NORTHGLENMORE &

THE OFFICIAL NORTH GLENMORE PARK COMMUNITY NEWSLETTER



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NORTH GLENMORE PARK COMMUNITY ASSOCIATION

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

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 Weather Information	511
Gamblers Anonymous	403-237-0654

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SEND US YOUR PHOTOS OF NORTH GLENMORE PARK!

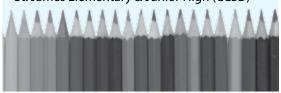
This month's cover photo was taken by North Glenmore Park resident Mabel Hennig. She snapped the beautiful picture of a Downey Woodpecker while walking through the Weaselhead this past spring.

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 highresolution 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)



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OUMMONTH ASSOCIATION		
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YOUR CITY OF CALGARY

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.



PRESIDENT'S MESSAGE

Bv Jill Mitchell

We Need Your Ideas & Expertise!

The Association's Board of Directors recently held a strategic planning session to establish priorities for the next few years. Our key objective is to continue increasing engagement with the goal of ensuring North Glenmore Park residents of all ages feel connected to the community.

We have some ideas - including a membership drive, more special events, a community garden and additional programming for kids and seniors. We want to make our facility a gathering place for everyone – from young families, to teens, and older adults too. But we need YOU to help make our plans a success!

We'd love to hear your ideas. What kinds of programming and events would you be interested in attending? We're open to anything - from fitness, to community gardening, to parties. The possibilities are endless.

And we need your talents! Do you have an interest in gardening, photography, or organizing special events? Are you keen to work with kids or older adults? Do you have a special talent or professional expertise such as marketing or fundraising that you would be willing to share with your community?

Let us know YOUR ideas for making North Glenmore Park an even better place to live. Drop me a line at president@ngpca.ca or give us a call at 403-246-4243. I look forward to hearing from you!

YOUR CITY OF CALGARY

Summer Programs

We have a wide variety of exciting programs and special events that cater to children, youth and families, all led by qualified city staff. Join us all summer long and experience games, crafts, activities and more.

Find out what's happening in your area, visit calgary.ca/ CommunitySummerPrograms.



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- your portfolio? Which investments are likely to recover and which ones aren't?

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my**YYC** Time has flown by!

The Calgary Airport Authority is celebrating its silver anniversary! July 1 marks 25 years since we assumed the management, maintenance, and development of YYC. This year we're going above and beyond by giving a little something back to our community. Throughout 2017, we are taking our passion for giving back to the next level with a campaign focused on participating in activities that benefit our surrounding community, including:



Airport activities, like reading to our tiny travellers while they wait for their flights, or welcoming Calgary Marathon runners to our beautiful city.



Partner activities, helping great organizations such as Habitat for Humanity, the Calgary Rotary Challenger Park, and the Alzheimer Society of Calgary in their initiatives.



Community activities,

supporting our neighbours in their community garden builds, community fairs, and festivals with our Crew's time, passion, and expertise.

Is there a volunteer opportunity in your community that could use some additional assistance? Email us at community@yyc.com





<u>CHURCHES IN & AROUND</u> 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.

SUMMER CAMPS

At North Glenmore Park **Community Association**

FULL DAY, 5-DAY CAMPS

Art Camp: July 17-21 Multi-Sport Camps:

July 24-28, July 31-Aug4, Aug 14-18

FUN FOR KIDS AGED 6-12 ONLY \$150 / \$135 FOR MEMBERS

For more information or to register:



www.ngpca.ca 403-246-4243



THANK YOU to our sponsors!

A huge 'thanks' goes out to our sponsors who generously donated gifts to our volunteer appreciation event that was held on June 1. Our dedicated volunteers were treated with fantastic door prizes! Shopper's Drug Mart (Lakeview Plaza) donated several manicure and pedicure sets, and the City's Neighbourhood Partnership program provided City of Calgary golf passes. Early Grey Golf Course generously donated a \$100 restaurant gift certificate and a weekend for two at Emerald Lake Lodge/ Buffalo Mountain Lodge. All of these generous gifts were greatly appreciated by the volunteers who attended the event.

An additional 'thank you' goes to Earl Grey Golf Course for not only providing delicious food for our Stampede Breakfast, but also expert staff to cook the meal for hundreds of hungry residents! We truly appreciate the ongoing support of the Earl Grey Golf Course.

Thank you....

NGPCA UPCOMING COMMUNITY **PROGRAMS AND EVENTS**

Upcoming Programs & Events - Fun for All Ages!

July and August: Summer Day Camps are returning to North Glenmore Park! Back by popular demand, we're offering full-day camps for kids aged 6 – 12. The camps will take advantage of our facility (including the gym), surrounding green spaces and nearby recreational facilities. An art camp will be offered the week of July 17 and multi-sport camps will run the weeks of July 24, July 31, and August 14. To register, or for more information, please call the office at 403-246-4243, email admin@ngpca.ca, or visit www.ngpca.ca. Don't delay camps are filling up quickly!

FREE drop-in pickleball has been extended for the summer months! Play indoor pickleball on Sundays from 1pm-3pm during the months of July and 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.



Hats Off to the Beaver

Fur trade was a historical benchmark of Canada's international commerce. Felt from beaver fur could be molded into many creative hats. From top hats to bowlers, tricorn hats to fancy women's hats, the possibilities were endless. Thank goodness beaver fur went out of fashion in favour of silk hats, or not as many of our iconic furry friends might be around today!

SAFE & SOUND

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatique, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- · Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- · Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote *de*hydration.
- · Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



loey's Corner

Running with your dog is a great way to ensure you both get enough exercise, and can provide lots of enjoyment during our long summer days. If your dog is your running pal, or if the two of you are considering taking it up, here are a few tips:

Always keep your dog's breed and build in mind. Short-nosed friends such as pugs or bulldogs may find it difficult to breathe easily while running. Large-breed dogs are more prone to hip issues, and overweight dogs will need to start running gradually. Age is important too - I'm an active dog, but at fourteen years old, my running days are behind me!

It's also worth noting that not all dogs enjoy long distance running. Even for those canines who do love a long run, remember to take breaks for sniffing and other outdoor duties. And don't skip the warm-ups, cool-downs, and water breaks.

Happy running!

-Joey

DOLLARS & SENSE

Seven tips for investing your tax refund wisely

Making the most of your tax refund is not always the easiest thing to do. It might feel like you're getting free money, but it's just a refund of taxes that you paid the government and tax credits from things like charitable donations and RRSP contributions.

Regardless, a tax refund can help you significantly in the future if you use it wisely today. If you're getting a tax refund this year, take a moment to consider how you can make the most of it by putting it to work for you:

- · Add to your emergency fund. Set aside enough cash to cover six months of expenses just in case the unexpected happens.
- Pay down credit cards and other high interest debt. You will save money on interest charges and increase your monthly cash flow.
- Jump start next year's RRSP. Contributing early allows you to take advantage of all those extra months of taxfree growth. At retirement time this can mean thousands more in your pocket.
- · Invest in a tax-free savings account. Growth or earnings in a TFSA are 100% tax free, and you are allowed to contribute up to \$5,500 for 2017.
- · Pay down your mortgage. Lump sum payments on your outstanding principal will save significant dollars in interest charges over the long term. It also means you will own your home mortgage-free that much sooner.
- · Save for a child's education. Invest in a registered education savings plan (RESP) on behalf of a child or grandchild and you will qualify for a government-sponsored Canada Education Savings Grant of between 20 and 24% of your contribution (to a maximum of \$600).
- Take care of outstanding RRSP loans. Some loans have three- or four-month grace periods, during which time you don't have to make any payments toward the interest or principal. Remember that the interest owed continues to add up until the loan is completely paid off.



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

	Average Asking Price	Average Sold Price
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
June 2016	\$459,900	\$422,000

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

	_	
	No. New Properties	No. Properties Sold
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
June 2016	3	3

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

Thanks to the **Public Art Community Project Team!**

hank The Public Art Committee worked hard over the past several months to bring beautiful public art to North Glenmore Park through the Community Association's partnership with the City's 'This is My Neighbourhood' initiative.

You may have noticed the results of this team's dedication - thirteen art banners and three painted utility boxes throughout the community. In addition, five art-wrapped garbage bins will be completed this summer, and it is expected that the final public art project will be a painted mural on the west side of the community association facility.

The 'Public Art Affair' event was organized by this committee and held in May. The silent art auction raised more than \$2400 for a community public art fund that will be used to maintain current public art and hopefully create new projects in years to come.

A special thanks also goes out to local artists Katie Green, Michelle Hoogveld, Hiba Ibrahim, Bonnie MacRae-Kilb, and Kim Parrent for creating such beautiful art for North Glenmore Park!



Photo: The fantastic Public Art Committee posing in front of some of the art banners.

From left: Lisa Frehlich, Renee Desroches (NGPCA staff member & committee volunteer), Diarmuid O'Mahoney, Bob Corrigan, Sarah Papineau (Neighbourhood Partnership Coordinator), Tonya Seyer.

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 your little critters busy as bees exploring bugs, birds, buds and beyond. These week-long, action-packed adventures provide a perfect blend of fresh air and fun where campers will learn about the natural world and its many wonders.

Nature day camps are offered July through August at the Inglewood Bird Sanctuary and Ralph Klein Park. 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 six to 12, include in-depth investigations and outdoor explorations focused on specific themes, including wetlands, raptors and winged wonders.

Visit calgary.ca/parksguide or call 403-268-3800 to register.

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 & 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 & pickleball. Members can drop in to our scheduled open gym times (currently Mondays and Fridays from 3:30 to 6pm) 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 vour voice to the vision of North Glenmore Park.



DATE OF REGISTRATION:

Membership Registration Form (Please include full names of both partners, if applicable) Phone Number: I authorize NGPCA to send me e-mails regarding community news, events & programs: 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. 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. 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 no

entitled to vote at the NGPCA general meeting	ngs. FEE = \$35	\$
Additional donation: \$ Fax receipt will be provided		
Payment:		
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By mail or email:		
I have enclosed a cheque	\square Please process my credit card (Visa or Mastercard	1)
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JULY 2017 | Call 403-263-3044 for advertising opportunities



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. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help. Sincerely, Laura

Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044 sales@great-news.ca

YOUR CITY OF CALGARY

Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
SW	June 5 - July 15	Week of July 17
NW	July 3 - August 12	Week of August 14
NE	August 7 - September 2	Week of September 4
SE	August 28 - September 30	Week of October 2

Three things to do when your cart arrives

1. Bring your cart up to your home.

Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).

2. Look inside the green cart.

Everything you need to get started is inside the cart. This includes:

- Kitchen pail and sample compostable bags.
- Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
- Instruction guide and collection schedule.

3. Consult your collection schedule.

The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at calgary.ca/collection.

To learn more, visit calgary.ca/greencart.

YOUR COMMUNITY/CITY EVENTS

Captain's Cruises - Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: heritagepark.ca.

Strathmore Stampede - 33 Wheatland Trail, Strathmore, AB, T1P 1V2 - Aug. 4 - 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most action-packed stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: strathmorestampede.com.

Taste of Calgary - Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: tasteofcalgary.com.

Puppies and Prosecco-Dining with Your Dog -Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: eventbrite.ca/e/puppies-andprosecco-vin-room-tickets-33841948178.

West Side Story - StoryBook Theatre, Aug. 19 - Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: storybooktheatre.org.

CALGARY INTERNATIONAL BLUES FESTIVAL - SHAW MILLENNIUM PARK. **JULY 31 – AUG. 6**

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: calgarybluesfest.com.



TOUR DE BOWNESS -6501 BOWNESS RD, N.W., AUG. 5 - 7

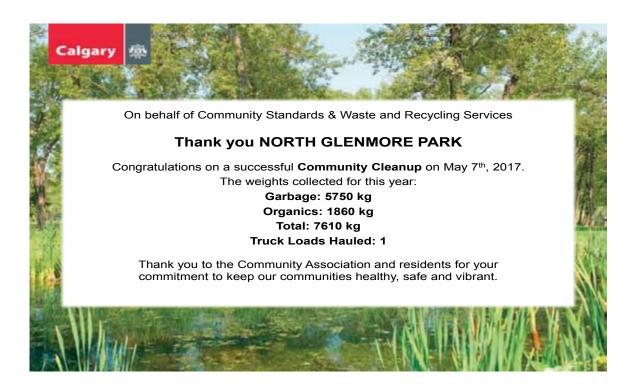
This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: tourdebowness.com.

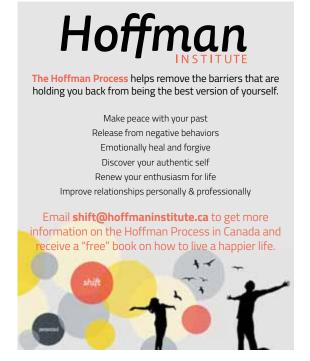


GLOBALFEST – ELLISTON PARK AUG. 15 – 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: globalfest.ca.









10 Canada

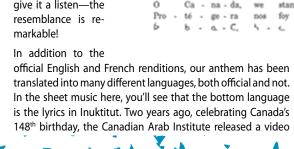
The history of our national anthem has more to it that one might think! For example, did you know that the lyrics were first originally French and that the official English version we use today is actually the second translation of those lyrics? Though the music was originally composed in 1880, the song was not officially recognized as our national anthem until 1980. And our anthem might have inadvertently plagiarized of Mozart's "March of the Priests" from his opera The Magic Flute. Google it and give it a listen—the resemblance is re-



of Miriam Khalil, an opera soprano, singing the anthem in Arabic. Following suit, the Huffington post released an article with links to videos highlighting thirteen different performances of the anthem in various languages, including Ojibwe, Punjabi, Cantonese, Tagalog, Cree, and even American Sign Language.

Canada's cultural diversity is one of its most celebrated attributes, and one of the ways that it is highlighted is in the many languages people have given the anthem voice to. Canada is a nation made up of many cultures, faiths, and creeds

living together and accepting our differences. The common language of music has transcended barriers that separate us and created a mutual understanding between us. Our anthem is one of the many characteristics that makes our country so exceptionally extraordinary.













Mexican Grilled Corn on the Cob

Ingredients

Makes 5 pieces of corn

5 pieces of corn on the cob, husks removed

2 tbsp. olive oil

Salt and black pepper to taste

1/4 cup mayonnaise

1/2 cup parmesan cheese, finely grated

2 tbsp. garlic powder

3 tbsp. paprika

1 tbsp. cayenne pepper

5 lime wedges

Method

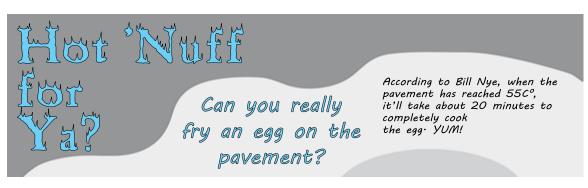
Preheat your barbecue on medium heat. In the meantime, coat corn cobs with olive oil and evenly sprinkle salt and pepper for taste.

Once preheated, place the corn on the grill and cook for 12-15 minutes turning every 5 minutes or so. When finished, the corn should be lightly browned or blackened just enough for the kernels to be cooked (this will be uneven, that's the way it's supposed to be!).

Cover each piece in the mayonnaise (as you would butter with regular corn on the cob), then sprinkle parmesan cheese, garlic powder, paprika and cayenne pepper. Serve with lime wedges and squeeze the juice over the corn before eating for an extra flavour blast.

Credit to Veronica Sheppard of The Vegetarian Ginger

https://thevegetarianginger.com/2013/06/26/mexicangrilled-corn-on-the-cob/



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

FLC SENIORS CLUB 55+ -Tai Chi- call Juliette 403-225-1593 or email taichi@flcseniors.ca. -Line Dancing - call Ann 403-254-9181 or email linedancing@flcseniors.ca. For more activities, visit www.flcseniors.ca. Join us for a very affordable, healthy, and active lifestyle.

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.





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

2017 is Canada 150th anniversary, and this July celebrate with friends, family, and the greater community our nation's sesquicentennial!

The 2017 Calgary Stampede | July 7-16th 2017

The Calgary Stampede is more than the greatest outdoor shown on earth - it's our opportunity for the community to come together and celebrate our heritage, traditions, diversity, and civic pride. After all, Calgary is the heart of the new west.

So, take the time, get out, and enjoy! And like every year, the Calgary Stampede has special days on offer so the fun times last longer.

- Parade Day | July 7th free entry from 11 a.m. 1:30 p.m. Go straight from the Parade to the Park!
- Cenovus Family Day | July 9th free entry 8 a.m. Noon and the first 20,000 guests get a FREE Breakfast!
- Canada 150 Day | July 11th free all day entry for seniors 65+ plus a free WestJet Skyride!

For all the details and more special Stampede events go to www.calgarystampede.com

Canada 150: Beyond July 1st

Calgary Chinese Cultural Centre Street Festival | July 1-7

To Celebrate Canada 150, the Calgary Chinese Cultural Centre Street Festival is a new week-long festival of Chinese Culture that will bring Calgarians to the core of their City's Chinatown. This event is open to all Calgarians and offers tours, tea tastings, and street performances. Attendees will make their own Chinese handcrafts and learn about fusions between Chinese and Western medicines.

2017 Discovery Pass | Free admission to Parks Canada -Come visit Canada's parks for free and pick up your pass at www.KentHehrMP.ca/Canada-150

The weather is warming up and camping and hiking season is in full swing. So, grab your free 2017 Discovery Pass that provides you free admission for the entire year to Parks Canada! So, this year's trips to Banff, Lake Louise, and Jasper become that much more affordable for you and your family!

As always, you can contact my office by email or by phone. 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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For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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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LAWN & GARDEN MAINTENANCE: Spring cleanup, fertilizing, mowing, trimming, aerating and holiday backup. Local student business serving North Glenmore Park homeowners for eight years. Call lain at 403-918-2581 (cell) or 403-240-2580 (home). E-mail iain sc@hotmail.com.

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Green Cart tip – Five opportunities to collect food during kitchen clean-up

As weekly green cart collection is set to start for southwest communities the week of July 17, you'll be amazed at the amount of food and yard waste that's accepted in the green cart. Here are five times to remember to include the food from your kitchen clean up.

Preparing meals: Instead of throwing out vegetable peels, eggshells and other food scraps, add them to your kitchen pail for composting.

Scraping plates: Keep your kitchen pail visible and accessible and encourage everyone at home to help with the clean-up.

Cleaning the fridge of spoiled leftovers: Give a second life to food that has spoiled by emptying it into the kitchen pail for composting.

Leftover grease and sauces: Use a spatula or paper towel to scrape out excess grease. The paper towel is compostable too.

Paper plates and napkins from summer barbeques: If a lot of guests are coming over, line your green cart with a paper yard waste bag and toss the paper plates and napkins inside for a no fuss solution.

Tip: To keep things neat and tidy, line your kitchen pail with a compostable bag or newspaper. You can also give your pail a quick rinse or put it in your dishwasher to clean it out.

For more tips and a complete list of what's accepted in the Green Cart, visit calgary.ca/greencart.







MLA Calgary-Glenmore **Anam Kazim** #A208, 1600 - 90th Avenue SW Calgary, AB Canada T2V 5A8 f Anam Kazim - MLA for Calgary Glenmore @@anamkazimMLA

Dear Constituents:

I hope all of you are enjoying the summer with family and friends while celebrating the 150th anniversary of Canada and Calgary Stampede. I would like to wish you all Happy Canada Day and Happy Stampede!

The spring session at Alberta's Legislative Assembly finished in June, and now I am excitedly looking forward to engaging with you all through various community stampede breakfasts, events and meetings.

Recent Updates:

1) Employer Liaison Service Pilot:

The pilot project will support **employment** in Alberta by working with Alberta employers and connecting them with Albertans who have been displaced by the economic downturn and/or changes in the nature of work (automation, technological advancements and temporary employment contracts).

This service will help connect employers with unemployed workers and workers from untapped labour pools: Indigenous peoples, recent immigrants, persons with disabilities and youth.

The initial focus of this project is on employers impacted by the new Temporary Foreign Worker Program's "Refusal to Process" list which identifies 29 "high-wage" occupations for which there is a sufficient supply of Albertans who are skilled in these occupations and looking for work.

A dedicated landing page will be developed on Alberta-Canada.com. Employers will be directed to this page which will house information and resources to help those impacted by the Refusal to Process list. Some of those resources will include:

- labour market programs and services;
- recruitment options for connecting with underrepresented groups in Alberta;
- · labour market information; and
- A sign-up to Alberta Workforce Information email service. Alberta Labour works with employers to connect them to the Canada-Alberta Job Bank subscription service, which provides information and resources regarding recruitment and retention.

Alberta's government is helping employers to hire locally first through this program. The service will provide enhanced, proactive support services to employers impacted by the "Refusal to Process" list and help connect them with options for recruiting locally available workers.

2) Employment Standards Code and Labour Relations Code Amendments:

Alberta's government updated the Alberta workplace laws as they were not revised since 1988. These amendments will make life better for Alberta families by supporting family-friendly workplaces and protecting vulnerable Albertans who rely on the basic protections and rights enshrined in law. This means:

- Ensuring parents of critically-ill or injured children can take time off to care for their family without the fear of losing their job.
- · Allowing Albertans the time they need to care for themselves when they're dealing with a short-term illness or mourning the loss of a loved one.
- Lowering the eligibility threshold for maternity leave so hardworking women can support themselves and their families.
- Strengthening our enforcement tools to ensure all employers follow the law and help Albertans receive the pay and benefits they're rightfully entitled to.

My Participation: Please check my Facebook: Anam Kazim- MLA Calgary Glenmore and Twitter @anamkazimMLA to watch my participation during the spring session.

Mark Your Calendar:

Premier's Stampede Breakfast-Everyone is welcome! July 10th 2017 6:00 am-9:00 am at McDougall Centre





MLA Calgary-Elbow **Greg Clark** Leader - Alberta Party

≤ 403 252-0346b ≤ calgary.elbow@assembly.ab.ca

@GregClark4AB

Alberta Parks Day

Summer is a fantastic time to take advantage of the natural beauty Calgary-Elbow and Alberta have to offer. Our outdoor spaces are world class.

Albertans are invited to celebrate "Parks Day" on July 15th. Provincial parks across Alberta will be hosting a variety of activities from scavenger hunts to sand castle building competitions. Alberta Parks has an extensive list of events on their website. Visit www.AlbertaParks. ca to find out more.

We are fortunate to have Fish Creek Provincial Park located inside our city boundaries and many other parks within a few hours' drive. There are new and exciting programs and activities being offered by Alberta Parks including geocaching and "comfort camping". Did you know:



- More than 12.5 per cent of Alberta is designated as national or provincial parks (8.3 per cent - national parks, 4.2 per cent – provincial parks)
- The Alberta Parks system protects more than 27,600 square km of the province. That's more than four times the size of Prince Edward Island
- There are about 250 campgrounds with nearly 14,000 campsites in the Alberta Parks system

Get out and enjoy!

The Alberta Electoral Boundary Commission

The Alberta Electoral Boundary Commission published their interim report at the end of May. Recommendations for the constituency of Calgary Elbow are as follows:

It is recommended that the boundaries of this electoral division be adjusted to add the neighbourhoods of Lower Mount Royal and Kelvin Grove while moving the community of Rutland Park into Calgary-Currie.

The population would be 50,216, 8% above the provincial average. The level of positive variance in population created is justified, in the view of the majority, by the fact that the future population growth rate is likely to fall below provincial average given the character of this south-central area. As a result, its population levels will likely be at or below provincial average by the time of the next electoral boundaries review.

You can view and comment on the proposed changes by visiting www.abebc.ca. This website also provides information on public hearing taking place in Calgary on July 20th. Please feel free to share your comments with my office at calgary.elbow@assembly.ab.ca.

Have a great summer!



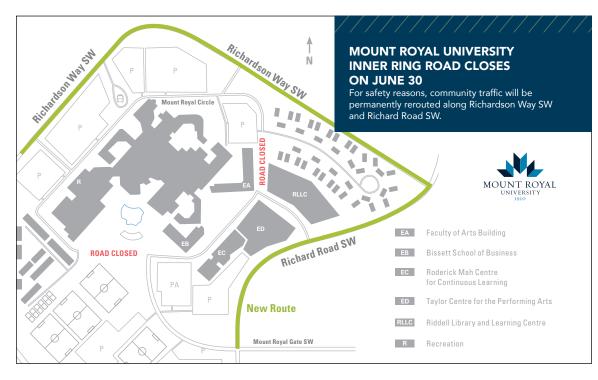
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