.ca](http://shawnessy.great-news.ca)

## COMMUNITY NEWSLETTER AD SALES

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## 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 [MR@great-news.ca](mailto:MR@great-news.ca)

## Shawnee-Evergreen Community Association

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

	Average Asking Price	Average Sold Price
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
June 2015	\$0.00	\$0.00

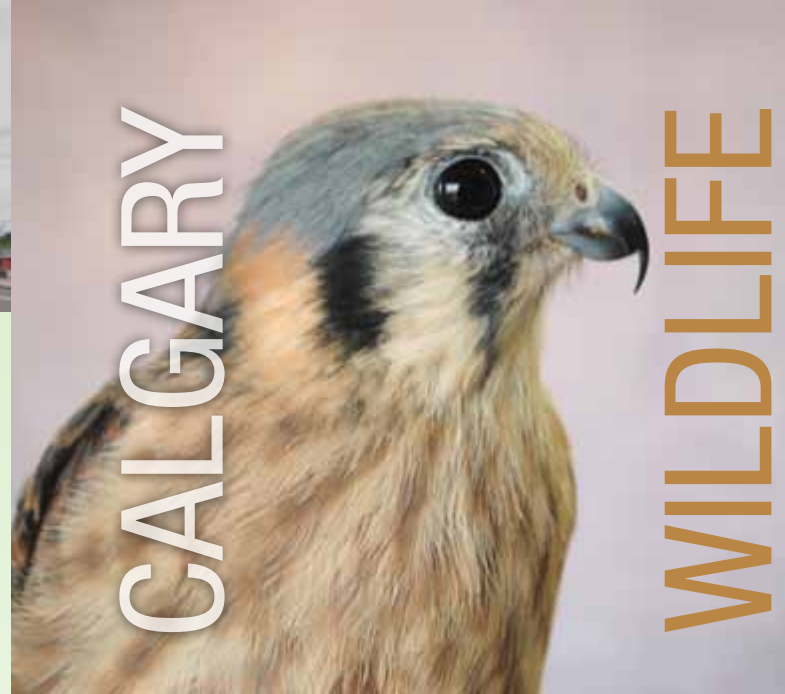
### Last 12 Months Shawnee-Evergreen MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
June 2015	1	0

To view the specific SOLD Listings that comprise the above MLS averages please visit [shawnee\\_slopes.great-news.ca](http://shawnee_slopes.great-news.ca)

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CALGARY

WILDLIFE

Written by Katie Fisher  
 Photo by Andrea S. H. Hunt

# Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old bird-house. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs,

snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

## BRAIN GAMES SUDOKU

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

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**PIANO LESSONS:** The gift of music is a gift you can enjoy for a lifetime! Clean, sunny studio. 25 years' teaching experience. Preparation for Toronto Royal Conservatory of Music Exams both in practical piano and theory as well as contemporary music. Ages 6 to adult welcome. Lots of spaces available for home-schooled students in the early afternoons. Woodlands area. Contact Kathryn: 403-281-7955.

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**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.

**BIN RENTALS:** Doing a renovation or clean up? We have 10 and 15 yard bins for all of your needs. We offer both short term and long term rentals with no hidden fees. Call 403-540-2255 today.

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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.

# Injury Prevention

## 5 Tips for Preparing Kids for Summer Sports

Dr. Jessica Hiebert, Pediatric Chiropractor



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

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

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

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

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

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

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

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



**MLA CALGARY-SHAW  
GRAHAM D. SUCHA**

#328, 22 Midlake Blvd SE  
Calgary, AB Canada T2X 2X7  
Phone: (403) 256-8969; Fax: (403) 256-8970  
calgary.shaw@assembly.ab.ca

### Budget Information:

Budget 2016 is the Alberta Jobs Plan. It addresses the challenges Albertans face as a result of the steepest and most prolonged slide in oil prices in recent history by promoting economic diversification and job creation, supporting families in times of hardship and improving access to education and skills training while restraining the rate of growth in government operating expense.

The opposition continue to purport that the NDP government does not have a plan to pay down the debt. Nothing could be further from the truth. Our government will uphold our commitment to maintain supports and services that Albertans need and want. i.e. stability with Health Services, Education and Social Supports, a reduction in taxes by a third for small businesses. Our government committed to focus its efforts on stabilizing and diversifying Alberta's economy and supporting economic growth, leadership on climate change and fostering an environment where private sector innovators and job creators can succeed. The collapse in oil prices is causing worry and strain for many Alberta families and businesses. We understand that Albertans are hurting, and that government must act by making a simple choice: to cut back on public services and make a bad situation worse; or to take action to promote economic recovery and diversification.

By advancing competitive tax regimes and stable and transparent regulatory environments, this government will put the province on a path to economic recovery.

### Ministers' Constituency Visits:

Bishop O'Byrne High School opened their doors to our Education Minister, the Honourable David Eggen. Listening and talking with students certainly re-enforces the importance and the need for continued stable government support. Minister Eggen noted that the new high school planned for Legacy will bring relief to student spaces.

St. Mary's University welcomed the Minister of Advanced Education, the Honourable Marlin Schmidt.

Minister Schmidt was very impressed with the great work that happens at St. Mary's for all students. He was quite excited with their Humanities 101 program and their work with First Nations students.

### School News:

Midnapore School - Alberta's grade six curriculum includes a component on provincial government - it was my privilege to meet with Midnapore School's grade 6 students. They posed great questions and are very well informed young people. I feel comfortable knowing that they are our future earners and decision makers.

### Seniors' Week 2016 - June 6-12

#### Celebrate the 30th anniversary of Seniors' Week!

Seniors make a difference in our communities every day. From supporting family members and friends to assisting charities and volunteering, seniors are deeply involved in our communities and their contributions benefit Albertans of all ages. Please take the time to acknowledge Alberta's seniors and all that they contribute to our quality of life.

### Stampede 2016:

Be sure to join us for our July 9th B-B-Q 11:00 am - 2:00 pm.

Burgers, hot dogs and all the fixin's. Join us right in front of our office. July 11 meet the Premier at the Premier's Stampede Breakfast at the McDougall Centre.

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.)

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



With Drs. Bharwani, Musto, Gustafson & Ghali, Cllr. Pootmans, and S. Deedery discussing fluoride.



Meeting with Police Chief Chaffin on policing resources and community safety priorities in my Police Commissioner role.

**June Events Coming Near You!**

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

**SW Transitway Town Hall with Councillor Diane**

- **Date:** Wednesday, June 8, 2016
- **Time:** 7:00pm – 8:30pm
- **Location:** Woodcreek Community Association (1991 Woodview Drive SW)
- Have your questions ready and please join me as we discuss the SW Transitway project and where I stand on it. **\*Please note this town hall will not include City staff.**

**Ward 13 Mobile Town Hall**

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

**Dog Park Open House**

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

**Deerfoot Trail Open House**

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

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

**The Intersection of Shawnessy Blvd and Shawnessy Drive**

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

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

**What is qualified for an RRFB?**

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

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

**IMPORTANT NUMBERS**

ALL EMERGENCY CALLS	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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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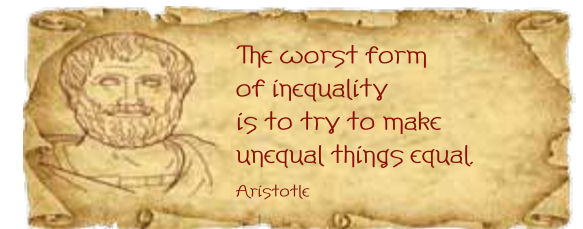
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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**THE CALGARY SOUTH SENIOR BRIDGE CLUB** welcomes new Members. We meet twice weekly at 11:45, Tuesdays and Thursdays, at All Saints Lutheran Church. 380 Midpark Blvd S.E. Calgary. If you want to meet new friends, have played bridge in the past, and wish to get back to it, we are the club to join. We play year round, with regular planned social activities throughout the year. We are a friendly, welcoming club. For further information contact Barb at 403 259 5788 or Audrey at 403 244 6385.



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