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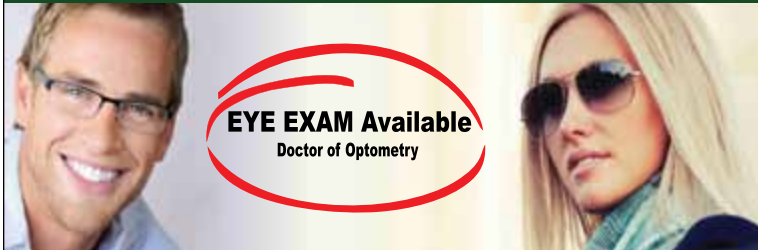
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Multilingual Walk 150 Guides provided by The Centre for Newcomers.

This initiative is made possible by the Community Fund for Canada's 150th, a collaboration between Calgary Foundation, the Government of Canada, and extraordinary leaders from coast to coast to coast.





## CALLING LOCAL PHOTOGRAPHERS

SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos with your name for the photo credit and mention what community you're from.

Send to [news@great-news.ca](mailto:news@great-news.ca).

If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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## MILLRISE/SHAWNESSY/ SHAWNEE-EVERGREEN

P.O.Box 76119 Millrise RPO  
Calgary, AB T2Y 2Z9  
www.millrise.org

## ELECTED OFFICIALS



**Councillor Diane Colley-Urquhart**  
**Ward 13 Office**  
P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-1624  
Fax: 403-268-8091  
Email: ward13@calgary.ca  
Web: www.calgary.ca/ward13



**MLA Graham Sucha**  
**Calgary-Shaw**  
#328, 22 Midlake Blvd SE  
Calgary, AB Canada T2X 2X7  
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Fax: (403) 256-8970  
Email: calgary.shaw@assembly.ab.ca

## 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                     | 511            |     |
| Gamblers Anonymous                      | 403-237-0654   |     |



### 'Real books' or eBooks . . . keep reading happening this summer!

Research shows that children can lose up to three months of academic progress over one summer vacation.

Keep in mind: children in Alberta spend 950 to 1,000 hours in school annually, compared to 1,500 to 1,700 hours outside of school over the summer.

Reading a minimum of six 'Just Right' books can help your child maintain their reading level when school is out.

### How to select a 'Just Right' Book

- Open a book to any page and have your child begin reading
- Each time they come to a word they don't know – have them hold up one finger



## Millrise Community Garden

There are currently 12 rentable garden beds and 3 berms that we plant. To rent a garden plot for a growing season is \$30 and you must have an up-to-date community membership.

If you are interested in joining us for a growing season, please email us at:

kuenena@gmail.com

- After they finish the page, check how many fingers they are holding up
- One finger – the book is too easy. Five fingers – the book is too hard. **Three fingers – the book is 'Just Right'**

### eBooks are an option too!

Parents tell us that setting limits for their child's screen time can be difficult during the summer. So, keep in mind that eBooks can be a fun way to keep your child reading—even when they are on a device!

### Lots of websites share free children's eBooks. Here are a few sites to check out:

www.magickeys.com/books/  
www.freechildrenstories.com  
http://www.kidsworldfun.com/ebooks.php  
https://freekidsbooks.org/

The **CBC Calgary Reads Big Book Sale** runs from May 12 to 14, 2017 at the Calgary Curling Club, 720 - 3 St NW. This is Calgary Reads' signature fundraising event. With children's books at just \$2, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website [www.calgaryreads.com](http://www.calgaryreads.com)

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Cllr. Colley-Urquhart with Dream Developments discussing plans for the new community of Providence and plans for an off-leash dog park.

Councillor, Ward 13  
**Diane Colley-Urquhart**  
 ✉ dcolley@calgary.ca  
 ☎ 403.268.1624  
 📷 @BigRedYYC  
 📘 Facebook.com/dianecu  
 🌐 CouncillorDiane.ca

### Preparing for the SW Ring Road Construction & Anderson Road Widening Project

With The City looking to increase the thoroughfare on Anderson Road to six lanes between the Southwest Ring Road (SWRR) and Elbow Drive, construction is once again a traffic concern in our Ward. This road improvement, while cumbersome, looks to provide a better road network by offering an attractive alternative for people travelling east-west through the area between the SWRR and city destinations. **Construction on this project is expected to begin June 2017 and will be wrapped up by the end of 2018.**

Another issue that has been brought to my attention is the approximate **111 trees** that were removed along Anderson Road between Elbow Drive and the future SWRR last month. I find this to be very disappointing, however by the time the project wraps up at the end of 2018, The City will have **replanted 281 poplar and spruce trees** along this stretch of Anderson Road.

### SW Ring Road Open House

In preparation for the project that has been in the works within our Ward for quite some time, please join me for the information sessions I will be hosting. I will continue to be actively involved in the upcoming citizen engage-

ment process on this project and I urge you to get involved and continue to give me your feedback. I deeply appreciate all the time, effort and concerns citizens have raised.

**When:** Thursday, May 25<sup>th</sup>, 2017

**Time:** 5:00 PM – 8:00 PM

**Where:** Southland Leisure Centre, Pool Viewing Area (2000 Southland Drive SW)

**No RSVP is required.**

Please join me, along with representatives from Alberta Transportation and KGL Constructors. They will be available to answer questions related to the SW Ring Road.

### Surrounding Area Construction Updates

**162<sup>nd</sup> Avenue SW Connections:** Construction on the 162<sup>nd</sup> Avenue SW connection project will be starting July 2017 and is expected to be completed in fall 2017. The roadway will not open to traffic until the SWRR is completed – fall 2021.

Some Ward 13 residents may notice periodic increases in construction traffic throughout the project. They will be limiting access from eastbound 162<sup>nd</sup> Avenue to Bridlecrest Blvd SW but will remain open until the SWRR is completed. Once the SWRR is open, the left turn from 162<sup>nd</sup> Avenue to Bridlecrest Boulevard will be **permanently closed.**

### Glenmore Trail Widening and Interchange Upgrade:

The City will be widening Glenmore Trail to six lanes between 37 Street and Crowchild Trail SW and modifying the Glenmore Trail / Crowchild Trail SW interchange. These upgrades will help to provide a better road network by accommodating changes to traffic volume and patterns that are expected after the opening of the SWRR. The design work for the Glenmore Trail widening and interchange upgrades are scheduled to **begin in late 2017**, with construction planned to start in 2018 and continue into 2019.

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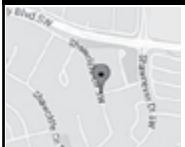
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~cont'd on page 13~





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By Sarah Greer


Aside from being a popular spice, ginger truly is a superfood. Its health benefits range from being a natural antibiotic, to its anti-inflammatory properties, to its digestive soothing effects, and more. One of my favorite ways to enjoy ginger is in tea form and it's so easy to make at home.

I make my ginger tea using raw, peeled, ginger root and filtered water. The amount of ginger I use varies depending on who will be drinking it. I love the taste of ginger, so I'll use quite a lot when I make it for myself. This also means that my tea packs a pretty big nutritional punch because I use so much of the root.

Simply put the raw, peeled ginger root in a pot with the filtered water and bring it to a boil. Once it starts to boil, reduce the heat and cover the pot allowing the tea to simmer for about 40 minutes. When you serve the tea, feel free to put a dash of cinnamon, or a touch of honey to add some sweetness. Enjoy!

Sarah Greer is a local health and wellness consultant. She believes in educating people on how to implement healthy lifestyle changes, supporting them through the transition process, and empowering them to move forward with their newfound understanding of health.

**Tibs the Great**



Tibs the Great was a cat who kept the British Post Office mouse-free in his 14 years of service. When Tibs passed away in 1964, several newspapers ran an obituary commemorating him.



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 Fax: (403) 256-8970  
[calgary.shaw@assembly.ab.ca](mailto:calgary.shaw@assembly.ab.ca)

**In the Legislature**

As the Spring session of the Legislature continues, I have been working hard to make sure your voice is represented in Edmonton. In my last newsletter I asked for constituent's stories about school fees. Many constituents sent me stories about how school fees have impacted their pocketbook. I am proud to say that I am a co-sponsor of Bill 1: An Act to Reduce School Fees. Through finding efficiencies in other areas of Education we will be able to cover this cost. This will eliminate school fees for instructional supplies and materials for the 2017/2018 school year. It will also eliminate fees for busing students to their designated school. This will save Alberta families more than \$50 million a year.

**Budget 2017**

On March 16, we announced our 2017 budget. It makes life more affordable for everyday Albertans by capping electricity prices, reducing school fees and keeping taxes on families the lowest in Canada.

We're helping young people find more opportunities by capping post-secondary tuition fees and funding more apprenticeships and training. Furthermore, we are putting more money back into the pockets of Alberta families with carbon levy rebates and the Alberta Child Benefit and Employment Tax Credit. At the same time investment in long-overdue repairs and modernizations of our schools and hospitals and critical improvements to our roads and highways will keep Albertans working and make life better for people who need those services. This budget will fund 24 new and modernized schools across Alberta, a new hospital in Edmonton and a new long-term care home in Calgary.

Now is not the time to make drastic cuts to services that Albertans need. I believe the government should be providing a steady hand and a clear vision that puts everyday Albertans and families first.

In Calgary Shaw Budget 2017 delivers by providing much needed infrastructure funding around the area, including roads and new schools in South Calgary. I was excited to see the new interchange on Deerfoot Trail and 212 Avenue included in the budget speech. Ever since I was elected, families have communicated to me that roads in the area do not have enough capacity to meet the demands of our busy and growing community. I shared your concerns with Minister Mason that more needed to be done, and I am very happy to see this announcement. Our government is working closely with the City of Calgary to partner on this new exciting project.

**Upcoming events**  
**Stampede BBQ!**

We are partnering with Metis Calgary Family Services to have an even bigger event this year. It will be held on Sunday, July 9<sup>th</sup> at 352 Sunvale Dr SE from 11-2. Hope to see you there!

As always if you have concerns or questions please contact my office at 403-256-8969 or [calgary.shaw@assembly.ab.ca](mailto:calgary.shaw@assembly.ab.ca)

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## Millrise / Shawnessy mybabysitterlist

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|-----------|-----|--------------|--------|
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| Amy       | 16  | 403-247-9228 | Yes    |
| Anna      | 15  | 587-999-5607 | Yes    |
| Belle     | 14  | 403-256-5551 | Yes    |
| Brandie   | 36  | 403-802-2940 | Yes    |
| Bryson    | 15  | 403-720-0345 | No     |
| Deborah   | 15  | 403-619-7037 | Yes    |
| Ella      | 18  | 778-212-9102 | No     |
| Faith     | 16  | 403-805-6988 | Yes    |
| Jacy      | 16  | 403-254-4949 | Yes    |
| Jeffery   | 15  | 403-256-7828 | Yes    |
| Kali      | 16  | 403-244-8814 | Yes    |
| Katie     | 19  | 403-540-3878 | No     |
| Kelsey    | 21  | 403-818-6034 | Yes    |
| Ksenia    | 13  | 587-582-5275 | Yes    |
| Laura     | 14  | 403-287-9380 | Yes    |
| Leah      | 17  | 403-862-2487 | Yes    |
| Monika    | 18  | 403-805-1224 | No     |
| Polina    | 14  | 403-455-3067 | Yes    |
| Sierra    | 12  | 403-201-2164 | Yes    |
| Stephanie | 25  | 403-991-9545 | Yes    |

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### Message from the Calgary Board of Education Board of Trustees

#### Provincial Budget Announcement

We received the provincial budget on March 16 and are pleased that the Province continues to prioritize public education.

We are the largest school board in the province, representing about one-sixth of all Alberta students. Next year alone, we will welcome over 2,000 new students into our classrooms, bringing our enrolment to over 121,000 students. Each of our students deserves the high quality education that Calgary families have come to expect.

This government has stated it wants to protect and improve public education. Providing funding for each and every child is the responsibility of the provincial government. Even with funding for enrolment growth, we will still have a gap between the amount we receive, and the amount necessary to maintain current educational service levels for our students. Therefore, we are worried that government funding may not be able to protect and improve public education.

We are committed to working with the provincial government and our staff and parents to continue to make decisions based on our values; students come first, learning is our central purpose and public education serves the common good.

We support the government's intention to make life more affordable for all families with the introduction of Bill 1: An Act to Reduce School Fees. We also have some concerns about this. Our initial analysis indicates that about one in four students who currently ride a yellow school bus will benefit from Bill 1. The rest could see fees increased and services reduced or eliminated.

With Bill 1, the government has taken over responsibility for setting service levels and the related fees. We are worried that we will be required to make decisions contrary to what we heard from parents last year during our transportation engagement.

We look forward to working with the government to ensure we protect and improve public education for each and every student.

More information about the CBE's budget will be shared on our budget information page as it becomes available. You can also share your feedback with us through the form online at [www.cbe.ab.ca/budget](http://www.cbe.ab.ca/budget)

#### Canada 150

Schools across the country are celebrating the 150th anniversary of Canadian confederation in 2017. Throughout the year, we'll be sharing stories from CBE schools that highlight how students and teachers are marking this milestone. Check our website regularly, as we will be posting stories throughout the year.

Follow the Calgary Board of Education on Twitter @yycbedu



## FAMOUS FIVE DISTRICT

Did you hear, the Classic Cookies have arrived! Some units are going door to door, but if we've missed you, please contact Pat, [isteads@telus.net](mailto:isteads@telus.net) with your address and quantity and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Beginning June 2, 2017, new members will be able to register for the fall program start. Use the National Website, [www.girlguides.ca](http://www.girlguides.ca) to find more information on how to register. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider. If you have any questions, contact Pat.

All our leaders are volunteers, be sure to thank them for the skills and role modeling they provide to your daughters. Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some trainings offered in June and be ready for a fun time in September. Contact Pat, [isteads@telus.net](mailto:isteads@telus.net), for more info.



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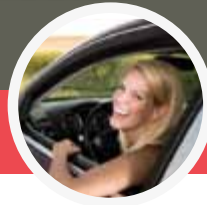
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