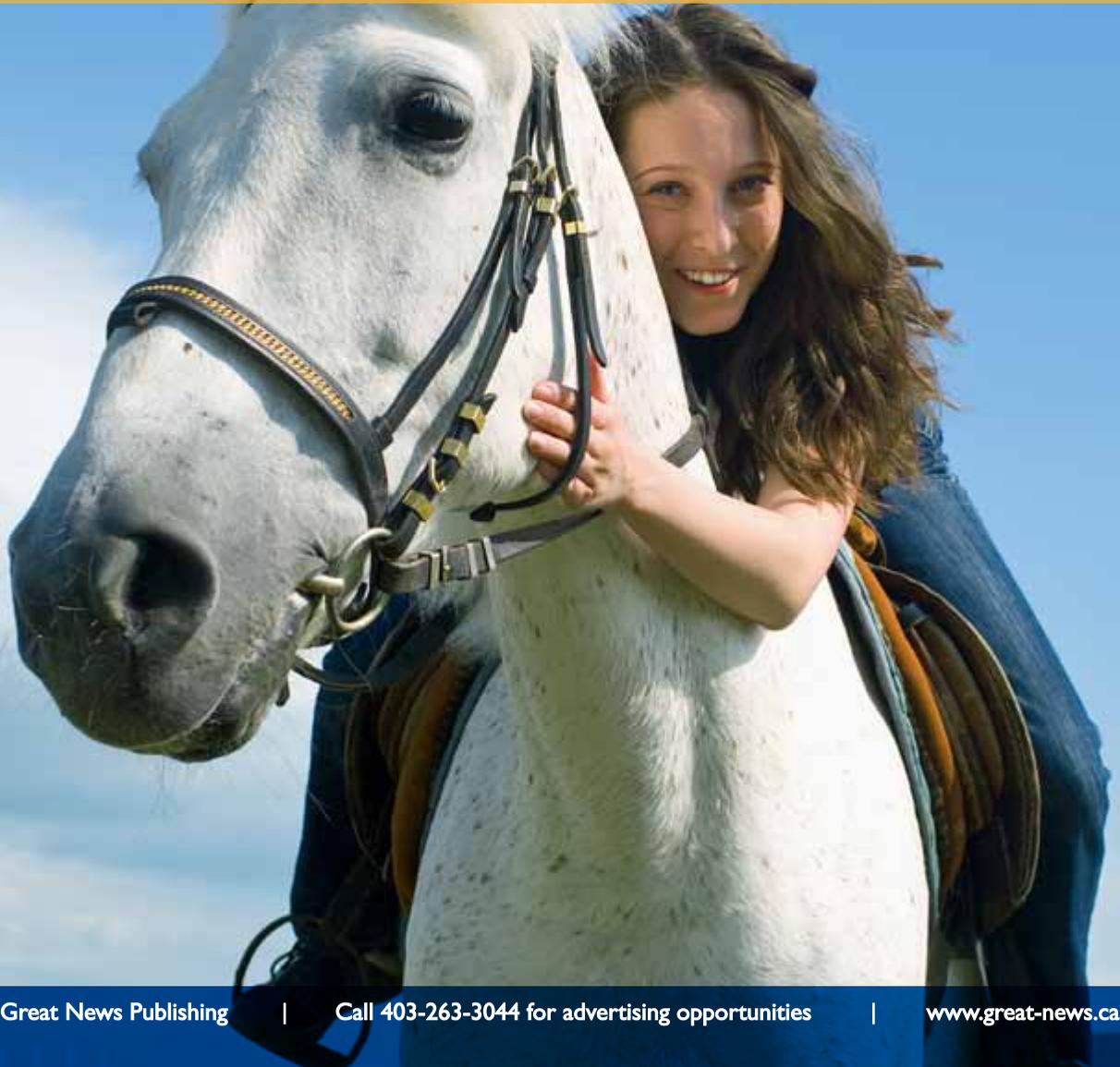


JULY 2016

DELIVERED MONTHLY TO 8,100 HOUSEHOLDS

your **SOMERSET**BRIDLEWOOD

BRINGING SOMERSET & BRIDLEWOOD RESIDENTS TOGETHER





VISIT US IN SHAWNESSY (NEXT TO CO-OP)

FREE

FOUNTAIN BEVERAGE OR GREEK DESSERT

FOR THE MONTH OF JULY,
BUY ANY OPA! MEAL AND RECEIVE YOUR CHOICE OF
A 21oz FOUNTAIN DRINK OR A BAKLAVA DESSERT!

Present this offer when you order at OPA! of Greece Shawnessy.
Valid only at location listed. Not valid with any other offer, discount, promotion, coupon or
combo meal. Limit one coupon per person, per visit. Coupon may not be transferred or duplicated.
PROMO KEY: DRINK/DESSERT FLYER - EXPIRES: JULY 31 2016



OPA! OF GREECE SHAWNESSY

Dine In • Take Out • Catering

#118, 250 Shawville Boulevard SE
(403) 256-3325 • opasouvlaki.ca



Somerset & Bridlewood Community Association

Box 69056, RPO Bridlewood SW
Calgary, Alberta
T2Y 4T9

info@mysbca.ca | www.mysbca.ca

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 Rodney
Calgary-Lougheed

#311A, 2525 Woodview Drive SW
Calgary, AB Canada T2W 4N4
Phone: (403) 238-1212
Fax: (403) 251-5453
Email: calgary.lougheed@
assembly.ab.ca



MLA Graham Sucha
Calgary-Shaw

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

NEWSLETTER AD SALES

GREAT NEWS PUBLISHING **27 YEARS**

Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca

CONTENTS

How to enjoy the summer sun safely	7
Real Estate Updates	6, 8
Ten Common Questions About Hail Damage	12-13
Save with budget-friendly summer family fun	16
My Babysitter List	21

GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING SOMERSET & BRIDLEWOOD FOR 17 YEARS!



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

July at Trico Centre

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

Membership Specials while the Pool is Closed

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

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

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca for all the details.
- Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm, Drop-In Craft (2 yrs and up) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Pre-school Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

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

Summer Programs for Older Adults

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



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website www.Somersetwaterpark.org.

QUESTIONS OR COMMENTS?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

VANDALISM

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

ANNUAL INVOICE

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.somersetbridlewood.ca.

Contact information:

SOMERSET RESIDENTS ASSOCIATION
Phone: 403-807-8736 Email: somersetresidents@shaw.ca; Website: www.somersetwaterpark.org.



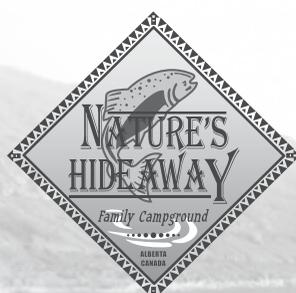
The New Adventures of Engine 23

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

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

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23.

See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!



NATURE'S HIDEAWAY FAMILY CAMPGROUND

Come camp along the banks of the Highwood River under a canopy of 100 year old trees, located 25 mins SE of Calgary.

- Beach Area
- Playground
- Laundry
- W, P or Full Hook Ups
- Swimming
- Small Store
- Showers
- RV and Tenting Sites

403-938-8185 | www.naturesfamilycampground.com

We are proud of rebuilding and continuing to improve from 2013's flood

Free Delivery



Nick B - CEO
Bus: 403.903.9269 Mobile: 403.903.6264
info@calgarymeatguys.ca | Calgarymeatguys.ca

Dr. Nenshi's Free Health Talks

(403) 254-5774



REGISTER TODAY!

Weight Loss & Hormones - July 27

Improve IQ, Attention & Learning - Aug 10

www.CalgaryWellness.com

ABOUT PAINTING

Interior & Exterior
25 years experience

Professional, Reasonable & Reliable

Power Washing Services

- All Painting ○ Stucco Painting
- Drywall Repair ○ Spray Painting
- Wood Staining ○ Ceiling Painting

Licensed & Insured "Free Estimates & Advice"
ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY
SERVING CALGARY & ALBERTA

South North
403-252-1366  403-239-9022

Our website: www.aboutpainting.ca



Somerset Real Estate Stats

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$429,900.00	\$421,000.00
April 2016	\$449,900.00	\$435,000.00
March 2016	\$450,000.00	\$447,000.00
February 2016	\$438,888.00	\$422,500.00
January 2016	\$469,000.00	\$457,000.00
December 2015	\$424,900.00	\$415,000.00
November 2015	\$399,900.00	\$389,750.00
October 2015	\$449,888.00	\$438,250.00
September 2015	\$439,900.00	\$428,000.00
August 2015	\$459,900.00	\$450,000.00
July 2015	\$435,000.00	\$422,000.00
June 2015	\$429,900.00	\$420,000.00

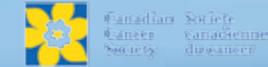
Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	13	8
April 2016	12	9
March 2016	12	7
February 2016	8	5
January 2016	5	5
December 2015	1	3
November 2015	8	2
October 2015	10	9
September 2015	6	7
August 2015	5	3
July 2015	6	11
June 2015	11	13
Total	112	103

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

Calling All Neighbours!

To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to SB@great-news.ca



How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and construction

- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Affordable Custom Landscape Plans
- Bulk Topsoil Deliveries
- Through Top Soil



GOT A PLAN?
AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

Bridlewood

Real Estate Stats

Last 12 Months Bridlewood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$412,000.00	\$405,000.00
April 2016	\$394,450.00	\$387,250.00
March 2016	\$409,900.00	\$407,500.00
February 2016	\$423,900.00	\$402,500.00
January 2016	\$409,949.00	\$404,000.00
December 2015	\$442,850.00	\$432,500.00
November 2015	\$429,000.00	\$420,000.00
October 2015	\$424,900.00	\$415,000.00
September 2015	\$431,900.00	\$424,500.00
August 2015	\$429,900.00	\$429,900.00
July 2015	\$424,900.00	\$432,000.00
June 2015	\$429,900.00	\$426,250.00

Last 12 Months Bridlewood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	25	15
April 2016	15	12
March 2016	12	12
February 2016	15	9
January 2016	8	6
December 2015	11	8
November 2015	13	15
October 2015	17	23
September 2015	15	16
August 2015	25	19
July 2015	21	15
June 2015	19	24
Total	211	196

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



Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

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

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

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

Cilantro Lime Chicken Marinade

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

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

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

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

Creamy Avocado Lime Dressing

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

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

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Somerset and Bridlewood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

WHITTON ELECTRICAL SERVICES: Master Electrician with 10+ years' experience. Offering service up-grades, panel changes, fixtures, aluminum wiring change-out and more! Big box companies say it's not possible? Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383.

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

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

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

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

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.

DAYHOME: Has an opening for before and after school care for children attending Somerset School. Monthly rates and receipts given. Contact Gail at 403-254-6518.

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.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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

PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

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

WINDOW CLEANING DONE THE RIGHT WAY! Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.



Caring For Cats
Veterinary Housecalls
In-home care options for your cat
Dr. Christine Hughton, DVM | 403-336-5890
www.caringforcats.ca | vet@caringforcats.ca

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

MATH, SCIENCE, PHYSICS, CHEMISTRY: Grade 6 to 12 IB, AP, SAT, GED, home-schooled, or CBE E-learning online students. I'm a sincere, caring, motivating and inspiring tutor with high standards of integrity who has helped thousands of students during the last nine years with one-on-one tutoring. 100% right decision guarantee and delivery of the results. Call 587-777-9689. www.mathtutorscalgary.ca.

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

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

LAWYER/NOTARY: Professional client-centered legal services for Wills, Power of Attorney, Personal Directives, Family Law, (divorce prenuptials etc.) Real Estate, and Contract Review. Kimberly DesLandes 203 20 Sunpark Plaza SE. Call 403-998-7872 or email kdeslandes@shaw.ca.

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.

~continued on page 13~

10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

How I do I know if I have hail damage to my roof?

Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

Why does the estimate read that there are more shingles to replace than there are to remove?

The amount of shingles to remove from your roof is the

10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.

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

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

BRIDLEWOOD EYE CARE YOUR NEIGHBOURHOOD VISION CENTRE



SUNGLASS BLOWOUT SALE

50% OFF

3 weeks only, July 4 - July 23

*SOME RESTRICTIONS MAY APPLY.

ACT QUICK BEFORE THEY ARE GONE!

Treat yourself to a new look or spare pair!

OAKLEY, PRADA, SERENGETI, RAYBAN, JIMMY CHOO

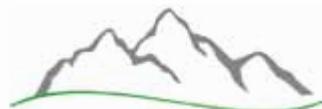
315, 2335 - 162nd Avenue SW (beside Sobeys)

403.873.2123

www.bridlewoodeyecare.com

WE DIRECT BILL TO:





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

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

MATT GRIGG Quality Lending Services

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

PURCHASE MORTGAGE

- Unbiased expert advice, no fee and competitive mortgage options
- Mortgage products offered by multiple lenders including the big banks
- Best Market Rates
- Specialty programs: Self-employed, Purchase plus improvements, Investment properties, New to Canada

MORTGAGE RENEWAL

- Don't just sign lenders offer at renewal time. Get expert advice, compare and save!
- No Cost Switch Program
- Canada's best prepayment options



MORTGAGE REFINANCE

- Best Market Rates vs. Your Existing Rate
- Renovations and Home Improvements
- Consolidate high interest credit cards
- Lower your monthly payments

CORE VALUES

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

WHAT DOES THIS MEAN FOR YOU?

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

WHY UTILIZE A MORTGAGE PROFESSIONAL?

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



TESTIMONIALS

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

Kyla Workman



MATT GRIGG
Mortgage Professional

403.863.3997 | matt@mattgrigg.com | www.mattgrigg.com



Save with budget-friendly summer family fun



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

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

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

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

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

www.newscanada.com

Fivecees FAMILY PHYSICIANS AND WALK-IN CLINIC

Medical Centre 635 Shawcliffe Gate SW Calgary, AB T2Y 1W1
Tel: 403-457-5009

Dr. Taofik A Adedeji, MBBS, LMCC, MCFP

Dr. Chika Odunze, MBBS, DCH, DFFP, MRCGP, CCFP
Female doctor accepting new patients.

NO WAIT TIMES

Beside Seven Eleven in Shawnessy

HOURS OF OPERATION

Monday - Friday: 9 am - 6pm
Saturdays: 10 am - 5pm
Sundays: Closed



IUDS, PAP CLINIC, JOINT INJECTIONS, INSURANCE MEDICAL, FAMILY CARE

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc., 2015. All rights reserved. 15_90791_RBO_011

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

KILBCO
CONCRETE CURBING

Locally Owned & Operated



Free Estimates 403-875-8463

DR. GARY HARRISON, D.D.S.
DR. LUKE SZOTT, D.D.S.
 FAMILY DENTISTRY

For Appointments
 Please Phone

403 256-2727

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry

Office Hours:

Monday	11:00 am - 7:00 pm
Tuesday	7:00 am - 7:00 pm
Wednesday	7:00 am - 7:00 pm
Thursday	7:00 am - 7:00 pm
Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

Shawnessy Village Shopping Centre
134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3

SUNDANCE

DENTAL CLINIC



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

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

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

Visit calgarycommunities.com/events to register today!

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

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

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

IN & AROUND CALGARY

Green Cart set to roll out next spring

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

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

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

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

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

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

Green carts go beyond backyard composting

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

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

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

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.



PLUMBER

PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

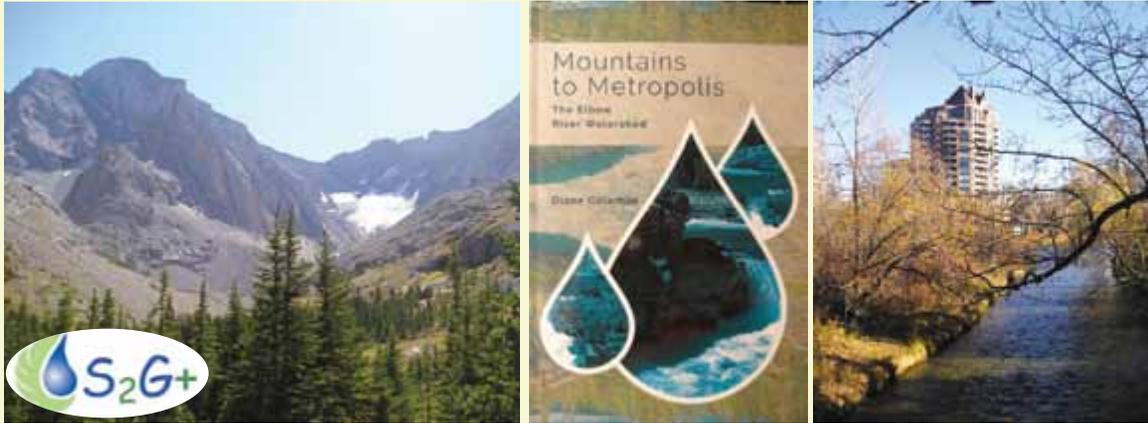
Call Bob: **403.257.3465 / 403.461.3490**

SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
 403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



New Book Mountains to Metropolis: The Elbow River Watershed

S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus

IN & AROUND CALGARY



Going on a Holiday?

A message from the Federation of Calgary Communities

Building Safe Communities Program

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

Below are a few tips to help reduce your risk:

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

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

mybabysitter.ca

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

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

Shawnessy Plaza Dental Clinic

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

LOCATION
647 Shawcliffe Gate SW Calgary, AB T2Y 1W1
403-254-1124
info@smilesareus.ca | smilesareus.ca

SUNDANCE ANIMAL HOSPITAL

DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1



Blue-winged Teal a Little Dabbling

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to

have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

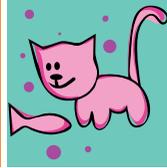
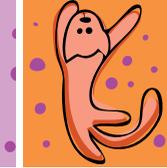
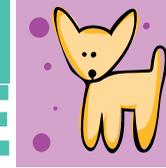
If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

the Gutter Doctor
Home Exteriors
Install/Repair/Clean
EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING
15,000 happy customers since 2003!
403-714-0711 gutterdoctor.ca

PET INSURANCE



is for everyone, including Vets



Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assesses every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.

**COUNCILLOR, WARD 13
DIANE COLLEY-URQUHART**

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



Cllr. Colley-Urquhart with fellow paddlers at the Annual Dragon Boat Festival



Speaking with constituents at my SW Transitway Town Hall on June 8, 2016 at Woodcreek Community Association

Summer Safety Tips

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

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

SW Transitway Update

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

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

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

Stampede 2016

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

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

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

This is my Neighbourhood – Canyon Meadows

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

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

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

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

Deck Covers & Enclosures
Get Yours Now!
Spring & Summer Sales 20% Off on all:
◆ PATIO COVERS ◆ PERGOLAS ◆ SUNROOMS ◆ SCREEN ROOMS ◆ WINDOWS
FREE ESTIMATES
SHOWROOM DISPLAYS
C8 - 6215 - 3 St SE East of Chinook Centre
403-692-0820
www.desertsunpatios.com



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

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

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

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

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

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

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

Pay Day Lenders: Recently our government passed legislation to combat predatory lenders. Our government recognized that individuals who used pay day lenders

for loans were paying up to 600% in interest forcing borrowers to take out loans to pay loans. With regulations in place, lenders must work with and inform clients about financial literacy and borrowers can re pay loans through installments. Restrictions have also been introduced with the amount of interest that can be charged.

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

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

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

GLOBAL PET FOODS
Canada's Healthy Choice for Pets
WEDNESDAY TREAT DAY!
Save 15% on treats every Wednesday
Save an extra 10% when you present the Bridlewood/Somerset membership card!
Earn **FREE** Pet Food! Ask us how in-store.
Get 1 **AIR MILES**® Reward Miles for every \$15 spent!
Global Pet Foods
285 Shawville Blvd SE, Calgary, T2Y 3H9 | 587-353-9373
Offer valid on every Wednesday at the Global Pet Foods store located at 285 Shawville Blvd SE, Calgary.
We reserve the right to limit purchase quantities.
™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Co. and Global Pet Foods Stores Inc.

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

news@great-news.ca

Editorial Content DEADLINE

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

VOLUNTEERING is good for the soul

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 410,000 HOUSEHOLDS
ACROSS 139 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.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	
Gamblers Anonymous	403.237.0654

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



DIMENSION DENTISTRY
Complete Family and Cosmetic Dental Care



Call Today!
403-202-1783
#302, 51 Sunpark Drive SE
dimensiondentistry.com

NOW OFFERING INVISALIGN
no referral required
payment plan options

All on Four
Dental Hygiene
Sedation Services
Restorative Dentistry

Direct Billing
New Patients Welcome
Dentistry for all Generations
Open Evenings & Weekends



*Accredited

BRIDLEWOOD OUT OF SCHOOL CARE

323, 2335 162 AVE SW
(located in the Shoppes of Bridlewood)

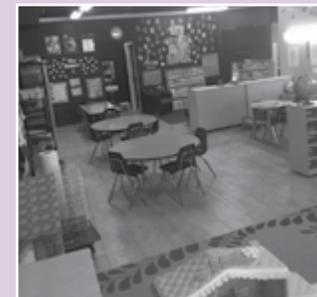
OPEN 6:45am - 5:45pm

Schools we service are... Bridlewood School, and Monsignor J.J. O'Brien.

Pick up and drop off included.
Breakfast and afternoon snack is included.
Summer Programs: Indoor/Outdoor activities planned (weather permitting)

Accepting Kindergarten to grade 6.
Accepting for Kindergarten 2016 NOW
Open on non-school days.

Come tour our facility!
403-256-1588



bosc.kidz@shaw.ca

Lundgren & Young INSURANCE



TERRY BURTON

Home - Mortgage Insurance - Business Property - Life - Group - Travel

Ph 403.539.0269
Cel 403.860.3615
terry.burton@landy.ca

DARCY BURTON

Home - Auto - Commercial Auto

Ph 403.539.9518
Cel 403.860.3617
darcy.burton@landy.ca

ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations

www.academydenture.com



Southcentre Mall

Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon