

AUGUST 2016

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THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER





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- ★ CRAFTS FOR KIDS
- ★ ART LESSONS
- ★ BELLY DANCE WORKSHOPS
- ★ FITNESS FRIDAYS
- ★ STORYTIME READING RACK

WED - FRI 2PM-6PM
SATURDAYS 12PM-6PM
JULY 6 - SEPT 10
TOMKINS PARK
8th ST. & 17th AVE S.W.

FOR A COMPLETE PROGRAM LISTING INCLUDING DATES, TIMES & DETAILS VISIT 17thave.ca
f 17THAVESW t 17THAVESW i 17THAVESW



Sunalta Community Association

1627-10 Ave SW
Calgary, AB – T3C 0J7
Phone: 403.244.2608
sunaltaca@gmail.com | www.sunalta.net/Home

CONTENTS

Sunalta History	5
Sunalta Initiatives	5
Vision for Chinatown	6
Board Game Night	8
Coffee Walks	11

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Please continue
 to check out the Website

Sunalta.net
and Facebook Page –
Sunalta Community Association
for the latest events.

Sunalta Community Association



How to contact us:

www.sunalta.net

"Like" us on Facebook:

Sunalta Community Association

403-244-2608 to leave a message

SunaltaCA@gmail.com

Officers and Directors List:

Tom Naested	President
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Walter Ichikawa-Doyle	Vice President
Simon Shakibaei	Secretary
Craig Milligan	Treasurer
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Keeley Vickerson	Director-at-large
Courtney Clarke	Director-at-large
Kevin Richot	Director-at-large
Mohamed Abazinab	Director-at-large
Kayla Wickenheiser	Director-at-large

Thanks to all our local businesses

for supporting the community association

- Sabroso Restaurant
- The Copy Cellar
- Parry Bros. Lock & Safe
- Zoe's Thrift Store
- One Way Foods
- Groovy Lotus Tea Shop
- The Cellar Wine Store
- The Sentry Box
- Mikey's Juke Joint
- Lux Laundromat

SCHOOLS

REGULAR PROGRAM

Sunalta	K-6
Mount Royal	7-9
Western Canada	10-12

TLC

Glamorgan	K-8
Henry Wise Wood	9-12

MONTESSORI

Killarney	K-6
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FRENCH IMMERSION & SPANISH BILINGUAL

Westgate	K-4 (FR & SP)
Bishop Pinkham	5-6 (FR & SP)
	7-9
Western Canada	10-12 (FR)
Robert Warren	8-9 (SP)
William Aberhart	10-12 (SP)

CATHOLIC SCHOOL DISTRICT

Sacred Heart	Elementary
St. Monica	Junior High
St. Mary's	Senior High
Holy Name	Elementary (FR)
St. Michael	Junior High (FR)

HALL RENTAL

Need a place for up to 150 people for your event?

Sunalta Hall has two great rooms and a fully stocked kitchen for your event. We are now booking for the summer and fall and there are still a lot of great evenings available.

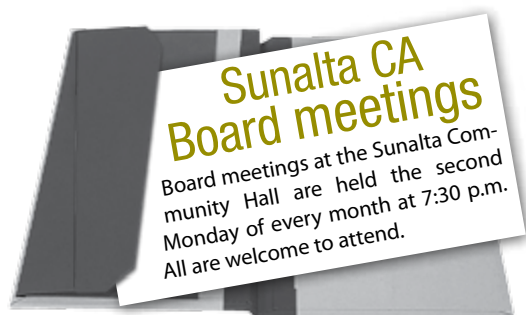


Photo from left: Richard Nibogie, Jim Jordan, Tony Jordan, Barb Dunette, Fred Boyle, Margaret Laurendeau (missing Rod Lebbert).

On the afternoon of Saturday July 2, a wonderful impromptu reunion was held. In a fortunate series of events I tracked down a small group of former Sunaltans that came and shared their stories of growing up in our neighbourhood in the 1940s and '50s. They told tales of mischief like making homemade bombs in canning jars and re-enacting knife fight scenes from movies with real knives - which resulted in a trip to the local doctor's house for stitches! They told of generous local businessmen who turned a blind eye to overdue accounts of those who were struggling, when they themselves were probably struggling too. They spoke of the vibrant community spirit with winter carnivals and bingo nights, and countless hours spent playing hockey and football in the community hall field. They all remembered Sunalta as a place where neighbours helped neighbours. We have a proud history to tell. Stay tuned for future historically inspired articles.

Clothesline

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.

SUNALTA INITIATIVES

Wildflower Garden

Thank you to all who came out to Scarboro United Church Serve Day on June 18. Our sunny Saturday started at the church with a bountiful breakfast that included fresh berries and homemade muffins! Afterwards, many hands made light work of compost sifting and weeding at the Wildflower Garden (on the corner of 17th St and 14th Ave), and installing our beautiful stepping stone project. The morning wrapped up with a pizza lunch served by the church that including a live acoustic guitar and vocal performance! It was a wonderful collaboration between the church and our garden members. Everyone is welcome to get involved - no gardening skills required! Contact sunalta.communitygarden@gmail.com if we've enticed you.

Sunalta Community Hall Events Going Green

Sunalta Community Association is going green! With a donation from Green Event Services the community hall has received four bins, so that we could begin a recycling program: bottles and cans; compost; mixed recycling; and garbage. Green Event Services is a one stop shop for all event composting, recycling and waste management needs. They supply the equipment and staff you need so that you can host an environmentally responsible event. Our mission is zero-waste events and communities! For more information, please visit their website: www.greeneventservices.ca.

"Sun-Tot's"

Sunalta Toddlers, Parents and Caregivers, you are invited to meet neighbours as you socialize with your babies, toddlers and preschoolers, up to 5 years of age, right in the community!

Tuesdays, 10 am - 12 pm
Sunalta Community Hall
(1627 - 10th Ave. SW)
Coffee and healthy snacks provided!

For more information contact: info@sunalta.net.

BUSINESS CLASSIFIEDS

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

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

	7			3	8			5
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1			5	9			7	

FIND SOLUTION ON PAGE 8

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. 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. yardbusterslandscaping.com.

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IN & AROUND CALGARY

Vision for Chinatown

The City of Calgary is undertaking a scoping project and public engagement around the vision for Chinatown to better understand issues, opportunities and outcomes that are important to the community.

Engagement activities are planned for this summer. Visit engage.calgary.ca/planningchinatown to get involved and learn more.



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Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more so secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Calgaryans more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To

keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!

IN & AROUND CALGARY

New Bus Routes coming to northwest and inner city communities

Calgary Transit has completed a major review of 12 bus routes in the northwest and inner city and is excited to share the results with customers. Earlier this year new bus route proposals were shared online and at open houses, and feedback was collected from thousands of transit users and community stakeholders. Public input was incorporated as much as possible in designing the new bus routes.

To see the new bus routes that start on September 5, 2016, please visit calgarytransit.com/2016ServiceReview or join us at a public information session:

- Monday, August 15 at Bridgeland Riverside Community Association – 5:30-8:30 p.m.
- Thursday, August 18 at Hillhurst Sunnyside Community Association – 5:00-8:30 p.m.
- Thursday, August 25 at Silver Springs Community Association – 5:30-8:30 p.m.

There will also be pop-up information sessions at Brentwood Station, Dalhousie Station, Crowfoot Station, Lions Park Station, the University of Calgary and SAIT. For dates and times, visit calgarytransit.com/2016ServiceReview.



Sunalta Board Game Night

Sunalta Game Board Night - Like the Sunalta Community Association Page on Facebook to find out when the next one is being held.

Just a quick update that we had another record breaking attendance last Wednesday at Family Game Night! Over 65 residents came out for board games and bingo fun! We met many new faces. This event continues to be the most successful for engaging renters and our new Canadian population.

Check out the cool group pic! (Unfortunately some families had already left by the time we took the photo, so not everyone is present.)

BRAIN GAMES SUDOKU

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

IN & AROUND CALGARY

EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



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calgary.currie@assembly.ab.ca

If you've kept up to date with my monthly report in your newsletter you may have noticed that I have written about a wide variety of events and organizations that do incredible work bringing people together throughout the communities that make up Calgary Currie.

This time I would like to talk a little bit about the ways in which our provincial government helps make these things possible.

For a long time now, the Alberta Lottery Fund has been one of the primary providers of grants for community based organizations and projects. Whether you visit a local library, museum, attend a cultural or athletic event, lottery fund dollars are often hard at work behind the scenes.

Here in Calgary Currie, I have had the opportunity to directly engage with many recipients of funding from The Fund. In Glenbrook they are improving their outdoor skating facility to be more functional year round, a preschool in Killarney made some renovations to improve accessibility, and both Ghost River and Pumphouse Theatres received funding to help them continue to add to the vibrant cultural scene that contributes to the unique fabric of the riding.

When organizations finally acquire a grant, many see it as the culmination of years of hard work, and the final piece of the puzzle that allows them to finally take action on plans laid long ago. The organizations behind these projects received funding because they clearly demonstrated the value added to the community by their initiatives. All around us we have people who are working hard to add to the community around them, and it makes me so proud to represent you all.

I love seeing the kind of work people around me in the community are doing and I want to see more of it. It's never too early or too late to start learning about the tools available to build the community you want to see, so if you or your community are interested applying for Alberta Lottery Fund grants, please feel free to check out their website (Albertalotteryfund.ca) or give them a call (1-800-642-3855).



COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.

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

Editorial Content Deadline **15th** of each month for the next month's issue
keeley@sunalta.net

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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The Sunalta Community Association and Great News Publishing do 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.

Coffee Walks

Join your neighbours for a leisurely walk in the community! Meet the second Saturday of each month this summer at the Community Hall and explore a different area of Sunalta!

August 13 at 10 am

Sunalta Community Hall
 1627 10th Ave SW
info@sunalta.net

Hosted by your Sunalta Safe Community Initiative Committee (SSCI)

Coffee generously provided by One Way Foods

Showcase your Photography in the Sunalta

Do you love taking photos around the community?
 If so, we'd love to hear from you!

Who: Sunalta residents
What: The Sunalta Sass is looking for local photographers who would like to see their work published as the cover art of our community newsletter. Photo resolution should be no less than 5 megapixels or a resolution of 2560 x 1920.
When: Submissions are due the 15th of each month
Where: Send your photos (a maximum of two submissions, per person, each month) to keeley@sunalta.net. Please include your full name and contact information.

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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



RBC Wealth Management
Dominion Securities

DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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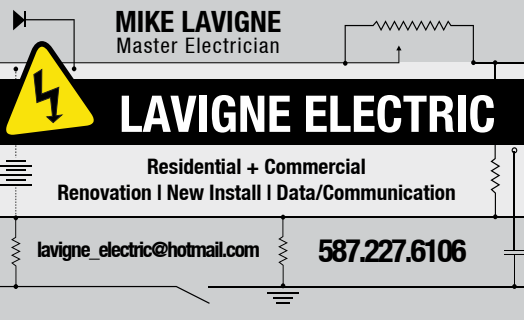
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting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