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

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



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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The Church of Jesus Christ of Latter-day Saints
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(403) 571-5613

Red Deer United Church
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Foothills, AB T1S 2R9
(403) 256-3181

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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



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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

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



Happy August, everyone!

With summer in full swing we hope you have been enjoying long days, warm sun and family holidays! If you are planning to hit the road with your pet here are a few simple tips to make the holidays run smoother.

- 1. Never, ever, leave an animal in a car.** Hot cars are dangerous for pets and people alike. On summer days, the temperature inside a parked vehicle begins to climb immediately and can reach dangerous levels in as little as 10-15 minutes. Even a few moments in a hot car can lead to heat stroke and even death. Cracking the windows or leaving water in the car is not enough to keep the heat manageable. If you know you will be stopping leave your pet at home or bring someone else along who can take your pet for a walk in the shade while you pick up what you need.
- 2. Watch out for Fido at the BBQ!** As with your kitchen at home, if you are cooking or carrying hot foods it pays to keep your pets out from under foot. In the case of social gatherings, ask your guests not to share food with your pets and to pick up any food that is dropped. Rich summer foods like ice cream, hamburgers, hotdogs and chips can cause digestive upset or even problems like pancreatitis in some pets.
- 3. Think safety when it comes to social situations!** Just like people not all pets are keen to be friends. When out for a walk, keep your dog on a leash and under control at all times. Avoid letting your dog greet other dogs without first asking the owner. When at a location like a dog park, pay attention to the body language of your dog and any other dogs in the area to watch for signs of stress or conflict. Unsure about what to look for? Check out our free animal training resources at www.calgaryhumane.ca.
- 4. Travelling? Plan ahead!** Summer road trips can be fun for both pets and people, but they do require some advance planning. Before hitting the road, visit your vet to update any necessary vaccines or health certificates and ensure your pet's microchip/tattoo in-

formation in up to date. Load your pet's information, including a photo or two onto your smart phone just in case your pet gets lost. When you are packing include extra food and medication for your pet in case you are delayed in getting home. Finally, the safest place for your pet in a vehicle will be in a crate or restrained by a seatbelt harness. Bringing your pet's bed or some favorite toys will provide comfort for the ride.

Do you have more questions about summer safety and your pet? Curious about some behaviour you saw at the dog park? Want to find out more about adopting a new family member? Check out our website at www.calgaryhumane.ca for information and resources!

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FOR ART'S SAKE



Festivities in August

By Alex Bonyun

August is a great month to get out and experience art in our community for free! Whether it's an outdoor festival, or an indoor celebration, there's so much for you to see! Downtown you can take in Olympic Plaza on a warm August day with the Spaghetti Western Music Festival (August 20, noon - 9pm), Canada's alt-country music festival, or celebrate Canada 150 with Happenings (August 18, 5 - 9pm), the free visual art party with live music and creative activities inside Arts Commons. Another way to enjoy music outdoors this summer is at Calgary ReggaeFest (August 17 - 19), a three-day festival in Shaw Millennium Park.


For anyone looking for a bit of theatricality in their August, the Calgary Fringe Festival (August 4 - 12) returns to Inglewood this year with a unique line-up of unexpected, unforgettable performances. Calgary Opera's Opera in the Village festival is making the move from East Village to the newly unveiled Enmax Park with the hit show South Pacific (August 10 - 20, 8pm nightly).

If you're looking for a stroll through some of Calgary's character neighbourhoods Inglewood's Sunfest (August 5) and Marda Loop's Marda Gras Festival (August 13) are back again for another great year.

For something a little quieter with a slice of nature, the Calgary Dragon Boat Race & Festival (August 12 - 13) is a fun way to kick back on the banks of the Glenbow Reservoir and root for your favourite team! And, if you've never checked out GlobalFest (August 15 - 26), Calgary's largest display of fireworks is a fantastic way to enjoy music and culture from around the world, while being wowed by a truly explosive display.

For a full list of Calgary's festivals this August, indoor and outdoor, you can visit calgaryherald.com/life/swerve/swerve-festival-guide-2017-august.

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts Commons is home to six distinct performance venues.



CALGARY PUBLIC LIBRARY

Library Connect

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

Forest Lawn Library Nature Playground

The Forest Lawn Library Nature Playground is open! The new outdoor space inspires active, fresh-air-filled play. Play is a priority at the Library, because it's central to how kids learn and grow. The nature playground was made possible thanks to generous funding from the Canada 150 Infrastructure Program. Visit today!

Free Online Resources

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

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



Letter to the editor

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403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com



Mail-in ballots for the 2017 Election

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. Your community is shaped by the outcome of an Election. If you are unable to vote during the Advance Vote or on Election Day due to physical incapacity, being absent from the city, working as an election worker, or volunteering/working on a campaign, you can request a mail-in ballot online by visiting www.electionscalgary.ca, by phone, 403-476-4100 (option 2), in-person or in writing at the Elections & Census Office, 1103 – 55 Avenue NE.

If you request a mail-in ballot, a ballot package with instructions will be mailed to you after Nomination Day (September 18, 2017). A photocopy of an authorized piece of identification must be sent back with the returned ballots. Ballots must be received by the Elections & Census Office no later than 8 p.m. on Election Day (October 16, 2017). For more information on the Election, or to sign-up to receive updates, visit www.electionscalgary.ca.

2017 Election Ward Boundary Changes

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



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

1. Know your neighbours

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

2. Know the potential risks and hazards in your community

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

3. Know the evacuation routes

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

Emergency numbers, Calgary and area:

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



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

August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Day Camps

- Register now for summer day camps: ages 3 to 14; full day and half-day camps, early care and late care.
- Don't need a full week of camp? Come to daily camps for a full day or half day, 6-12 years and NEW this summer for 3-5 years too!
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.

Adults/Older Adults

- Summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, and Myofascial Stretch and Release.
- First Aid and CPR training: August dates, check Spring

Summer Program Guide for details.

- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Children & Youth

- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina 3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or www.tricocentre.ca for details.
- Register now for summer swim lessons: parent & tot, preschool, Swimmer, and Swim Patrol.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5 years, 6-8 years, adult & child) and powerskating/hockey (7-12 years.)
- NEW SUMMER FUN: Summer-only fun registered programs for kids aged 6 and up: Rhythmic Gymnastics, Circus Arts, Cross Country Running, Badminton Club, and Dodgeball. See www.tricocentre.ca for details.

Canada 150 Play List Event at Trico Centre

- Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details in the coming weeks.

Registration for Fall Programs

- Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

Road and Pedestrian Safety in Ward 13

With the summer break in full swing, and the summer driving season upon us, Ward 13 and its residents must ensure traffic safety is top of mind. Thanks to the tireless work of City staff, many of the concerns raised during the Traffic Tour were reviewed by the Roads department with many seeing immediate attention directly from Troy McLeod, Director of Roads.

Rectangular Rapid Flashing Beacon Installations (RRFB)

Listed below are the RRFB installations completed this year in Ward 13:

- Shawnessy Boulevard & Millrise Square SW (East Crosswalk)
- Bridleridge Way & Bridlewood Road SW (South Leg)
- Woodbine Boulevard & Woodfield Way SW (West Leg)
- Millrise Drive & Millcrest Road SW (East Leg)
- 6th Street & Shawnee Drive SW (East Leg)
- In addition to the RRFB list, below is the list of planned signals for this year and helpful links regarding traffic safety.

New Signal Installations

- James McKevitt Road & Millrise Way/Shawnee Street SW (Developer)
- 162 Avenue & Macleod Trail SE (Transportation Infrastructure)

Traffic Calming Curbs Installations

- Everridge Drive & Everwoods Gate SW
- 24th Street & Eversyde Avenue SW
- Everridge Drive & Evermeadow Ave SW
- Everridge Drive & Everridge Road SW
- Everridge Drive & Everstone Drive SW

Glenmore Dam Update and Closure

Residents of Ward 13 enjoy one of the more expansive pathways in The City, with many frequenting the top of the Glenmore Dam, an integral part of the SW pathways. This fall, pedestrians and cyclists will lose access to the top of the dam as The City approved an \$82mil renovation project to improve flood protection along the Bow River. The renovation will mean closure to the public for three years beginning in autumn until 2020.

The City recently completed a tunnel under the Elbow River, just downstream of the dam. A new water feeder main and a natural gas line we built inside that tunnel, which clears the way for the removal of those utility lines that are currently running across the top of the dam. That structure is needed to operate new steel control gates, which will boost the reservoir's capacity.

The new gates replace an older system of wooden stop logs. However, even with the improvements, it won't prevent all flooding downstream on the Elbow River but will help mitigate damage. The City is applying to have the province pay \$10mil balance coming out of The City's capital budget.

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 ☎ 403-256-8969 📠 403-256-8970
 ✉ calgary.shaw@assembly.ab.ca

I hope all constituents of Calgary-Shaw are having a terrific summer! For me summer is a great time to get outside and meet constituents to ask what is on their mind. Many people have let me know they are interested in making their homes and businesses more environmentally friendly. I want to let you know about a new provincial agency that has been created to help Albertans to just this.

Energy Efficiency Alberta has been developed to deliver energy efficiency and community energy system programs to homes, businesses, and communities. A suite of Energy Efficiency Alberta programs promote simple, cost-cutting technologies to reduce emissions without changes to your quality of life.

There's a whole suite of programs to meet a wide variety of needs. The Residential No-Charge Energy Savings

Program is a low-risk introduction to efficient products, like LED lights, low-flow showerheads and programmable thermostats. The Residential Retail Products Program offers rebates on an even wider range of products, including in-store products, high-efficiency appliances and home renovations. The Business, Non-Profit, and Institutional Energy Savings Program helps organizations cut costs. And the Residential and Commercial Solar Program helps homeowners and organizations tap into Alberta's world-class solar resources.

These programs were designed for Alberta based on what has worked elsewhere. They were picked for cost effectiveness and speed of implementation. The added bonus is that they help Albertans see the low hanging fruit all around us.

The goal is to help Albertans do two things: use less energy and save more money. Energy efficiency is a win-win-win proposition: a great return on investment that supports new jobs while reducing energy consumption.

Consider the switch to LED lights. They're long-lasting and use 85 per cent less energy and pay for themselves in a few months. If implemented province-wide, LED lights could save the equivalent production of a small coal plant. Or consider smart power bars. Simply by cutting off electronic devices on standby, you could save up to 10 per cent of your household energy consumption. While you're saving money, you're also reducing carbon emissions.

More information on specific programs is available at efficiencyalberta.ca or by calling 1-844-357-5604 (toll-free) Monday through Friday between 8:15 a.m. and 4:30 p.m., or by emailing hello@efficiencyalberta.ca. Information is also available by calling 310-0000 (toll-free) or by visiting climate.alberta.ca. I hope you take advantage of this exciting new program!

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. To make an appointment with my office please phone 403-256-8969. Enjoy the rest of summer!



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Volunteer Links South Calgary

For full descriptions go to the website <http://calgaryarea.com/index.php?p=volunteer>

Alberta Cancer Foundations Events Office

Suite 120, 707 7th Ave SW Calgary, AB T2P3 H6
 403.775.4676

Alberta Health Services

Calgary, AB
 403.943.4702

Calgary Immigrant Educational Society (C.I.E.S.)

Calgary, AB
 403.291.0002

Calgary Opera

1315 7 Street SW Calgary, AB T2R 1A5
 403.262.7286

Calgary Public Library

616 Macleod Trail SE Calgary, AB T2G 2M2
 403.260.2600

Calgary Reads

105, 105 12 Ave SE Calgary, AB T2G 1A1
 403.777.8254

Canadian Mental Health Association Calgary

400, 105 12 Ave SE Calgary, AB T2G 1A1
 403.297.1700

Canadian Progress Club

Calgary, AB
myraskerrett@shaw.ca
<http://www.progressclub.ca/calgary-city-centre>

Cerebral Palsy Association In Alberta

12001 44 Street SE Calgary, AB T2Z 4G9
 403.543.1161

CNIB Alberta and Northwest Territories

15 Colonel Baker Place NE Calgary, AB T2E 4Z3
 403.261.7225

CNS volunteer opportunities. City of Calgary

800 Macleod Trail SE Calgary, AB T2P 2M5
 403.476.7224

CUPS Health Education Housing

1001 10 Ave SW Calgary, AB T2R 1M4
 403.221.8780

Habitat For Humanity

210, 805 Manning Road NE Calgary, AB T2E 7M8
 403.253.9331

Immigrant Services Calgary

1200, 910 7th Avenue SW Calgary, AB T2P 3N8
 403.261.1120

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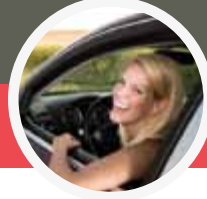
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