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Somerset & Bridlewood Community Association

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Elected Officials

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Ward 13 Office
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Fax: 403-268-8091
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13

MLA Rodney
Calgary-Lougheed
#311A, 2525 Woodview Drive SW
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Fax: (403) 251-5453
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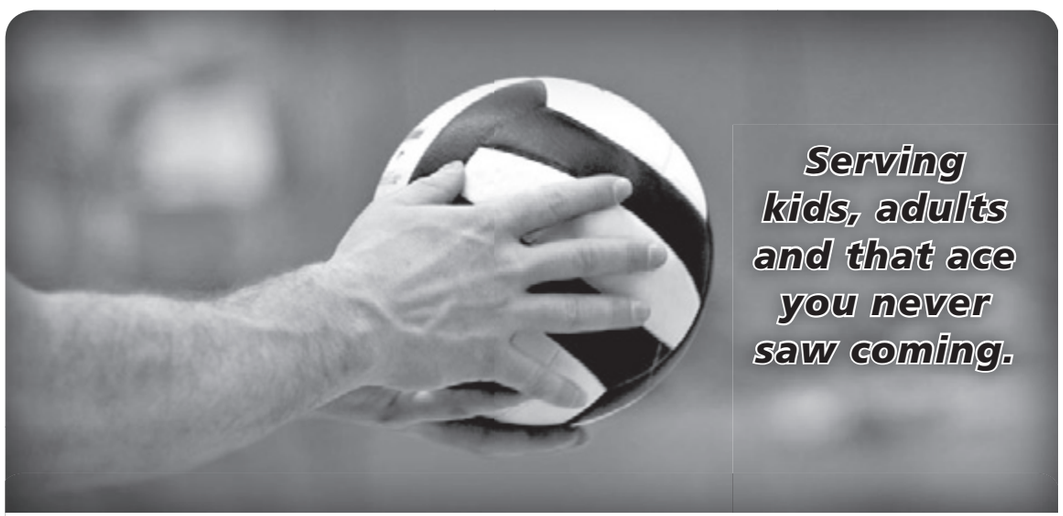

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RALLY POINTE

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.

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IN & AROUND CALGARY

World Elder Abuse Awareness Day

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

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

Visit calgary.ca/seniorsweek for event information.

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

South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8
Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

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

Our two Community Resource Workers are social workers who will:
- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

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

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

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

IN & AROUND CALGARY

The scoop on dog poop

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

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

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

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

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

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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**

TRICO CENTRE FOR FAMILY WELLNESS
11150 Bonaventure Drive SE

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

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

Membership Specials while the Pool is Closed
After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.
- Purchase a new membership up until August 14, 2016 and receive 14 months for the price of 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 visits for the price of 10.
- If you were a member on February 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive a three-month free extension on your membership and five free passes*

Spring Activities for Families, Children, Youth
- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun and learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. See the Summer Program Guide or check www.tricocentre.ca 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, Preschool Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6 yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

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

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

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

Dr. Nenshi's Free Health Talks

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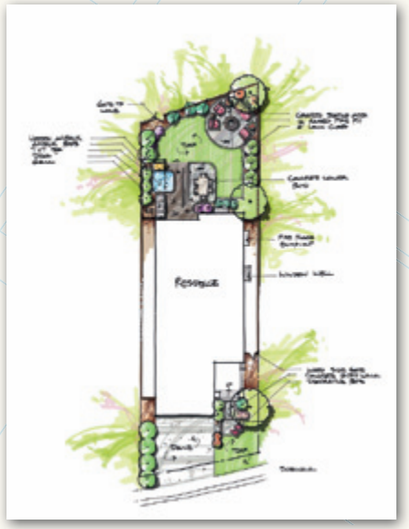

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Bridlewood Real Estate Stats

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**

Healthy Kitten Basics

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

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

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

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

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

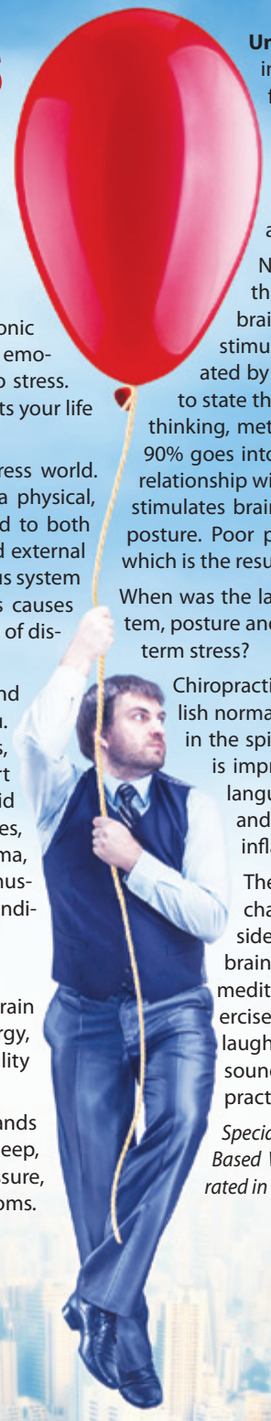
Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks,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

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

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

How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor



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

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

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

Stress causes four dysfunctions of the brain.

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

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

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

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

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

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

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

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

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15

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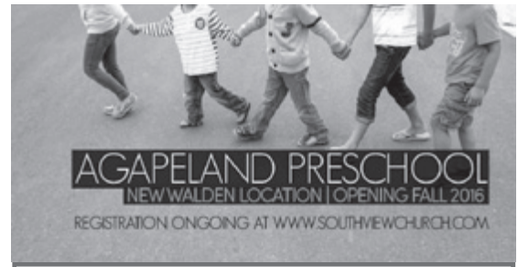

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"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

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.

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.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Somerset/Bridlewood area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

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.

CASH FOR YOUR HOME: No fees, no commissions, quick closing after sale. Purchased as is, no repairs required. Call Ted 403-714-3423 or email fbhi6634@gmail.com.

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.

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.

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.

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.

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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.

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.

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.

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.

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.

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.

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.

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.

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

BRAIN GAMES SUDOKU

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

COUNCILLOR, WARD 13

DIANE COLLEY-URQUHART

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

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

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

June Events Coming Near You!

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

SW Transitway Town Hall with Councillor Diane

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

Ward 13 Mobile Town Hall

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

Dog Park Open House

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

Deerfoot Trail Open House

- **Date:** Thursday, June 23, 2016
- **Time:** 7:00pm – 9:00 pm
- **Location:** First Alliance Church (12345 40th Street SE)
- Deerfoot Trail is one of the most important pieces of infrastructure in south Calgary. While the Government of Alberta is currently responsible for Deerfoot, The City has an important role to play. It is my great pleasure to invite you to an open house I will be co-hosting to talk about the past, present and future of Deerfoot Trail. In attendance will be representatives from The City, from Alberta Transportation as well as Councillors and Members of the Legislative Assembly that represent south Calgary. It promises to be an interesting evening with plenty of opportunities to address your concerns about Deerfoot Trail.

The Intersection of Shawnessy Blvd and Shawnessy Drive

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

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

What is qualified for an RRFB?

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

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	**911**
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403.237.0654

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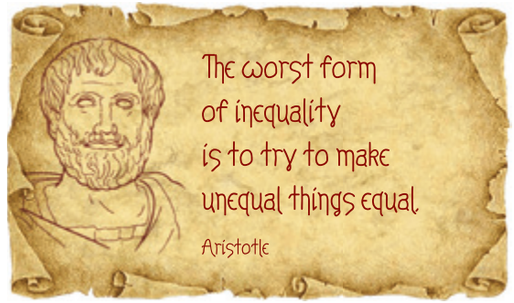
COMMUNITY ANNOUNCEMENTS

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

VOLUNTEERS NEEDED: The Enbridge Ride to Conquer Cancer benefitting the Alberta Cancer Foundation is looking for volunteers! On August 6 and 7 participants will bike over 200km and volunteers are needed to make this event happen! Contact Kathryn for more info: kcoulter@conquercancer.ca or phone 403-775-4676.



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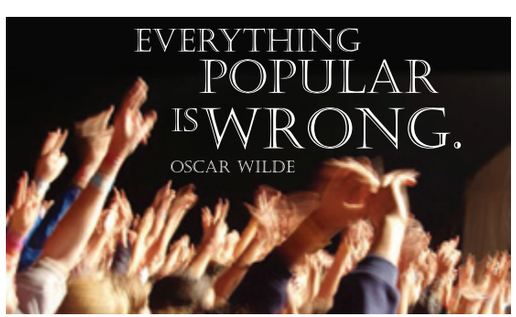
calgary.shaw@assembly.ab.ca

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

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



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

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

St. Mary's University welcomed the Minister of Advanced Education, the Honourable Marlin Schmidt. Minister Schmidt was very impressed with the great work that happens at St. Mary's for all students. He was quite excited with their Humanities 101 program and their work with First Nations students.

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

Seniors' Week 2016 - June 6-12
Celebrate the 30th anniversary of Seniors' Week!
Seniors make a difference in our communities every day. From supporting family members and friends to assisting charities and volunteering, seniors are deeply involved in our communities and their contributions benefit Albertans of all ages. Please take the time to acknowledge Alberta's seniors and all that they contribute to our quality of life.

Stampede 2016:
Be sure to join us for our July 9th B-B-Q 11:00 am – 2:00 pm.

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

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

South Calgary PAP Clinic
PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

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

Call **(403) 254-2030** to book an appointment.
Visit our website at **www.thesundanceclinic.com**

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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.

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Somerset/Bridlewood mybabysitterlist

Name	Age	Contact	Course
Abdullah	14	587-889-4532	Yes
Alexandra	13	403-201-4971	Yes
Amber	30	587-438-4789	Yes
Andreea	13	403-202-5610	Yes
Ariana	25	403-470-8649	No
Brianne	18	403-999-6906	Yes
Dana	13	403-285-0209	Yes
Erin	15	403-254-2020	Yes
Gabriel	15	587-777-4616	No
Jewelyn	38	403-926-3703	Yes
Nicole	16	587-968-6201	No
Paige	13	403-201-0247	Yes
Rochelle	16	403-700-2881	No
Shamaya	15	403-464-5443	Yes
Shay	15	587-899-3512	Yes
Sonya	20	403-389-5921	Yes
Yuliya	18	403-401-6283	No

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.

Disclaimer: *We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.*

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