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to check out the Website

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and Facebook Page –

Sunalta Community Association

for the latest events.



Sunalta Community Association

1627-10 Ave SW

Calgary, AB – T3C 0J7

Phone: 403.244.2608

sunaltaca@gmail.com | www.sunalta.net/Home

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Sunalta Community Association



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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
FRENCH IMMERSION & SPANISH BILINGUAL	
Westgate	K-4 (FR & SP)
Bishop Pinkham	5-6 (FR & SP)
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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.



RESIDENTS OF THE MONTH

Maureen Keough



How long have you lived in Sunalta?
20 years

How long have you volunteered with the community?
15 years

Role in community and/or vocation:
Past Board member, current volunteer at large.

Why do you volunteer?
It is a healthy means for my family to participate in rewarding, challenging projects. I enjoy people and encountering different perspectives.

What/who got you into volunteering?
I met people who were involved! They are effective recruiters.

What are you most proud of accomplishing in the community? Proudest volunteer achievement?
Being a part of the eclectic and united team that emerged wearing the bright orange volunteer tee-shirts (bolstered by the people in the blue ones) at the 2015 Stampede Breakfast. We were proudly joined in our sunny regalia by approximately 1500 guests, including special attendees such as our MP, MLA, Mayor, and City Councillor, who all truly express appreciation and support for Sunalta’s effort in creating a great place to live. To me, that moment celebrated and represented the many, many volunteer initiatives that occur within Sunalta and how together, we are growing,

diversifying and strengthening.

What specific projects/initiatives have you lead/ been a part of?
There are countless great projects and initiatives. One focus of the past six years has been to obtain grant funds and to complete Hall development and maintenance projects such as repainting the exterior (bright! cheery!), re-roofing, kitchen renovations, new windows and several more projects. Approximately \$265,000 has been raised and invested in the building, which, as custodians, is the Community Association’s responsibility. The Hall is a perfect place for Sunaltans to gather and explore the benefit and beauty of community. I would encourage all to look into utilizing the facility for their own use, such as birthdays, weddings, healthy activities etc., as well as to attend hosted events and activities. These are some of the important reasons the SCA maintains the building and is continuously working to improve the area and environment.

Why is it important to volunteer?
Personal pride and lasting relationships. We expand our skills in collaboration, responsibility, and work ethic.

Why is community important to you?
Co-existing is hard work and is complicated by individual experience. It can be lonely, isolating, overwhelming and it may include disagreement between residents. With even just one positive connection it can easily be energizing, supportive, constructive and creative. There are so many ways to receive from or to contribute to your community. The smallest gesture will be noticed and appreciated.

How will others benefit from getting involved in Sunalta community?
It is an opportunity to network find\ support. It feels great to enjoy the result of volunteer power.

Continued on page 8



IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

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IN & AROUND CALGARY

EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

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

First aid

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

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

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.

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Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include Ralph Klein Park's free nature programs, Park n' Play, Stay n' Play, Kids at Play Summer Club, Community Camps, Youth Days, and Lawn Chair Theatre. You can visit calgary.ca/cns to check out what's happening in your area.

If you're planning on taking advantage of the great weather to do yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit Calgary.ca/homeimprovement or get in touch with the City (403-268-5311) to check what work requires a permit.

I plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbeques, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer!

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RESIDENTS OF THE MONTH CONT'D

Tanya McFerrin



How long have you lived in Sunalta?

My family moved has lived in Sunalta for almost 11 years

How long have you volunteered with the community? Since our arrival in the Fall of 2005

Role in community and/or vocation:

I provide childcare in my day home/school readiness program out of my house.

Why do you volunteer?

I volunteer because I feel it's important to take a role in making your community the way you want it to be.

What/who got you into volunteering?

I saw a variety of areas that were important to me that I felt I could impact: safety on our streets, communication amongst residents

What are you most proud of accomplishing in the community? Proudest volunteer achievement?

I am most proud of initiating the Safe Routes to School project in 2009 – most of our recommendations to the City were implemented by 2011. We accomplished safer walking routes and for Sunalta and Scarboro kids to reach both Sacred Heart School and Sunalta School.

What specific projects/initiatives have you lead/ been a part of?

I re-started the creation and delivery of the Sunalta SASS newsletter for 2007-10, at the time it was not circulating. The Sunalta Wildflower Garden has always

been close to my heart and I have taken an increasing role in getting major projects rolling (solar light post, city water access, little library/announcement board, children's activities and Wildflower Garden educational resources). I am on the team of people who put together the Annual Sunalta Senior Tea and I continue work with the Sunalta Safe Community Initiative Committee, putting together events to increase our feeling of safety in Sunalta.

Why is it important to volunteer?

We are responsible for the form our community takes. It is up to residents to create the sense of safety and inclusivity and beauty in our community.

Why is community important to you?

I live in my community – outdoors, on my bike, I like to know the people around me and feel safe and happy where I live.

How will others benefit from getting involved in Sunalta community?

Meeting others in our community is the first step in feeling a sense of belonging. When we belong, we feel responsible for our surroundings and commit ourselves to maintain a good, safe place to live.

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.



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calgary.currie@assembly.ab.ca

For several weeks now, Calgary Currie has invited a number of unexpected visitors to our community with open arms. The evacuation of Fort McMurray in the face of wildfire is something that has never before been seen in Canada.

Fort McMurray burned, her people fled, and we opened our homes. In Calgary, the Universities got the headlines, but the guest rooms, and schools of many neighbourhoods across the city including those in Calgary Currie have been filled by those fleeing the fire.

Nobody wants to be put in a position where they have to leave everything behind, but there are more important things than things, and in opening up our communities to these displaced people, we have once again shown our true colours as a province.

When difficult situations arise, it is important to know that there is a community of caring people in this province. No matter if you are a stranger just arrived, or born and bred here for generations, if you are in need we will find ways to support you.

I am proud of the way Rachel Notley has led Albertans though this disaster, focusing on the safety and security of the people of Fort McMurray. The rapid response in getting support to these displaced people has been a huge relief to those in need.

We are strong and we are a community of people who care. Fort McMurray is hurt but not lost, and much like after the 2013 floods here in Southern Alberta, we will rebuild Northern Alberta. As always, life will go on, and we will be stronger for it.

We welcome our guests from Fort McMurray to our community with open arms. For as long as we are needed we will be here. Our schools are your schools, our playgrounds are yours, our libraries and corner stores, community gardens and events, are all here, not for our exclusive use, but to be shared by all in need of what they can offer.

So be sure to include people, whether they've lived on your street for decades or are temporary guests from away. Show them what it's like to be among community.

On July 10th at Killarney Glengarry Community Hall 2828-28 ST. SW, you can join me for my Stampede Breakfast. Pancakes, Sausage, Hashbrowns, music and more! 9am-11am, come on out and show us your community spirit.



MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW
kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

Fort McMurray

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, we watched the city of Fort McMurray declared a state of emergency and evacuate all residents. Our hearts went out to the community as they left entire lives behind at a moment's notice, and touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time, and would support their efforts to rebuild. I was in the airport heading back to Alberta when I received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across departments and take a whole of government approach to recovery and rebuilding efforts in the weeks and months ahead.

Since convening this committee, we have met to discuss strategy, resources and the coordination at all levels of government to assist our friends, families, and neighbours to the north. We committed air support, military, and have matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for us to give back: we will assist during this acutely difficult period, and we understand that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Already through federal leadership and the cooperation of other jurisdictions, we have brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we deployed federal resources to restore communication networks, and the Canadian Space Agency to track the wildfires.

This is in addition to the hundreds of millions that will be sent to the province through the Disaster Financial Assistance Arrangements program.

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.

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
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Table with 2 columns: Service Name and Phone Number. Sections include: IMPORTANT NUMBERS, ALL EMERGENCY CALLS (911), HOSPITALS / URGENT CARE, and OTHER. Disclaimer at the bottom.

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.

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!

**July 9, 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



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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