

MAY 2016

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THE OFFICIAL SUNALTA COMMUNITY NEWSLETTER





Now that is
some serious
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pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

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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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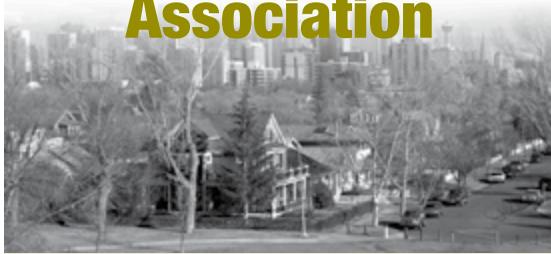
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Sunalta Community Association



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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)
	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)

Editorial Content Deadline **15th** of each month for the next month's issue

keeley@sunalta.net

Sunalta CA Board meetings

Board meetings at the Sunalta Community Hall are held the second Monday of every month at 7:30 p.m. All are welcome to attend.

2016 Sunalta Seniors' Tea

On the sunny afternoon of Saturday April 2nd, Sunalta volunteers hosted our annual Seniors' Tea. This year was well attended with 18 seniors and 15 volunteers, sharing tea and treats in our cozy Sunalta Hall Clubroom. The tables were beautifully set thanks to Zoe of Zoe's Store, and we are grateful for our young pianist Tarn McFerrin for providing entertainment. Thank you to all our volunteers for helping honour our seniors and thank you to City of Calgary Strong Neighbourhoods Initiative.

Sunalta residents past and present, Norm Cornish, Rita Owen and Charlotte Rourke



Wildflower Garden Work Party

Many hands make light work! Please join us at the garden (corner of 14th Ave and 15th St SW) Saturday May 28 from 1pm to 3pm for our annual spring clean up. Meet your neighbours, drink lemonade and get your hands dirty! Contact sunalta.communitygarden@gmail.com for more information.

www.kilbco.com

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IN & AROUND SCHOOLS

Sunalta School

1,000 Schools Challenge!
 Sunalta School is part of the 1,000 Schools Challenge which is an initiative where school communities come together to sponsor Syrian refugee families.

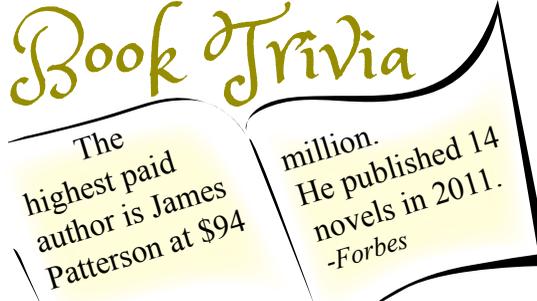
Sunalta embarked on this Challenge in early October, raising awareness of this issue with the students, teaching about citizenship, current events and linking with the School Initiative for the year "What type of impression do you want to leave?" A brief fundraising campaign took place at the end of November and the school community raised \$38,000 in order to meet the financial commitment of sponsorship. As sponsors, the community is also required to provide emotional and transitional support to the family for a minimum of one year once they have arrived. This involves orienting them to their new City, organizing health and dental care, helping with paperwork, setting up housing, language lessons, cultural and employment support.

The Alahmad's arrived in Calgary at the end of January. They are a lovely family of five with three young boys, ages 3, 5 and 8. Our mild winter was a welcome break and the transition to life in Canada is going very well as they learn English and explore their new home in Sunalta. The two oldest boys are enjoying their new friends and teachers at Sunalta School.

If you are interested in finding out more, please check out the website www.sunaltawelcomesref.wix.com/sunalta.

Book Trivia

The highest paid author is James Patterson at \$94 million. He published 14 novels in 2011. -Forbes



your COMMUNITY business of the month

Bow River Barley Mill

Sunalta Community

The Bow River Barley Mill was designed to bring the history of the Eau Claire area into the feel of the building. The area of Eau Claire became part of Calgary in 1886 when the Eau Claire and Bow River Lumber Co. was founded on its riverbanks. It was given its name by Isaac Kerr who brought with him memories of his hometown, Eau Claire, Wisconsin. The company had to carve a channel in the Bow River to divert water so the flow could be used to power the sawmill waterwheel, which in turn powered the mill. The logs that drifted from the Rocky Mountains to the Eau Claire Lumber co. would be processed into lumber. The Eau Claire and Bow River Lumber Co. soon became the largest producer of lumber in the northwest. The waterwheel that greets guests at The Barley Mill is a symbol of the logging days of old. The second floor is constructed from old lumber from the original Alberta distillery. The Eau Claire area is considered to be the gateway to downtown Calgary and we are proud to have been a part of that for the last 23 years!

Serving Corporate Calgary since 1993, we have refined our corporate catering packages and service to a finely tuned machine. With a diverse selection of catering, premium service staff, competitive pricing and the flexibility to serve groups from 25 to 1,000 people we have something for all your corporate catering needs.

The Barley Mill has long been known for great summer patios where one can enjoy a wide range of draught beers, supporting local western Canadian breweries as well as premium scotches and outstanding food in a unique setting in the heart of

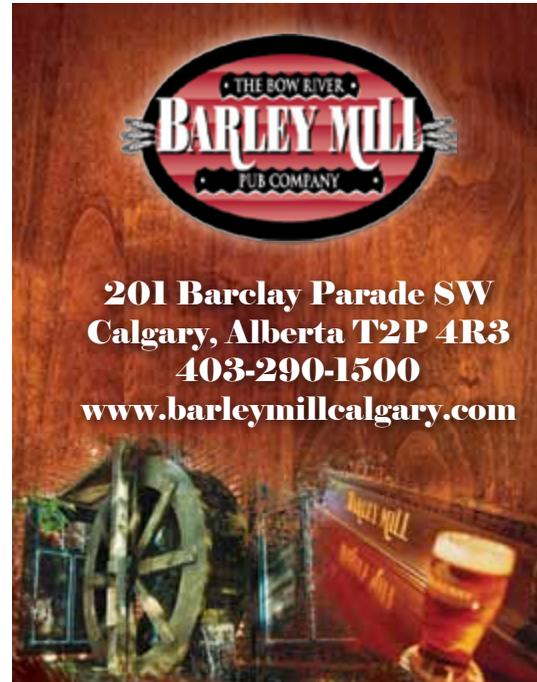
Calgary's downtown. All the management and staff at the Barley Mill welcome you and hope you enjoy what we have to offer.

Also, our sister restaurants The Rose & Crown on 4th St. SW and Kildare's Ale House in the community of Silverado, have a great atmosphere, enough big screen TV's to ensure you always catch the game, live bands every weekend and a fantastic new menu!

For any event inquiries or regular bookings please contact Kyle McTaggart (General Manager), by phone 403-290-1500 or email barleymill@shaw.ca.

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IN & AROUND CALGARY

City Landfills

With the mild winter and above-average temperatures this spring, many Calgarians are ready to tidy up their yards and get their gardens ready for the new season. Spring cleaning means plenty of yard waste that can be given a second life as compost. Calgarians are encouraged to drop off their yard waste for free at City landfills so it can be composted instead of thrown away.

From April 1 to May 29, all three City of Calgary landfills will waive fees for residential loads of leaves, branches, plants and other garden material. The yard waste will be composted at the sites, turning it back into a useful resource.

"Yard waste makes up over a third of household garbage at this time of year," says Sharon Howland, Leader of Program Management at Waste & Recycling Services. "Fallen leaves, branches and plants are all materials that can be composted instead of thrown away. By composting this material, it will help reduce greenhouse gases and turn it into a useful product that helps new plants grow."

Here are four tips for Calgarians to know about the spring yard waste drop-off program before they come to the landfill:

Make sure your load only contains yard waste like leaves, branches and plants (no sod – it can't be composted at City sites). Charges will apply if the load contains other items.

Residents are encouraged to leave their yard waste loose or put it in paper yard waste bags, which can be composted as well. If yard waste is loose, residents should make sure to secure and cover loads before transporting them.

City landfills are open seven days a week from 7:30 a.m. to 5:00 p.m.:

- Spyhill Landfill – 69th St. and 112th Ave. N.W.
- East Calgary Landfill – 17th Ave. and 68th St. S.E.
- Shepard Landfill – 114th Ave. and 86th St. S.E.

For faster service, visit the landfill on a weekday or before 9 a.m. on Saturday or Sunday when wait times are shorter.

This program is for residential customers only.

17 Avenue S. reconstruction Project Update, Spring 2016

After 30 years, we're rebuilding 17 Avenue S. so it can continue to serve businesses and citizens for decades to come. Construction will occur between Macleod Trail S.E. and 14 Street S.W. The work includes sidewalk area repairs and improvements, a new road design, and upgrades to underground utilities. It's an investment in the long-term success of 17 Avenue S. – one of Calgary's most popular destinations to shop, visit and do business.

Next steps

Through 2015 and 2016, The City met with representatives from the business community and heard from a number of individuals. Two important items came up during these conversations: the construction on 17 Avenue S. needs to be predictable and it requires a lead time that gives businesses a chance to prepare for potential impacts. With that in mind, the project team is pushing the road and deep utility (water and sanitary lines) construction to 2017 and 2018. This year – 2016 – work on 17 Avenue S. focuses on shallow utilities- power, gas and telecommunications.

By just focusing on shallow utilities this year, we expect less construction impacts for people travelling through the area in 2016. It also allows more time to develop the 2017 and 2018 construction schedule.

Learn more

The City will be hosting project information sessions through late spring 2016, where you can learn more details about the construction schedule and 17 Avenue S.'s future design. In the meantime, check out the project web page at www.calgary.ca/17avenue for the latest information and sign up to receive the project newsletter.

211

211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>



Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com.

Photo Credit: Alberta Guide Dogs

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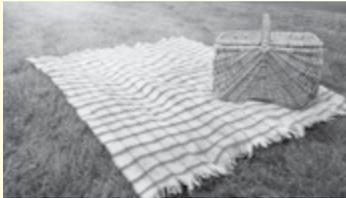
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting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

**JUNE 1 AND 2
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. www.calgaryphil.com



**JUNE 5
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. www.lilacfestival.net



**JUNE 24
TEDXYYC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. www.tedxyyc.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. www.ginapalooza.com
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. www.rainbowsociety.ab.ca
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. www.revv52.com
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. www.calgaryphil.com
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. www.bigrockbeer.com
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. www.calgaryukrainianfestival.ca
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. www.heritagepark.ca
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. www.vintagewithflair.blogspot.ca
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. www.sledisland.com

**IN & AROUND
CALGARY**

How safe is your backyard fire pit?

Backyard fire pits are great places to gather and share good times in Calgary's summer months, but these great times can quickly become tragic if you aren't safe.

The City of Calgary has bylaw standards to help minimize some of the dangers of your backyard fire pit, or outdoor fireplace, wood burning oven or chimneys. The Calgary Fire Department also has a number of tips to help prevent anyone from getting hurt.

Safety tips and bylaw regulations

- Backyard fire pits should be built into the ground, on brick or stone, or in a fire-resistant container.
- Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck.
- Fire pits must be at least two metres away from your property line, house, garage, or fence.
- Fire pits must not be under any trees, branches, plants or other materials that can catch fire.
- Always have a way to put out the fire close to your fire pit. Easy options are your watering hose or a bucket of water.
- All fires in your fire pit must be kept to a reasonable size; under 1 metre high and wide. This helps ensure the fire's embers, sparks or smoke do not harm anyone or cause a nuisance to neighbouring properties.
- All fires in your fire pit must be continually supervised.
- Fires may only be burned in fire pits from 10 a.m. to 1 a.m., unless prohibited in a fire ban.

Do not burn:

- Painted, treated or lumber containing glue or resin
- Wet, or green/fresh cut wood
- Yard waste (cut grass or leaves)
- Garbage
- Rubber
- Plastic
- Furniture

Always check www.calgary.ca/firebans to ensure no fire bans are in effect, which may caution against or forbid using fire pits. Remember, you can be fined from \$500 to \$5,000 for not following Calgary's fire pit bylaws (5M2004) or the instructions of fire bans. Learn more about Calgary fire pit safety and Bylaws by visiting calgary.ca and searching the term 'fire pits'.

**Crowchild Tr. Study -
Mark your calendar for
June events!**

See the preliminary concepts and evaluate them against the project goals established in Phase 2 of the study by attending one of the public workshops below. RSVP to open Saturday, May 21. These events are part of **Phase 4: Concept Evaluation** of the study process.

Workshop #1: Monday, June 13

Time: 6 to 8:30 p.m.
Location: West Hillhurst Community Association - 1940 6 Ave. N.W.

Workshop #2: Saturday, June 18

Time: 9:30 a.m. to noon
Location: Sunalta School – 536 Sonora Ave. S.W.

Workshop #3: Wednesday, June 22

Time: 6 to 8:30 p.m.
Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Workshops for residents, businesses and homeowners located within one block of Crowchild Trail are also scheduled in June. These invite-only events provide the opportunity for them to share their unique concerns and perspectives before the broader community.

The project team will use the evaluation to identify a set of recommendations for Calgarians to provide feedback on in Phase 5: Concept Selection and Recommendation in the fall.

If you're unable to attend one of the workshops, other engagement events are scheduled throughout June. There will also be an opportunity to provide your feedback online. For a complete list of engagement opportunities or to RSVP, go to calgary.ca/crowchild



Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment,

when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.



Elisabeth Fayt

How often must something happen, before it occurs to you?

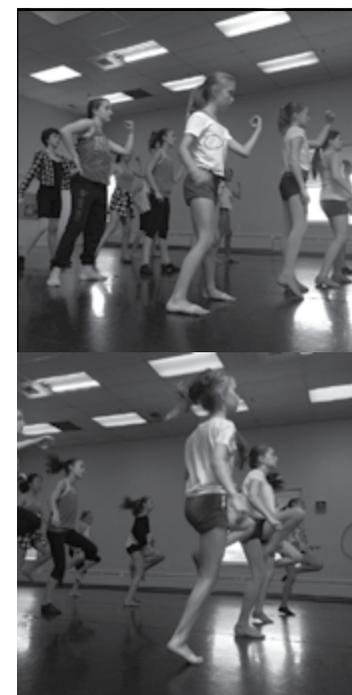
A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.



COME MOVE WITH US

DJD's Summer Camp sessions are still accepting registrations!

DJD summer dance camps are designed to instill a love of dance in your child! With an emphasis on FUN and CELEBRATION, students are encouraged to explore challenges, demonstrate creativity, expand movement vocabulary, build confidence and develop friendships with other students.

JULY SCHEDULE:

- JULY 4-8, HIP HOP CAMP, AGES 8-18
- JULY 11-15, FINE ARTS CAMP, AGES 6-13
- JULY 18-22, ADVANCED JAZZ CAMP, AGES 8-18
- JULY 25-28, DANCE CAMP, AGES 4-18

AUGUST SCHEDULE:

- AUGUST 2-5, DANCE CAMP, AGES 4-9 & FIERCE GIRL CAMP, AGES 10-13
- AUGUST 8-12, HIP HOP CAMP, AGES 8-18
- AUGUST 15-19, DANCE CAMP, AGES 4-18
- AUGUST 22-26, DANCE CAMP, AGES 4-7, WORLD DANCE CAMP, AGES 8-10, HIP HOP CAMP (MOVEMENT WITH A MESSAGE), AGES 11-18

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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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$100, aeration \$45. 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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www.KentHehrMP.ca

On March 22nd, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that puts people first and delivers the help that Canadians and Albertans need now.

For 30 years, we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest one percent. The new Canada Child Benefit - which will put \$930M into the pockets of Albertan families - will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits.

It's been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unemployment levels we haven't seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. EI benefits for Albertans will be extended in some instances to up to 70 weeks and wait times reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment.

The current economic trend is not Alberta's challenge, it is Canada's challenge, and we will meet it together.

With the introduction of this budget, we are beginning to address those challenges and will work with Provincial and Municipal leaders to identify priorities now, and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years.

Finally, we know that global oil prices will stabilize and rebound, and we need to be ready when it does. That's why we are investing \$50 million over two years in research to develop Canada's hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the global marketplace.

Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta's rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada's best days are ahead.



MLA CALGARY CURRIE BRIAN MALKINSON

2108 B - 33 Avenue SW
Calgary, AB, Canada T2T 1Z6
Phone: (403) 246-4794; Fax: (403) 686-1543
calgary.currie@assembly.ab.ca

Spring has truly sprung here in Calgary Currie. The snow is gone for another year (fingers crossed), and we relish the days getting longer as we inch closer to summer.

Springtime means many things to many people but for me, the springtime activity that stands out from my youth is the planting of the garden.

I can recall playing at gardening in my grandparents' backyard garden. I marvelled in the skill my grandmother showed in digging the trenches where I would put the seeds. She never took out more dirt than she needed, and she never needed to go back to dig deeper, she just seemed to know how much was needed.

Many years later I now know that this skill wasn't something she was taught, it was something she knew from doing it every year for decades on end.

Looking back, a lot of the things I learned in that backyard garden are lessons I have kept with me for my whole life.

I learned about patience and diligence. No garden grows overnight, nor does one grow without constant attention. The changes that happen when looked at in isolation, are miniscule to the point that they are almost immeasurable. Over the course of a summer, the hard work of weeding, and watering transformed a tiny seed into a giant eggplant. The product of our garden labour is rarely seen up front, but boy, watching gardens grow over the course of a growing season is like nothing else.

The ability to look to the future, to visualize what things will look like at the beginning, middle and end is a skill that I have found immeasurably transferable to my role as an MLA, giving us perspective of where we are on our particular journey in life.

Old, young, or in-between, anyone can get into gardening. To encourage gardening, I have been reaching out to schools, community associations and individuals with gifts of seeds to be planted in community gardens, school planters, balcony flower pots and backyards across the riding.

If you would like some seeds for your own patch of dirt, feel free to stop by our office at 2108B 33ave SW, say hi and pick up your pack of seeds to help keep the tradition of gardening in Calgary alive.

Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine





Sunalta Real Estate Update

Last 12 Months Sunalta
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
March 2016	\$579,000.00	\$567,500.00
February 2016	\$429,900.00	\$440,500.00
January 2016	\$695,000.00	\$690,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$674,900.00	\$667,500.00
September 2015	\$490,000.00	\$482,000.00
August 2015	\$0.00	\$0.00
July 2015	\$0.00	\$0.00
June 2015	\$0.00	\$0.00
May 2015	\$0.00	\$0.00
April 2015	\$549,000.00	\$534,000.00

Last 12 Months Sunalta
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
March 2016	0	1
February 2016	2	1
January 2016	4	1
December 2015	0	0
November 2015	3	0
October 2015	1	1
September 2015	2	1
August 2015	1	0
July 2015	1	0
June 2015	1	0
May 2015	0	0
April 2015	1	3

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

Snacks for Healthy Eyes

Canadian Association of Optometrists

Eat your leafy greens – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

Fruits and veggies – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

Hummus – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

Fish – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

Think Orange – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

Use leftover turkey – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.



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	511
Weather Information	
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



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**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.



**COUNCILLOR, WARD 8
EVAN WOOLLEY**

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

Keeping the water flowing in Ward 8

The neighbourhoods that make up Ward 8 are some of the oldest and most historic communities in Calgary. The countless number of Century Homes, Beltline's Central Memorial Park, Wildwood's Sandstone Quarry Mines, Mission's Rouleau House, the list goes on. This history lends so much character, charm and warmth of each neighbourhood. That said, with inner city neighbourhoods comes aging infrastructure and water mains. There's currently a total of 208km of water mains in Ward 8, with the oldest pipe being cast iron and dating back to the 1910 era and the newest pipe being PVC and installed in 1992.

Interestingly, water main breaks in Calgary spiked in the 1970's with our city experiencing a peak in 1982 with 1,813 breaks per year. In response to these rising rates, The City allocated a budget of \$35M per year (2015 dollars) and implemented innovative asset management programs like enhanced data collection, inspection technologies, and risk analysis techniques. This strategy cut main breaks in half to approximately 900 per year by the early 1990's. Now, in 2016, the City's efforts have resulted in a drastic 85% reduction in breaks and a savings of \$150M over the last 31 years.

I was surprised and happy to see that in Ward 8 specifically, we've seen a significant drop in breaks over the last five years, from 45 breaks in 2010 to only 23 in 2015. This is thanks to the aggressive installation of corrosion protection on our water mains. While our city's population steadily rises and our water network continues to grow, the proactive approach The City has taken will allow us to continue to reduce the numbers of main breaks and most importantly, reduce capital spending.

One of my biggest goals when I chose to run for City Council was to make sure that more of Ward 8 residents' taxes flowed back into their neighbourhoods. Seeing the increased service life and reliability of the water mains in our communities is a great example of how we're working to make our neighbourhoods better.

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www.wirtshaus.ca

New School Location & Tuition Incentives

North Point School for Boys taps into boys' natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.

2445 – 23 Avenue S.W.

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016 -17 school year.

Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.



visit our website www.northpoint.school

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