

AUGUST 2017

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NORTHGLENMORE PARK CONNECTOR

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER





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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

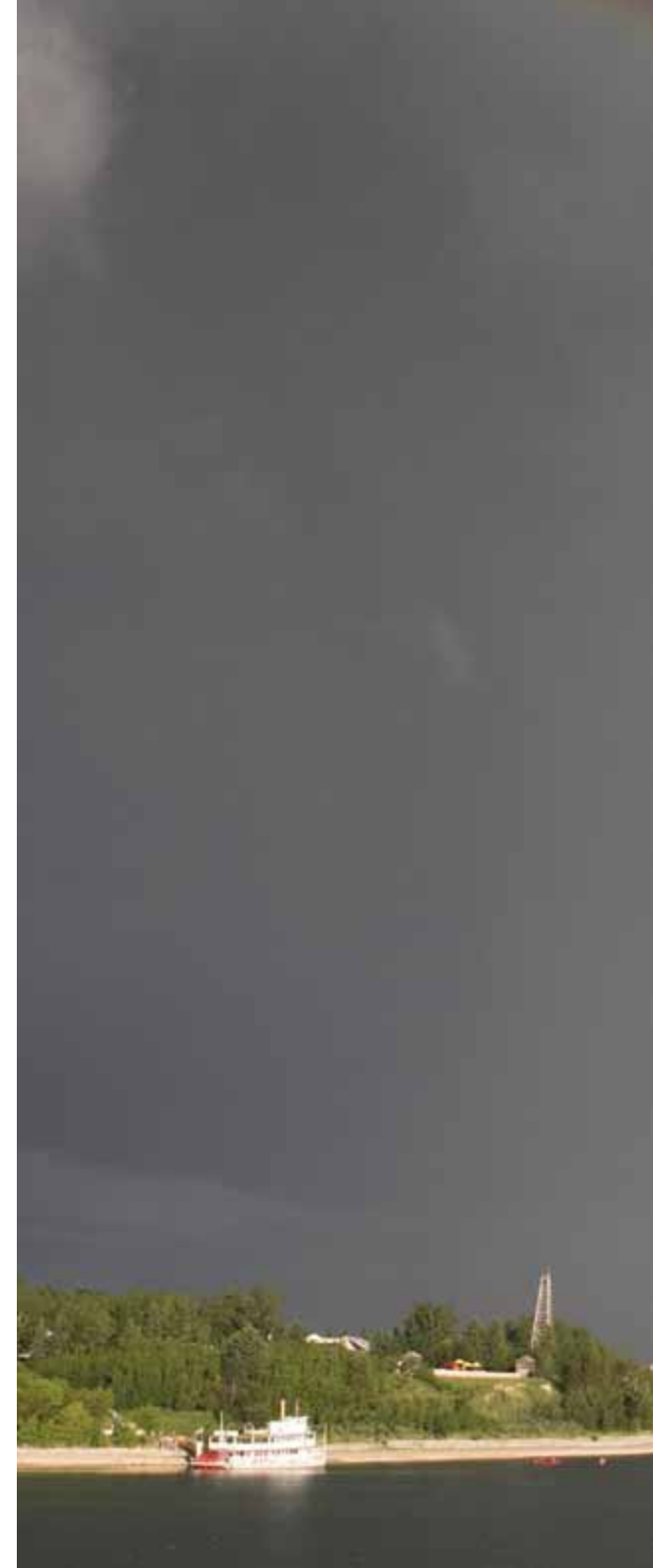
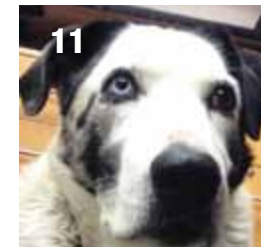
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IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

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NGPCA PHOTO CONTEST

Send us your photos of North Glenmore Park!

This month's cover photo was taken by Gwen Fisher. She snapped a gorgeous rainbow over the beautiful view of Heritage Park and sailboats on the Glenmore Reservoir.

We're always looking for photos to feature on the cover of the newsletter. Pictures can highlight North Glenmore Park's natural beauty, or residents enjoying their favourite activities within the community. Please send your high-resolution photos in jpeg format to generalmanager@ngpca.ca.

NORTH GLENMORE PARK SCHOOLS

Schools in and around North Glenmore Park include:

- Bishop Carroll High School (CCSD)
- Bishop Pinkham Junior High School (CBE)
- Career & Technology at Lord Shaugnessy (CBE)
- Central Memorial High School (CBE)
- Calgary Girls' School (charter)
- Connect Charter School
- Emily Follensbee School (CBE)
- Jennie Elliott Elementary (CBE)
- St. James Elementary & Junior High (CCSD)

NGP COMMUNITY ASSOCIATION



BOARD OF DIRECTORS

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Traffic	Amir Eisenberg	admin@ngpca.ca
Fundraising	Volunteers Needed	

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General Manager	Leah Wilson	generalmanager@ngpca.ca
Office Coordinator	Renee Desroches	admin@ngpca.ca

Bee BUZZ

Honeybees can count, categorize similar objects like dogs or human faces, understand "same" and "different," and differentiate between shapes that are symmetrical and asymmetrical.



Stampede Breakfast 2017

The 2017 edition of North Glenmore Park Community Association's Annual Stampede Breakfast was enjoyed by approximately 600 residents on Neighbour Day, June 17.

Guests enjoyed a delicious breakfast of pancakes, eggs and sausages donated by, and cooked by, Earl Grey Golf Club. Entertainment was provided by the Chinook Country Line Dancers. Kids loved the pony rides and petting zoo set up by Horsin' Around, and Youth Central Volunteers provided face painting. We were lucky to have great weather that morning!

Appreciation goes out to all the volunteers who helped make the free event a success. A special thanks also to photographer Mason Benning for capturing pictures of the fun and to Daniel Goldstein of 'Been There, Dump That' for picking up and taking back the barbecues.

See you at next year's Stampede Breakfast!

Photo credit: Mason Benning (www.masonbenning.com)





PRESIDENT'S MESSAGE

By Jill Mitchell

Programs & Events for Seniors – Send us your ideas!

We've worked hard over the past year to provide residents of all ages more opportunities to find connection within our community.

Our gentle fitness class for older adults started last September as a trial and quickly became so popular that we expanded it to include winter and spring sessions. And now, by popular demand, we will offer the class twice a week beginning with the fall session that commences on September 18. Please see page 9 for registration details.

North Glenmore Park Community Association was fortunate to receive a New Horizons grant for seniors programming which will allow us to support more programming and events for older adults. Are you a senior living in the area, or do you have neighbours who are seniors? We'd love to hear from you! What kind of programming events would be of benefit? Some ideas are a speaker series (what topics interest you?), a walking club, crafting club, or coffee socials. In addition, we are exploring the possibility of using part of our funding for a community garden. Let us know your ideas! The Community Association can provide support.

As always, feel free to contact me with your ideas for connecting residents of *all ages* at president@ngpca.ca or by calling the office at 403-2046-4243. I hope to hear from you!

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CHURCHES IN & AROUND NORTH GLENMORE PARK

St. James Catholic Parish

Pastor: Fr. Edmund Vargas
5504 - 20 Street SW • Telephone: 403-243-2680
Webiste: www.stjamescalgary.org
Weekday Mass times: Tuesday thru Friday 9:00am
Weekend Mass times: Saturday 5pm,
Sunday: 8:30am, 10:00am & 12:00 noon

Lakeview United Church

Minister: Jope Langejans
3023 63 Ave SW • Telephone: 403-242-5760
Website: www.lakeviewunitedchurch.com
Sunday Services: 10:00am

Lakeview Baptist Church

Pastor: Reverend Rick Gordon
5336 Lakeview Drive SW • Telephone: 403-249-7359
Website: www.lakeviewbc.ca
Sunday Services: 9:30am

St. Laurence Anglican Church

Part-time Priest: Carolyn Herold
Rector: Rev. Anna Greenwood-Lee
5940 Lakeview Dr. SW • Telephone: 403-249-6184
Website: www.stlaurence.ca
Sunday Services: 10:00am

Rainbow Christian Church

Pastor: Yi Zheng
5336 Lakeview Dr., SW • Telephone: 403-452-8872
Website: www.rainbowchurch.ca
Sunday Services: Chinese Sunday service: 11:15am
English service: 9:30am

First Church of the Nazarene

Pastor: Bryan Roller
65 Richard Way SW • Telephone: 403-242-1718
Website: www.firstnaz.ca
Sunday Services: 10:45am

Free Reformed Church of Calgary

Pastor: Hans Overduin
2419-54 Avenue, SW
Telephone: 403-259-6591
Website: www.calgaryfrc.com
Sunday Service: 9:30 a.m. & 4:00 p.m.

MONDAYS & THURSDAYS 11:00AM

GENTLE FITNESS FOR OLDER ADULTS

At North Glenmore Park Community Association

FIRST CLASS FREE

Fall session starts September 18. Come once a week, twice a week, or drop-in.

To register:
 call: 403-246-4243
 email: admin@ngpca.ca
 come by: 2231 Longridge Dr. SW

13 weeks @ 1/week: \$70
 13 weeks @ 2/week: \$140
 10 class pass: \$65
 20 class pass: \$130
 Drop-in: \$8

10% discount with membership

NGPCA UPCOMING COMMUNITY PROGRAMS AND EVENTS



FREE drop-in pickleball has been extended for the summer months! Play indoor pickleball on Sundays from 1pm-3pm during the month of August. FREE for members! Non-members will be charged a \$2 drop-in fee. Please contact the North Glenmore Park Community Association office (403-246-4243 or admin@ngpca.ca) for more information, or if you are interested in volunteering as a court host.

Mobile Skate Park – August 12 to 24. Skateboarders and scooter-riders of all ages will love the City of Calgary's mobile skate park, to be located in the North Glenmore Park Community Association's facility parking lot. For more information call 3-1-1 or visit www.calgary.ca/skateparks.

Open gym time. Members are welcome to use the gym any time it is available during the month of August. Times will vary so please call the office at 403-246-4243 to confirm. With access to our equipment room, participants can play dodgeball, basketball, volleyball, soccer, badminton and floor hockey. Or make up your own games! Non-members are welcome to join the fun for a \$2 drop-in fee.

Gentle Fitness for Older Adults. The fall session will commence the week of September 18 with the option to participate in one or two classes per week until December 18. Please see page 9 for more details.

SAFETYSYNC

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safetysync.com

SAFE & SOUND

Backyard Play Safety

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 9-inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends 6 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.



Joey's Corner

As much as I'd like to take full credit for my vitality and longevity, I'm humble enough to give my humans some credit. Being a senior isn't always a walk in the park (although I do enjoy a good walk in the park!). However, there are things you can do to support an aging pet.

One of the keys to a pet's healthy aging is to keep them fit through their younger years in order to prevent issues later in life. For example, my hip issues would likely be more noticeable if I weren't so fit in my early years. That being said, my walks are much shorter than they used to be, and two small walks per day seems to work better for me than one long walk. I also prefer to walk in the morning or evening, as most afternoons are too warm for an old fellow like me.

A healthy diet is an important factor in promoting a positive aging experience as it keeps the digestive system and other organs in good running order. Supplementation or medication can help maintain health or ease pain. I've been taking glucosamine for my hips and joints, but it's always best to check with your vet about your pet's specific needs.

Veterinarians are a great resource for us wise old dogs. Monitor your pet and watch for changes or concerns, as no one knows us as well as you! Finally, consider the special accommodations you can provide for your dog. I've been a big fan of my memory foam bed for a few years now, and I stick to the main floor of the house since the full flight of stairs just isn't worth it anymore.

Cheers to good health!

-Joey



Biting a wooden spoon whilst chopping an onion will stop your eyes from watering.

MEMBER BENEFITS

Purchasing an annual North Glenmore Park Community Association membership is a cost-effective investment in your community and comes with many benefits including:

Free and discounted programs and events. The Association hosts several annual events including a Christmas Art Market and Family Fun Day, the Stampede Breakfast, Mobile Skate Park, and special events such as Public Art Affair. Programs include summer day camps for kids aged 6 – 12 and gentle fitness for older adults. These events are a fun, cost-effective way to get to know your neighbours. There's something for community members of all ages!

Free drop-in gym times and pickleball. Members can drop in to our scheduled open gym times for free. We supply a variety of sports equipment for families to enjoy. During the summer months, members can drop-in for Sunday afternoon pickleball at no charge.

Free Family Skating at Calgary Flames Arenas. A membership entitles you to free family skating at Calgary Flames Arenas during the winter

months. Check with the arena for current skate times.

Discounted birthday party packages. Take advantage of a 10% discount on birthday party packages. A bouncy castle, gym (including sports equipment), and attached kitchen add up to birthday parties that are fun for kids and hassle-free for parents!

Discounted room rentals. Members are entitled to a 10% discount when renting our gym, multi-purpose rooms or newly renovated lounge with attached kitchen. Call the office at 403-246-4243 or visit www.ngpca.ca for rental rates, room specs, or to schedule a facility tour.

A liaison for social, environmental, and civic affairs. The Association keeps updated on key issues including rezoning, transportation and redevelopment. We advocate for the community on behalf of members, providing community representation to the city. When you purchase a membership, you add your voice to the vision of North Glenmore Park.



**NORTH GLENMORE PARK
COMMUNITY ASSOCIATION**

DATE OF REGISTRATION: _____

Membership Registration Form

Name(s): _____
(Please include full names of both partners, if applicable)

Children's names: _____

Address: _____

Postal Code: _____ Phone Number: _____

E-mail: _____

I authorize NGPCA to send me e-mails regarding community news, events & programs: Yes No
Your personal information will be used for NGPCA purposes only and will never be given or sold to third parties.

Yes, I would consider volunteering my time, interest, or experience in the areas of...

Communications & Marketing Special Events
 Membership Fundraising

Membership Fees:

Family: A resident Family membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A resident member must live within the community association boundaries and is entitled to vote at NGPCA general meetings. **FEE = \$25** \$ _____

Senior: A resident Senior membership shall include up to two (2) adults over the age of 65 living in the same household. A senior member must live within the community association boundaries in order to vote at NGPCA general meetings. **FEE = \$10** \$ _____

Associate: An Associate membership shall include up to two (2) adults and their children (up to and including the age of 17 years) living in the same household. A non-resident member is someone who lives outside the community association boundaries. A non-resident is not entitled to vote at the NGPCA general meetings. **FEE = \$35** \$ _____

Additional donation: \$ _____
Tax receipt will be provided

Payment:

In person: With cash, cheque, debit, Visa, or Mastercard
 By mail or email:
 I have enclosed a cheque Please process my credit card (Visa or Mastercard)

Card Number: _____ Expiry: _____

Name on card: _____ Signature: _____



Library Connect

Check out the September-October issue of *Library Connect*, your ultimate guide to free back to school Library programs, reading recommendations, and events happening this fall. Visit calgarylibrary.ca to download a copy of *Library Connect* or pick one up at your local community library.

Forest Lawn Library Nature Playground

The Forest Lawn Library Nature Playground is open! The new outdoor space inspires active, fresh-air-filled play. Play is a priority at the Library, because it's central to how kids learn and grow. The nature playground

was made possible thanks to generous funding from the Canada 150 Infrastructure Program. Visit today!

Free Online Resources

Did you know your Library card gives you access to free online tutoring? Brainfuse is an online resource aligned with the Alberta curriculum for students in Grade 2 to Grade 12. Get expert online help with your homework at calgarylibrary.ca/resource/brainfuse from 2 p.m. to 11 p.m. daily. Support for adult learners is also available.

The Calgary Public Library's E-Library offers many other resources for learners of all ages. At calgarylibrary.ca/online-resources you'll find language learning courses Rosetta Stone and Mango Languages, eBooks and eAudiobooks on OverDrive, Flipster Magazines, online learning services Lynda.com and Gale Courses, and much more.

Heritage Time Out

McDougall United Church, 8516 Athabasca Street S.E.
(No religious content, non-denominational)

Artisans in quilting, knitting, crocheting, card making, as well as a "do-as-you-wish" table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Wednesday mornings, 9:00 – 11:00 a.m., our current session is April 5 to June 21. Our fall session will start Wednesday, September 6 and finish November 29. Registration is preferred, but drop in is available, babysitting supplied. Please contact Lori at McDougall United Church 403-252-1620.



Watermelon Salad

Ingredients:

- 1 7-8lb seedless watermelon, chilled
- ½ cup extra virgin olive oil
- 3 limes, juiced
- 1 ½ tsp salt
- ¾ tsp black pepper
- 1 cup chopped fresh mint leaves
- 1 ½ cups crumbled feta cheese

Method:

Remove rind from watermelon and cut into 1-inch chunks. Place chunks in a colander to drain as you chop.

In a small bowl, whisk together the olive oil, fresh lime juice, salt, and pepper to create a dressing.

Place watermelon in a large salad bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat.

Add the crumbled feta to the bowl and stir gently to combine.

Serve.

Serves 8

Notes: this salad is best made just before serving. Prepare one hour or less before your meal.

From *Toriavey.com*

<http://toriavey.com/toris-kitchen/2011/06/watermelon-feta-salad-with-mint/>

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

The Market on Stephen Avenue – Tuesdays until Sept. 5, 11 am – 5 pm

Bring your enviro bags and coolers! You'll find up to 60 vendors; from fresh food (produce, breads, pastries, etc) spices, sauces, treats, art, fashion, jewelry and so much more! Found on Stephen Avenue between 1 Street East and 2 Street West. More info: inquiries@dmeinc.ca.

Honens Festival – Various Venues, Sept. 7 – Sept. 10

The award-winning Honens Festival returns for a four-day festival of music with a side of maple syrup! To mark Canada's 150th birthday, this celebration of piano showcases some of the country's brightest classical music stars alongside Honens Laureates through innovative performance projects and dynamic community concerts. More info: honens.com.

Beakerhead – Various Locations, Sept. 13 – Sept. 17

One of the world's most original spectacles of art, science and engineering, will erupt this September when the fourth annual Beakerhead hits Calgary. Look for mechanical creatures, multi-story art installations, famous and soon-to-be famous scientists and inventors, and performances by people and machines. The dose of quirky spectacle will include more than 65 events. More info: beakerhead.com.

Techstock 2017 - 3553 31 Street NW, Sept. 14

This is an annual event hosting 30+ start-up companies and researchers who showcase their innovations to the public. This year they explore how technology and social innovations are making a profound impact on our society and driving change in areas such as sustainability, health, education, gender equality and more. More info: innovatecalgary.com/events/techstock/

Railway Days – Heritage Park, Sept. 23 - 24

There is fun for the whole family at Railway Days! As one of the few sites in North America with two steam locomotives, our trains take centre stage for two days with demonstrations, hands-on activities, and exciting exhibits. More info: heritagepark.ca.

CALGARY PRIDE PARADE 6 AVE. AND 6 ST. SW SEPTEMBER 3, NOON – 1:30

The signature Calgary Pride Parade is one of the most colourful celebrations of the year!
More info: calgarypride.ca.



Photo by JMacPherson

CIRCLE THE WAGONS 3951 TRASIMENE CRESCENT SW SEPTEMBER 9, 11 AM – 11 PM

This year's traveling carnival of local food, beer, music, art and performers will be proudly hosted at Currie. Currie boasts Canadian pride, and to help further amplify the celebratory energy from Canada's 150th anniversary. More info: circlethewagons.ca.



YW WALK A MILE IN HER SHOES STEPHEN AVENUE AND OLYMPIC PLAZA SEPTEMBER 19

Hundreds of men and women will step onto Stephen Ave. in high heels to show their support for women and children who are victims of family violence. More info: walkamile.ca.



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SEPTEMBER

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for Fire Pits:

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fire pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide.
5. **A mesh screen or "spark guard" is now required** in order to reduce the spread of embers. The openings of the mesh must not be greater than 1.24 cm.
6. Only burn clean, dry firewood.
7. **Do Not Burn:**
 - Wood that is painted, treated or contains glue or resin
 - Wet or green/fresh cut wood
 - Yard waste (cut grass or leaves)
 - Garbage
 - Rubber or plastic
 - Furniture
8. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
9. All fires in your fire pit must never be left unattended.
10. Aside from safety considerations, not following these rules can lead to fines of \$500, \$1000 or even \$5000.

For more information go to Calgary.ca/fire.



North Glenmore Park Real Estate Update

Last 12 Months North Glenmore Park MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
June 2017	\$648,450	\$615,000
May 2017	\$949,900	\$872,000
April 2017	\$769,900	\$745,000
March 2017	\$936,000	\$880,000
February 2017	\$599,900	\$586,750
January 2017	\$622,158	\$592,000
December 2016	\$0	\$0
November 2016	\$875,000	\$847,000
October 2016	\$602,500	\$595,000
September 2016	\$664,450	\$652,450
August 2016	\$849,000	\$825,000
July 2016	\$675,000	\$657,500

Last 12 Months North Glenmore Park MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
June 2017	5	4
May 2017	5	5
April 2017	8	3
March 2017	3	4
February 2017	5	4
January 2017	4	2
December 2016	3	0
November 2016	3	3
October 2016	4	4
September 2016	7	4
August 2016	6	5
July 2016	4	1

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



Community service is what it's all about when it comes to the annual City-Wide Food Drive. On Saturday, September 16, some 7,000 volunteers of all ages and backgrounds will spread across the city collecting non-perishable food donations in support of the Calgary Food Bank.

For the Clark and Anderson families, three generations of family members will be getting in on the act again this year. Brent and Judy Clark have volunteered for the City-Wide Food Drive for the past 10 years. "We've gone with our grandchildren a couple of times, and it was great!" says Judy. "We drove, and they ran and collected the bags. Sometimes folks were so generous, it took three kids to collect the bags from a single house, and that really impressed the kids! It was a joy to establish a family tradition with them of helping our communities."

The Clark's 8-year-old grandson, Erik Anderson, says, "I think about how people will like all the good food, and how they'd be happy to see all the kinds of foods!"

Big sister Lauryn adds, "Everyone collects so much food, and then we fill semi-trucks full of food, and it really adds up. It must make such a difference."

Now in its 13th year, the City-Wide Food Drive is an easy and convenient way for you to help fill the shelves at the Food Bank as seasonal need for food hampers increases.

Starting the week of September 11, you'll see volunteers drop off donation bags on doorsteps across the city. During that week, these bags can be filled with non-perishable food items, and on Saturday, September 16, those same volunteers will travel back through their neighborhoods to collect the bags. They won't ring your doorbell or disturb you, but will happily collect the filled donation bags from your doorstep, and take them to a central drop-off for transport to the Calgary Food Bank.

This year's City-Wide Food Drive target is to collect a half million pounds of food in one day! It's a lofty goal, but Calgarians are known for their good and generous hearts, especially during tough times. When it comes to neighbor helping neighbor, the City-Wide Food Drive really is a community affair!



The Merlin

Article by J.G. Turner • Photo by N. Suret

The Merlin is a little falcon (weighing just 129 to 236 grams and measuring up to 30 cm), about the size of a Jay. The female Merlin is about a third larger than males and are brown. The males have a gray/blue upper and a black and gray barred tail. Both the male and female have whitish streaked throats, and buff coloured underbody with brown streaks.

The Merlin likes to live in open woodlands, marshy areas and open countryside. The Merlin migrates to Alberta as one of their favoured breeding areas and can be seen along Alberta's foothills during their migration, as they will go as far north as the Yukon and Alaska. For the winter months, the Merlin migrates to northern South America, although some have begun to over-winter in the city.

Fun Facts:

- Sometimes the Merlin is called the "Pigeon Hawk" because when flying, it looks like a fast-flying domestic pigeon
- A falcon is a raptor (hunting bird) that has thin pointed wings that let them fly very fast and change direction quickly.
- The Merlin can easily fly at 50 kilometres per hour, and can fly even faster when hunting.
- The Merlin has excellent hearing and eyesight and is a powerful flier.
- The Merlin mostly hunts small to medium sized birds, such as songbirds, but it will also seek out small mammals (such as mice, voles, and bats), reptiles and insects (like dragonflies).

- The Merlin will hunt other birds by surprise attack from a hidden perch, or from searching flights, attacking from below and tiring out their prey.
- The Merlin has been observed hunting in pairs, working together to flush out and confuse their prey.
- The Merlin is diurnal, so they hunt during the day.
- The Merlin is usually a solitary, quiet bird but makes a shrill chatter sound when nesting.

If you find an injured Merlin or other wild animal in need, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or wildlife@calgarywildlife.org.

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

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Did you know?

In the Roman calendar, August was originally called Sextilis. This is because the Roman calendar had only ten months, and August was the sixth month. The name was changed in 8 BC to honor Caesar Augustus.

DOLLARS & SENSE



Don't Let Your Investments Take a "Vacation"

It's summer again – time for many of us to take a break and possibly hit the open road. But even if you go on vacation, you won't want your investments to do the same – in summertime or any other season. How can you help make sure your portfolio continues to work hard for you all year long?

Here are a few suggestions:

Avoid owning too many "low growth" investments

As you know, different investments have different characteristics and can help you in different ways. For example, you typically own stocks because you want the potential for growth. Other investments, such as guaranteed investment certificates (GICs), provide you with a regular source of income and stability of principal – two valuable contributions to your portfolio. However, investments like GICs don't offer much in the way of growth potential. So, if you own too many of them, you might be slowing your progress toward your important financial goals, such as a comfortable retirement.

You can maximize the productivity of your portfolio by owning a variety of investments – domestic stocks, international stocks, corporate bonds, GICs and more. How much of each investment should you own? The answer depends on a variety of factors, including your age, income, risk tolerance, family situation and specific objectives. Over time, your ideal investment mix may change, but you'll likely need at least some growth potential at every stage of your life.

Don't let your portfolio go "unsupervised"

Your investment portfolio can be subject to "drift" if left alone for extended time periods. In fact, without your making any moves at all, your portfolio can move in directions that may not be favourable to you. Suppose you think your holdings should be made up of 70% stocks, but due to strong gains, your stocks now make up 80% of your portfolio. This development could lead to a risk level that feels uncomfortably high to you. That's why you should review your portfolio at least once a year, possibly with the help of a financial professional, to check your progress and make adjustments as needed.

Don't stop at the nearest "resting place"

Some people hope that if they can get that one "winner," they will triumph in the investment arena. But the ability to "get rich quick" is much more of a myth than a reality. True investment success typically requires patience, persistence and the resilience to continue investing even during market downturns.

In other words, investing is a long-term endeavour, and you need a portfolio that reflects this reality. You need to establish your goals and keep them constantly in mind as you invest. And you will never really reach the end of your investment journey, because you'll need to make choices and manage your portfolio throughout your retirement years.

Hopefully, you will enjoy a pleasant vacation sometime this summer. But your investment portfolio shouldn't take time off.



• SUMMER SESSIONS ADDED •

Pickleball

SUNDAYS 1:00-3:30 PM

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FREE with membership, free to try, or pay \$2 drop-in fee.

Equipment and training provided!

For more information or to volunteer to be a court host:
call 403-246-4243 or email admin@ngpca.ca

Legacy Names

Both Alberta and Lake Louise got their names from the fourth daughter of Queen Victoria, Princess Louise Caroline Alberta. However, the town of Caroline, Alberta does not get its name from the princess, and is instead named after Caroline Langley, whose family opened up the town's first post office.



Community Preparedness Building Safe Communities Program

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

1. Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

2. Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

3. Know the evacuation routes

Knowing how to get of your neighbourhood can reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

- Ambulance, Fire, Police, Hazardous Materials Spills: 9-1-1
- Gas Emergency – ATCO Gas: 403-245-7222
- Electrical Emergency - ENMAX Power: 403-514-6100
- All other City services: 3-1-1
- Poison & Drug Information Service: 1-800-332-1414
- Calgary Emergency Management Agency 3-1-1: calgary.ca/cema



YOUR CITY OF CALGARY

2017 Election Ward Boundary Changes

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).

Janice Piet Yoga

Ongoing Registration starts September 6
Lakeview Community Centre 6110 34th St SW

Strength Building Yoga

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Chair Yoga

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Challenge Yoga

Wednesdays 5:30pm-6:45pm
Must be injury free to do this sequence. It's a strong practise and will not disappoint people who are looking for a challenge.

Restorative

Wednesdays 7pm-8:15pm
A combination of gentle floor and standing postures with a long resting pose at the end.

REGISTRATION AND INFORMATION:
403-889-5223
janicepiet@gmail.com

Foraging in Calgary's Wild Berry Patches

After a seemingly endless winter, summer in Calgary is a wonderful time to go for long walks or bike rides, especially along the Elbow and Bow rivers. Believe it or not there is an abundance of wild berries growing on the riverside and all over our city, and they are ripe for the pickin' right about now.

There are numerous wild, edible berries in Southern Alberta, but here are a few of the most common ones:

Red Raspberries: These bright red, sweet and tart berries are what many childhood memories are made of in our province. The mid-sized bushes have light green leaves that are toothed along the edges and are greenish-silver on the other side. The raspberries grow in clusters on the end of the stems and will continue to produce fruit through the growing season after they are picked. These bushes may or may not have thorns, so be cautious and bring gardening gloves if you are going hunting for these particular little gems.

Saskatoon Berries: Saskatoon berries are native to Alberta. The Plains Indians ate the fruit both fresh and dried in their dietary staple, pemmican. These berries are dark purple when ripe, very tart and sweet with a slight almond flavour, and make excellent jams, preserves and pies. The mid-to-tall sized bush has small green leaves and sports white flowers in the spring. The berries grow in clusters along the stems, so if you're really ambitious, you may want to bring along a small step ladder to harvest the ones up high.

Choke Cherries: These little beauties are so named for their large pit, but don't be deterred, they are sweet and juicy and make a lovely jelly—just be aware when the kids are gobbling them up. This mid-sized bush will have oval-shaped, dark green leaves that point at the end. The berries are red, ripening to bluish-black and hang in dense popsicle-shaped clusters that will pull the branches down with their weight when ripe.

These berries will grow along the rivers and ravines in our city. If you're planning on goin' pickin' bring a bucket or sturdy container of some sort and gloves; don't go during the heat of the day because the berries will mush or burst in your fingers; try to avoid areas that may have been recently plied with pesticides or the like; get a field guide to correctly identify your berries before consuming them. Some good places to start your berry adventures are Paskapoo Slopes, Edworthy Park, Stanley Park, Inglewood riverside and Beaverdam Flats. Happy hunting!



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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MP Calgary Centre
Hon. Kent Hehr
 950 6 Ave SW Calgary, Alberta T2P 1E4
 ✉ kent.hehr@parl.gc.ca
 ☎ 403-244-1880
 🌐 www.KentHehrMP.ca

Before I get into this month's newsletter I wanted to make sure you received an invitation to my annual BBQ on September 10th – which will be held at Sunalta Hall (1627 10 Ave SW).

We'll be there from 11 am to 1 pm, flipping burgers and saying hello to our neighbours. If you're interested we also have an RSVP page online on my website at www.KentHehrMP.ca which will give us a heads up if you're attending so my team can plan on how many burgers to prepare.

WHAT: MP Kent Hehr's Summer BBQ
WHERE: Sunalta Hall – 1627—10 Ave SW
WHEN: 11:00 AM to 1:00 PM

Next, I wanted to talk for a moment today on the subject of infrastructure investment. Our government is committed to investing in flood mitigation, affordable housing, public transportation, and places where communities come together (like community centres or hockey rinks). We were elected on a commitment to invest in infrastructure and these long-term economic generators for communities.

Just as one example, Infrastructure Canada funding to Alberta has received more funds for projects in the last year and a half (a total of \$4.3 billion). This is larger than the last five years **combined**.

You can see all of the projects invested in by Infrastructure Canada online here: <http://www.infrastructure.gc.ca/map-carte/ab-eng.html>

By investing in green infrastructure, we get people home to their families faster, cleaner communities, and more inclusive, affordable cities.

And by investing in affordable housing we can begin to take on the issue of homelessness and poverty – a conversation that the federal government has been noticeable absent in the last ten years.

With our new National Housing Strategy, the \$11.2 billion highlighted in Budget 2017, and the important work we are doing to cut homelessness in half, and take 500,000 families out of housing need, we are well on our way to creating more inclusive communities.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403-244-1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

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Letter to the editor
 Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

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

Dear Constituents:

I hope all of you enjoyed Canada 150 Celebrations, Citizenship and Stampede events. As I was able to attend and share many of these events with you, we had numerous opportunities to have good conversations, also on how we can work together to strengthen our communities and welcome new Canadians.

Our government continues to take new initiatives to make life better for Albertans as follows:

Expanded Cancer Treatment: Expanding treatment hours for cancer patients in Calgary and Edmonton by offering evening and weekend care at the Tom Baker Cancer Centre and the Cross Cancer Institute.

Home Care and Community Care: An increase of \$200 million to home and community care, helping more Albertans get care right in their communities where they live, increasing total funding for home and community care to over \$2 billion.

Seniors' Travel for Specialist Medical Appointments: Budget 2017 invests an additional \$550,000 to help low-income seniors cover costs, like transportation and accommodation, associated with travel for specialist medical appointments.

Library Funding: Our government is providing \$50 million this year to improve access and services at libraries; including increased operating grants to help keep pace with the province's growing population, and to ensure that all Albertans have a welcoming space to learn, play, share and research.

\$25 per Day Child Care: 22 pilot Early Learning and Child Care Centers will receive funding to demonstrate the importance and viability of \$25-a-day child care in Alberta.

More Supports for those with Addictions: Investing in housing for Albertans overcoming addictions with a \$7-million to support 46 individuals and their families in Calgary who are recovering from addictions.

University of Calgary: Alberta invests in much-needed space with \$270.6 million over four years to 500 new

study and classroom spaces with the renovation of the MacKimmie Complex and Professional Faculties building.

Deerfoot Interchange: Interchange at Deerfoot Trail and 212 Ave SE. supports 25,000 jobs and potential for more than \$4 billion in economic opportunity.

Cleaner Energy: An investment of \$10 million to convert carbon dioxide emissions into usable products at the Alberta Carbon Conversion Technology Centre helping us transition to a cleaner energy future and create jobs.

Supports for Immigrant and Indigenous Women: \$100,000 in funding for Making Changes Association to prepare immigrant and Indigenous women for careers in technology.

Schools: Budget 2017 allocates \$500 million for 8 new schools, 9 replacements and 7 modernization funds for 2 additional schools.

Apprentices: We are helping put hardworking Albertans back on the job: 1,000 more Apprentice Training Awards have been introduced to reduce financial barriers for apprentices returning to technical training.

Affordable Housing: Funding of \$5.7 million for planning 14 affordable housing projects across the province has been provided. The government is renewing or building more than 6,000 affordable housing units over the next 5 years.

For more details, please contact our office.

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.



MLA Calgary-Elbow
Greg Clark
 Leader - Alberta Party
 403 252-0346
 calgary.elbow@assembly.ab.ca
 @GregClark4AB

Summer is festival season in Calgary! I look forward to spending time in my community attending the many events that make our warm summer days and nights so special.

I hope to see you at **Marda Gras Street Festival** on Sunday, August 13th from 10am to 5pm. Marda Gras is a FREE family-friendly event that attracts over 35,000 visitors from all over Calgary. This year the streets of Marda Loop will celebrate the festival's 33rd year in the community. The festival includes live music, dance and cultural performances, a fun kid's area, unique shopping and lots of great food! Please stop by my booth; I would love to hear what is on your mind. For more information visit <http://www.mardagrass.ca/>.

Calgary Pride Parade takes place on Sunday, September 3rd from noon to 1:30pm. I've been proud to walk in the parade in the past to show my unwavering support for the LGBTQ community and the advocates who continue to work for inclusivity and acceptance. Following the parade, don't forget to visit Pride in the Park. Until 6pm you can enjoy one of Calgary's largest free outdoor cultural celebrations. Set in Prince's Island Park, the event will include live music, a marketplace and activities for all ages. More details can be found at <http://www.calgarypride.ca/>.

This year, in addition to hosting the fireworks competition from August 15th to 26th, **GlobalFest** is hosting a FREE human rights forum from August 8th to 12th at the Calgary Public Library's John Dutton Theatre (616 Macleod Trail SE). This year's topics are focused around UNESCO's Coalition of Municipalities against Racism and Discrimination. Details on the events can be found on GlobalFest's website at <http://www.globalfest.ca/>.

Visiting the Legislature

The Borealis Gallery on the grounds of the Legislature presents a brand-new exhibition.

The Dream We Form By Being Together centres on the theme of reconciliation and emerges from the awareness that art can play a central role in the process.

Drawing from indigenous practices and understandings, the show seeks to rebalance colonial narratives within the much larger story of this place we now call Canada.

The exhibition is a free, non-ticketed event open in the Borealis Gallery until October 1, 2017.

Visit www.assembly.ab.ca/visitorcentre for more details.

I hope to see you at one of the many events taking place in and around Calgary-Elbow. My office will be open throughout the summer. We can be reached at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.

COMMUNITY ANNOUNCEMENTS

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

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

CHILD SCIENTISTS WANTED! Ch.I.L.D. Research Group at the University of Calgary requires kids under 14 years to participate in fun game-like projects to help us understand how children develop language and social understanding. If interested call (403) 220-4955, email child@ucalgary.ca, or visit <https://psyc.ucalgary.ca/child/>

CALGARY 55+ GAMES: From August 10th to 12th 2017, Calgary 55 Plus Games Association will be hosting the Calgary 55 Plus Provincial Championships. There will be 11 events. We need new members and volunteers. Go to www.calgary55plus.com for information.

LOVE TO SING? Vocal Latitudes may be the choir for you. A non-audition, World Music community choir, Vocal Latitudes meets Tuesday evenings from September-May in a convenient central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. For more information, see www.vocalatitudes.org.

HOLY SPIRIT CWL CRAFT SALE: Saturday, November 18th, 10 a.m. to 3 p.m. 10827 – 24th Street S.W. Over 40 tables of handcrafted gifts. Contact hscwlcraftsale@gmail.com.

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