

JULY 2017

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OFFER ENDS AUGUST 31, 2017

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[calgarylibrary.ca/3things](http://calgarylibrary.ca/3things)







# MOUNT ROYAL COMMUNITY ASSOCIATION

2317 10 St. S.W. • Calgary, AB – T2T 3G7  
president@mountroyalstation.ca  
[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

Delivered monthly to 4,400 households and businesses for 7 years!

## Editorial Submissions

president@mountroyalstation.ca  
All editorial content must be submitted by the 15th of the month for the following month's publication.

## Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)  
All advertisements must be submitted by the 1st of the month for the following month's publication.

## Published by Great News Publishing

Serving Calgary communities for 28 years  
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Check out our website:  
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*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Mount Royal Community Association*

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

*Great News Publishing and Mount Royal Community Association 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.*

# 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	

# CONTENTS

9	O CANADA
10	ART CAMP AT MOUNT ROYAL COMMUNITY STATION
11	ARE YOU READY TO PARTY?
13	CURIOUS ABOUT THAT PIANO AT THE STATION?
19	EMS: HEAT RELATED ILLNESS
20	SUSTAINABLE GARDENING WITH KELLY - PLANTING SEASON BEGINS
23	FOR ART’S SAKE: ART OUT-OF-DOORS
25	FRIENDS OF FISH CREEK
28	AT A GLANCE...

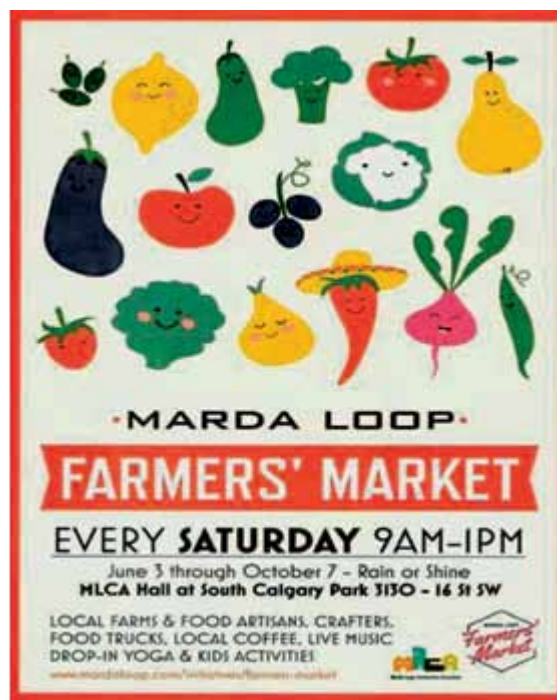






**“MINIS”**

Minis will be back in the Fall, but look out for our Mountaineers in the Station Playground on Wednesdays from 9-11!



**MARDA LOOP FARMERS' MARKET**  
**EVERY SATURDAY 9AM-1PM**  
 June 3 through October 7 - Rain or Shine  
 MLCA Hall at South Calgary Park 3130 - 16 St SW  
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[www.mardaloop.com/whatsnew/farmers-market](http://www.mardaloop.com/whatsnew/farmers-market)

Join us for the MRCA

**★ Stampede BBQ ★**

**Wednesday, July 5, 2017**  
**5:00p.m. - 10:00p.m.**  
**at MRCA Station**  
**2317 - 10<sup>th</sup> Street SW**

**Celebrate the start of Stampede 2017 with your Mount Royal neighbours while enjoying**

- Great Food**
- Beer Gardens**
- Live Entertainment**
- Bouncy Castles**
- Petting Zoo**

**and a stompin' good time!**

**MRCA Members only. Membership available for purchase at event or online at:**  
**[www.mountroyalstation.ca](http://www.mountroyalstation.ca)**



Volunteers Needed.  
 Please email  
[events@mountroyalstation.ca](mailto:events@mountroyalstation.ca)  
 to volunteer. Thank You.



## Who should I call for help?

### EMERGENCY? Call 911

911 is to be used only for emergencies (police, fire, and medical) where an immediate response is required. This should be called only if there is an emergency and lives are in danger, immediate assistance is required or there is a crime in progress.

### CALGARY POLICE SERVICE NON-EMERGENCY – 403-266-1234

This should be used for all non-emergency situations, where an immediate response is not required. This number should be called when time has elapsed since the incident, the suspect is not on scene, or you are calling about a nuisance issue (e.g. noise complaints, suspicious people, intoxication, etc.). Police will attend on a lower priority basis.

### ALPHA HOUSE “D.O.A.P. TEAM” – 403-988-7388

If you observe an individual who appears to be intoxicated, loitering, trespassing, or sleeping in an area they should not be but otherwise appear peaceful and not being aggressive, call the “downtown Outreach Addictions Partnership Team” or D.O.A.P. Team- mobile team available to transport the individuals that are not able to come to the Alpha house location on their own. Hours: Monday-Friday, 8:30 a.m. – 1:00 a.m., Saturday and Sunday 5:00 p.m. – 1:00 a.m. The D.O.A.P. team members are well acquainted with their clientele and have a good rapport with them.

### ON-GOING COMMUNITY CONCERNS? District 1 @ 403-567-6100

The CROs provide a key point of contact for community policing initiatives and problem-solving. They monitor crime trends, traffic and social issues with their zone. They also keep track of the crime issues that are of particular concern to residents.

### CITY OF CALGARY CONCERNS – Call 311

Please contact 311 and concerns (e.g. burnt-out street lights, garbage collection, etc.) will be forwarded to the appropriate department.

### REPORT CRIME ONLINE

Did you know that you can report certain types of crimes to the Calgary Police Service online? When you use the CPS Citizen Online Police Report System, you can submit a report about a crime immediately and print a copy of the police report fee.

When you use the quick and easy online reporting system, it can help you by providing reports for your records. It also helps the police to identify and address crime trends in your area.

What can I report online?

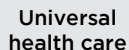
The online reporting system currently takes reports about the following crimes, as long as their value is less than \$5000 (Canadian), there's no known suspect, and the incident happened within Calgary's city limits:

- Lost property
- Theft
- Damage/Mischief to Property
- Theft from Vehicle
- Damage/Mischief to Vehicle

To report a crime online, go to [www.calgarypolice.ca](http://www.calgarypolice.ca), and click on “Report a Crime Online”. Follow the screen prompts to fill in the information and submit your report. If you have a problem with the system, there's 24-hour support available. When you're finished, you can print a copy of the police report to keep for your records. Police will review your case, and will contact you if need be.



Great News Publishing asked Calgary residents what they love about Canada and being Canadian.  
Thank you to everyone who submitted their answers!



Canadian  
Tire money

## Respect for wilderness

House  
Hippo

Our differences are  
not only accepted,  
but celebrated.

**We have a strong multicultural identity with a multitude of various backgrounds and religions.**

**We know the French equivalents of “free,” “prize,” and “no sugar added,” thanks to our extensive education in bilingual cereal packaging.**

There is a sense of community that people can and want to contribute to.

Mr.  
Dressup

Equal access  
to necessities  
of life.

## Kraft Dinner

**Best beef  
in the  
world!**

Wayne Gretzky

Beautiful Canadian natural landscapes that we are actively trying to preserve.

## All Dressed/ Ketchup Chips

Canadians have the right and freedom to practice our choice of religion.

Canadians seek commonalities when meeting someone new.

Sorry!



The history of our national anthem has more to it than one might think! For example, did you know that the lyrics were first originally French and that the official English version we use today is actually the second translation of those lyrics? Though the music was originally composed in 1880, the song was not officially recognized as our national anthem until 1980. And our anthem might have inadvertently plagiarized of Mozart's "March of the Priests" from his opera *The Magic Flute*. Google it and give it a listen—the resemblance is remarkable!

## O Canada



In addition to the official English and French renditions, our anthem has been translated into many different languages, both official and not. In the sheet music here, you'll see that the bottom language is the lyrics in Inuktitut. Two years ago, celebrating Canada's 148<sup>th</sup> birthday, the Canadian Arab Institute released a video

of Miriam Khalil, an opera soprano, singing the anthem in Arabic. Following suit, the Huffington post released an article with links to videos highlighting thirteen different performances of the anthem in various languages, including Ojibwe, Punjabi, Cantonese, Tagalog, Cree, and even American Sign Language.

Canada's cultural diversity is one of its most celebrated attributes, and one of the ways that it is highlighted is in the many languages people have given the anthem voice to. Canada is a nation made up of many cultures, faiths, and creeds

living together and accepting our differences. The common language of music has transcended barriers that separate us and created a mutual understanding between us. Our anthem is one of the many characteristics that makes our country so exceptionally extraordinary.

# Art Camp

AT MOUNT ROYAL COMMUNITY STATION



## July 24- 28

Great opportunity for the children of age 7 – 12 years old to enjoy a week of creativity, building skills, passion about art and outdoor fun!

The art projects will include drawing and painting animals, flowers, cartoons, abstract and landscapes. Located at the Mount Royal Community Station starting at 9 a.m. - 12p.m. and 1:30 – 4:30 p.m.

Limited spots, small groups of 10 – 12 kids maximum.

Step by step instructions and images will be provided, the kids will have the opportunity to explore variety of techniques including pastels, watercolors and painting on canvas with acrylics.

More dates for the art camp might be available please inquire!

In house art camps, private art lessons, or special Birthday art projects upon request.

For contact please email: [vania.h.atanasova@gmail.com](mailto:vania.h.atanasova@gmail.com)  
[www.artescape-vaniadimitrova.com](http://www.artescape-vaniadimitrova.com)

## MRCA Newsletter: Submissions Needed!!!



Do you have  
some time to  
write an article  
for the MRCA?

We are always looking for submissions!

Email article, recipes, anecdotes or neighbourhood pictures to: [newsletter@mountroyalstation.ca](mailto:newsletter@mountroyalstation.ca)



### Not receiving MRCA emails and would like to?

Send an email to  
[membership@mountroyalstation.ca](mailto:membership@mountroyalstation.ca)  
and we will add  
you to our email  
distribution list



YOUR CITY OF CALGARY



## Are you ready to party?

Join us as we celebrate 150 years of Confederation on July 1, 2017 with our many civic partners and sponsors!

Begin the day with a hearty pancake breakfast at Confederation Park or Fort Calgary, and end it with some of the most fantastic fireworks ever seen at the Centre Street Bridge.

Throughout the day, there will be activities and exhibits to inform, activate and delight every member of the family! Immerse yourself in our Indigenous and Franco-phone cultures on Prince's Island Park, or be amazed at the pageantry and culinary delights in Chinatown.

Enjoy Canadian music, arts, crafts and delicious food at venues throughout the city, including Eau Claire, East Village, Stephen Avenue Mall and Riverfront Avenue, or take part in storytelling and activities at the Central Library. You can even discover Studio Bell at a special discounted rate or check into the King Eddy for live music all day.

Help us show our national pride by participating in the Enmax Living Flag at Fort Calgary this year, and re-affirm your personal pride as a Canadian at the CIBC Canadian Oath, being held at Olympic Plaza.

You won't want to miss a minute of this year's Canada Day events! Please visit our Canada Day page at [Calgary.ca](http://Calgary.ca) for times, locations, road closures and updates as we put the final plans in place.

See you there!



# LOSE UNWANTED FAT

403 281 0090

Frustrated by stubborn fat?

Suffering from chronic pain?

Unable to perform at the same level?

## ASPIRE HAS THE SOLUTION

### Lindsay's Story...

Lindsay came to Aspire suffering from stubborn lower body fat and significant hip pain. After years of frustration with solutions that didn't work, she finally found us. Here is how we helped:

#### Step 1 – Free Assessment

We completed a full body assessment with measurements so she could track her progress:

#### Step 2 – Treatment

Using a combination of our unique services, Fascial Contouring, Fascial Therapy, and Intentional Movement, we delivered results. She was down to 39.5" in her glutes and 22.5" in her thighs after her first treatment.

#### Step 3 – Success!

Today, Lindsay has no hip pain, and recently won a contest for "best body on the beach"!

#### Step 4 – Maintenance

We support her transformation with our maintenance program and complementary services.

#### ASSESSMENT:

Fat percentage: 38%

Glutes: 41.5" - Thighs: 24" - Calves: 16.5"

Right hip imbalance, body compression

#### RESULTS:

Fat percentage: 23%

Glutes: 34.5" – Thighs: 20" – Calves: 14"

No hip pain, body in total balance



Book your free consult today!



Aspire Health Therapies  
www.aspireyyyc.ca



## Curious About That Piano at the Station?

By Solange Dunn

We recently had the piano tuned at the Station. The tuner that serviced it had some lovely things to say about it!

The piano is actually a "spinet" which was very popular in middle of the last century. He checked the serial number and determined that this particular spinet was made in 1940. In his 40-year career as a tuner, he has only seen 3 spinets. Usually they don't last very long, so ours must be special, with the regular beating it takes from the Wednesday Minis!

From Wikipedia:

"The spinet piano, manufactured from the 1930s until recent times, was the culmination of a trend among manufacturers to make pianos smaller and cheaper. It served the purpose of making pianos available for a low price, for owners who had little space for a piano"

The spinet was quite out of tune and the tuner did the best he could. It's not perfect but is probably the best that is possible. Spinets are known as the "bane" of a piano technician!

Does anyone know how we came into possession of this little treasure?

Please email Solange at  
newsletter@mountroyalstation.ca.



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**Residential Leasing Group Inc.**  
Brad Currie, Broker/President

# PIZZA AND PLAY PARTIES

Monthly Friday Night Pizza & Play Parties for our Mini-Mountaineers!

**4:30 – 7:00pm at the Station**  
**Join us the Following**  
**Fridays over the Summer:**  
**August 11th**

Start the Weekend with a Playgroup Happy Hour!  
Re-Connect with Mount Royal Parents!  
Pizza and kids' drinks provided,  
MRCA Members only please!  
**Cost \$5 per person**

Our toys are appropriate for babies to age 4, older children are welcome to join, of course, but you may need to bring a game/toys to keep them occupied.  
With warmer weather, we can take the fun outside!



## FREQUENTLY ASKED MEMBERSHIP AND TENNIS QUESTIONS

**What type of membership should we purchase if we are a couple with no children living at the same address, should we purchase two single memberships?**

No, more than one person living at the same address should purchase a family membership (\$45).

**If one person is a senior and one person is not, should we purchase a senior membership and a single membership?**

No, this is considered a family membership until both people are seniors (over 65).

**We are both seniors living at the same address should we purchase two senior memberships?**

No, a couple where both are seniors should purchase one senior membership (\$20).

**I purchased a tennis key last year, do I need another one this year?**

Yes, new keys are issued each year and the fee is \$15 per year.

**How do I get my tennis key?**

In the spring you will receive an email telling you where to pick up your key.

**Do I need to book a tennis court?**

No, booking is not required and the rules are posted on the fence.

## Your Mount Royal Community Membership



### What's it all about?

We live in a beautiful community and a team of dedicated volunteer board members are happy to work on your behalf to make Mount Royal a great place to live. We would encourage you to show your support by becoming a member of our community association. Membership offers terrific value; being able to attend **fun events**, the use of **MRCA facilities**, **keeping residents informed** and enabling you to **support your community**.

- skating party • summer BBQ • wine & cheese party • annual dinner party
- skating rink • tennis courts • playground • clubhouse rental • children's playgroup
- graffiti removal • historic appreciation • beautification • crime and safety • traffic
- community development • newsletters

### It's easy to join!

- Go to [www.mountroyalstation.ca](http://www.mountroyalstation.ca) and sign up or
- Complete this form and drop it off with a cheque (made payable to Mount Royal Community Association) in the Station House mailbox (2317 10 Street SW, T2T 3G7)

Mount Royal Community Association Membership Effective January 1 - December 31, 2017			
Family Name: _____		First Name: _____	
Email: _____			
<small>(Note: used only by the Mount Royal Community Association to send you occasional emails about community issues and events)</small>			
Address: _____			
Postal Code: _____		Phone: _____	
<input type="checkbox"/>	MRCA Family Membership	\$45	\$ _____
<input type="checkbox"/>	Seniors Membership (Over 65 - single senior or couple where both are seniors)	\$20	\$ _____
<input type="checkbox"/>	Single Membership (Individual membership only, couple pay Family Membership)	\$20	\$ _____
<input type="checkbox"/>	Associate Membership Non-Resident	\$90	\$ _____
<input type="checkbox"/>	Tennis Key - Annual Fee (members only, non-refundable)	\$15	\$ _____
<input type="checkbox"/>	Multiple Year Membership (state the number of years you would like to pay for including 2017)		<input type="text"/>
<input type="checkbox"/>	Donation to the Community (tax receipt <input type="checkbox"/> Yes <input type="checkbox"/> No)		\$ _____
<input type="checkbox"/>	Interested in Volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No		
TOTAL			\$ _____



# ActivateYYC

Walk, Play & Be Neighbourly

## What is ActivateYYC?

- A new, one-time program that will provide 150 microgrants – averaging \$750 – to groups and businesses to experiment with local projects and events that motivate Calgarians to walk, play & be neighbourly. Projects are meant to be quick, fun and low cost ideas that aim to make a small part of the City more lively and enjoyable.
- An opportunity to bring fun and engaging projects and events to our community by testing the approval and permitting processes, educating The City and inspiring future activators.
- ActivateYYC will also encourage applicants to build partnerships, seek sponsors and engage volunteers.
- ActivateYYC will create a lasting impact in local communities and inspire future walking projects.

## Why Would You Apply?

- **You have a great idea** to make your community more walkable.
- **You are a trailblazer!** You want to help The City of Calgary and future community builders learn about the processes and potential barriers to good community planning.
- **You want to contribute to Calgary** and help to showcase our city at the Walk21 Conference in September 2017 and participate in honouring Canada's 150th birthday.

## What Kinds of Projects?

We encourage you to be creative and bring your best ideas forth. Think big! We want to see projects or events of all sizes (mini, small, medium or large) and during all seasons of the year.

## Who Can Apply?

People of all ages and from all over the city are encouraged to apply! Individuals or neighbourhood groups wishing to apply must have an organization to sponsor their project or event for insurance purposes.

## When to Apply?

The first application deadline is August 15, 2017. Projects or events must be completed by March 2019.

## How to Apply?

1. Think of a great idea
2. Find your partners!
3. Contact us
4. Find out about the necessary City processes
5. Hit a barrier, call us back!
6. Apply online
7. Do your project!
8. Send in your feedback, stories and receipts
9. Get your money!\*
10. Challenge someone to do an ActivateYYC project, OR spread the news

\*This is a reimbursement grant. You must apply for a microgrant and be approved to be reimbursed for your project. Projects not pre-approved are not eligible for re-imbursement.

## Where to Apply?

[calgarycommunities.com/  
activateyyc/  
apply-now](http://calgarycommunities.com/activateyyc/apply-now)



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He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

**Contact in confidence (fees paid by client)**  
info@divinematchmaking.com  
divinematchmaking.com | 403-456-4870



## Stay n' Play & Park n' Play this summer in Bankview!

**July 3 – 7, 2017**

**Stay n' Play Ages:** 3Y - 5Y + Adult (Children must be accompanied by an adult) Monday - Friday 10 a.m. - 12 p.m.

**Park n' Play Ages:** 6Y - 12Y Monday - Friday 10 a.m. - 3:30 p.m.

**At:** Bankview Community Centre 2418 17 Street SW

Looking for some free, high quality programs for your kids? The City of Calgary in Partnership with Community Associations, offer programs in various Calgary communities that are open to everyone at no cost. These programs offer many different activities including crafts, games and active play. They are supervised drop-in programs for children to make new friends and stay active over the summer. Participants learn games and activities that they can use on their path to healthy and active lifestyles. Programs will set up a red tent in the park so parents and children can easily locate the meeting space.

## SAFE & SOUND

### 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 a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



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**Do you recognize this flag?**

Before our current Canadian flag that we all know and love, did you know that our flag looked like this? If you recognize the Canadian Red Ensign, you were probably born before 1965. Our current flag was not chosen until after "The Great Flag Debate" of 1963 and 1964. After much debate, our beloved red and white maple leaf flag replaced the Red Ensign and has been flying proudly across our nation ever since.



# SUSTAINABLE GARDENING

with Kelly!

Kelly Code, Mount Royal Resident  
[www.sustainablelandscapes.ca](http://www.sustainablelandscapes.ca)

## Water, Water, Water....

Everyone should now be ready to sit back and enjoy their yards for the summer season. Watering is very important for the survival of all your plants, so be sure to water enough. The majority of plant deaths are generally caused by a lack of water. As a general rule, plants need an inch of water every week. We rarely get that much rain and simply spraying the surfaces of the gardens for a few minutes a week cannot ensure each plant is getting enough fluids.

For planting beds, a slow trickle of the hose for at least 20 minutes on trees and large shrubs allows water to percolate to at least a 6 inch depth. Check how moist the soil is by digging a small hole and feeling how deeply you have watered. Irrigation systems set up to water lawns is not enough for trees and shrubs, so be sure to check how deeply the water has soaked in. Ideally, plants should be watered thoroughly once per week.



Water more often during a heat wave and avoid watering little and often. This type of watering results in a root system that develops near the surface of the soil and your plants will be more susceptible to drought and freeze/thaw damage during the winter months.

Container gardens should also be watered once per week. Water should drain out of the bottom of the container and needs to be repeated when the soil feels dry at a 4-inch depth.

## Fertilizing

During the growing season, plants in shallow or poor soils, should be fertilized monthly with a liquid all-purpose 20-20-20 fertilizer. Grasses, sedums and other drought tolerant plants need less fertilizer. Rich, moist soil that has been regularly improved with organic matter, may need less fertilizer as well. The most important factors for plant growth are light, water and soil that match the plant's growing needs. Sometimes moving a plant into a different area of the yard will bring it back to life. Look for signs of too much growth or scorched leaves throughout the growing season.

Most containers have enriched compost and do not need strong fertilizers. Use a liquid fertilizer with lower numbers or try adding a slow release fertilizer mixed into the top 6 inches of the soil mixture.



## Adding colour to the border throughout the season

The garden centres continue to get interesting, beautiful plants throughout the summer months. In addition, they often sell perennials when they are blooming, so you can choose plants by their colour instead of being surprised later on. Take the time for an occasional visit and add colour to gaps in your borders. For example: perennials such as Bleeding Heart will turn yellow and start to dry out in early



July. Cut them back and add a plant in front that will bloom in the late summer like Shasta daisy (*Leucanthemum*), Brown Eye Susan (*Rudbeckia*) or Sedum Autumn Joy.

## Birdbaths, fountains and statues

Creating interesting focal points in the garden using a birdbath or a small fountain or statue creates interest. The sound of bubbling water on a hot day or the chirping of birds in a corner of the garden add sensory delight. Statues or character boulders also add accents. Use some night lighting to bring these feature to life as you make use of your garden as much as possible during the summer months.



## Hats Off to the Beaver

Fur trade was a historical benchmark of Canada's international commerce. Felt from beaver fur could be molded into many creative hats. From top hats to bowlers, tricorn hats to fancy women's hats, the possibilities were endless. Thank goodness beaver fur went out of fashion in favour of silk hats, or not as many of our iconic furry friends might be around today!

# What You Need to Know to Get a Safe Ride Home from This Year's Stampede

Whether you are using a taxi or rideshare company—such as Uber or Tapp Car—during Stampede, there are some important safety tips to keep top of mind. Just like taxis, rideshare companies are regulated by The City of Calgary and have to meet City safety standards before drivers can take passengers. However, there are some important differences between taxi and rideshare companies:

- Rideshare drivers are not allowed to pick up people who hail them on the street or seek out business by approaching potential customers.
- All trips must be booked through a rideshare company app.

When you book your trip, make sure to look at the verification information the ride share app automatically sends you *before* you get in the vehicle. This information will safeguard you against getting into a vehicle with a potentially unsafe, unlicensed driver. The app includes:

- A photo of the driver
- The licence plate number, and the make and model of the vehicle
- Real time GPS tracking, which enables you to track the vehicle on route to your location

If you are street-hailing a taxi, it's just as important to verify that the taxi is legitimate before you get in. Make sure the driver and vehicle are both licensed. Check for a taxi plate on the rear bumper of the vehicle to verify that it is a licensed taxi. The driver's ID should be posted in a visible location, typically on the driver's visor. If you are not able to see it, you can ask to see it. Before you get into a taxi, take note of the taxi number, company and colour of the vehicle in case you need to track down lost items.

## Taxi stands for Stampede – July 7 - 16

The City of Calgary is working closely with the taxi industry and the Calgary Stampede to provide increased access to taxis around Stampede Park and surrounding areas to accommodate Stampede visitors and bar patrons.

In addition to late night and permanent downtown taxi stands, four temporary stands have been set up near Stampede Park.

- Two all-hours taxi stands located at the South and North Entrances of Stampede Park operate throughout the day. The North Entrance is given priority to accessible taxi service as it provides the closest means of entering the Park.
- Two additional late-night temporary stands have been established on 12th Avenue and Macleod Trail SE. The late-night temporary taxi stands operate every night between the hours of 10 p.m. and 3 a.m.

These locations are marked with signs, and provide safe and easily accessible points for taxis to pick-up and drop-off customers.

**Other designated taxi locations around the city**  
**Taxi Hydrant Zones**— identified with signs, and are located in various locations throughout downtown.

**Late Night Taxi Stands** – available to serve you between 10 p.m. and 3 a.m. on Thursday, Friday and Saturday nights. Conveniently located near restaurants, theatres and bars, these stands help Calgarians and visitors come and go safely from our city centre.

**Calgary Transit** – provides 24-hour CTrain service during the Stampede.

**Other options** – luxury sedans can be booked as a pre-arranged service. Costs are generally higher than a regular taxi. They cannot provide on-demand service. Always be diligent about checking ID information provided during booking before getting into the vehicle.

Remember, if you have any concerns about a taxi, rideshare, or limo service, contact the non-emergency line at 3-1-1. If you feel as though your safety is threatened, call 9-1-1.

# STAMPEDE TEMPORARY TAXI STAND MAPS



## FOR ART'S SAKE

### Art Out-of-Doors

Summer is here, and I'm sure many of us are looking for ways to experience the arts out-of-doors, in the sunshine (hopefully not in the rain!) Like the warming rays of the sun give us vitamin D, helping to improve our mood and overall personal well-being, so does listening to music, viewing art, or seeing live theatre. According to the Canadian Council of Chief Executives, "the quality of a community's cultural infrastructure has a direct impact on quality of life."

Fortunately for us in Calgary, there are some fabulous opportunities to get our happy on and enjoy the arts outside during the month of July. Kick off your summer season with the free Canada Day celebration on Olympic Plaza with music, parades, and of course, fireworks! Among many other exciting events that day, Arts Commons and The City of Calgary are inviting 1,500 musicians to perform *Four Strong Winds* together with legendary Alberta musician, Ian Tyson – for free! To view the full lineup of Canada Day activities, you can visit [Calgary.ca/Canada150](http://Calgary.ca/Canada150).

Also happening in July, Music in the Plaza returns to Heritage Park, giving you a great opportunity to introduce your kids to a music performance without the pressure of having to sit still, and Theatre Calgary's Shakespeare on the Bow is back for another year with *As You Like It* at Prince's Island Park. Then, of course, there's the ever-popular Calgary Folk Music Festival where you can stroll from stage to stage enjoying an all-star lineup of folk musicians carefully selected for your listening enjoyment. What better way to enjoy your summer months than to combine the arts and fun in the sun?

For a full list of Calgary's festivals this summer, indoor and outdoor, you can visit [todocanada.ca/festivals-in-calgary](http://todocanada.ca/festivals-in-calgary).

*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.*





A group of beauty counselors entertained Friday evening in the Free Press board room in honor of Princess Tania Obolensky, who was in Winnipeg during the week end, a guest at the Fort Garry hotel, Miss Jean Burdett presented piano selections. The Princess left Sunday for Windsor, Ont.

- newspaper clipping supplied by Robin McLeod



## The Story behind Princess Obolensky Park overlooking the Elbow River, Parkhill

I had the privilege of knowing Princess Obolensky thanks to my grandparents, Abbie and Rees Taprell. Princess Obolensky was a rare individual that made a huge impact on my life. She was forever young in thought and interest, always eager to engage in conversation and discussion.

Her story and therefore the story of the park dedicated to her is fascinating.

Princess Tania Obolensky was born in Moscow in 1913, the daughter of Princess Elizabeth Obolensky, a descendant of Prince Rurikovich, the first reigning prince of Russia. The family's life, as part of the Russian nobility, came to an abrupt end with the Bolshevik revolution in 1917. Her parents were imprisoned but later released by the White Army. Out of Russia they fled arriving in Bulgaria and then moving on to Yugoslavia where her father died in 1927.

After being tutored in various schools across Europe Princess Tania finally left Europe for Canada. Of all the places in Canada, she settled on the Bow Ranch near Cochrane. Ranching life became her blood. On the ranch she raised Aberdeen cattle, horses, Persian lambs and hogs. Not content to sit behind a manager's desk she was out on the range supervising and working with fellow ranch hands. She admitted that she was a lousy roper and her favorite piece of equipment to operate was a power binder.

Curiously, considering her ranching life or maybe because of it, Princess Obolensky developed an interest in cosmetics. In an interview by the Lethbridge Herald in 1948 she commented that she was never interested

in cosmetics until she discovered what they did for her. Eager to tell other women about these products she rose in the ranks from a local salesperson to the Western Manager of Beauty Counselors of Canada, a "dominion-wide" cosmetics company. When asked by the Lethbridge Herald about the "new look" she thought it more flattering to women but not so flattering to pocketbooks!

In 1952, Princess Tania opened a very successful clothing and gift shop called La Boutique in downtown Calgary. This allowed her to return to Europe on buying expeditions bringing back the latest in European fashion, accessories and small furnishings. La Boutique quickly became not only the fashion centre but also the social hub of Calgary. If you wanted to find out what was going "down" in Calgary you went to La Boutique.

Eventually Princess Tania retired. From her small apartment in Rideau Towers she overlooked the Elbow River and the mountains to the west that she so loved. Until the day she died, Princess Obolensky retained a regal elegance and, of course, her milky satiny skin!

Longstanding friends of the Princess enabled the dedication of the Princess Obolensky Park in 1984 – a wonderful tribute to a remarkable life lived.

Robin McLeod  
President, S2G+

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary.



**Connect with Nature and Celebrate Alberta's Parks at Parks Day & Creekfest!**

**Saturday, July 15, 2017**

**11:00 am – 4:00 pm**

**FREE FUN FOR THE WHOLE FAMILY!**

**Bow Valley Ranch, Fish Creek Provincial Park (South end of Bow Bottom Tr. SE)**

Celebrate Canada's milestone 150<sup>th</sup> anniversary and the Friends of Fish Creek's 25<sup>th</sup> year of bringing the park and community together at Parks Day & Creekfest!

The theme of World Environment Day is connecting with nature and what better way to connect with nature than by visiting Fish Creek Provincial Park, a cherished natural area we are fortunate to have within the city? Commemorate World Environment Day today by marking down July 15 on your calendar for Parks Day & Creekfest and by telling others about this amazing free summertime festival! Celebrate this province's breathtaking parks and protected areas, while enjoying a wonderful day in Fish Creek learning about environmental conservation.

Juno-award winning Peter Puffin's Whale Tales will return for the 7<sup>th</sup> year in a row to host a dynamic and interactive concert performance and song-writing workshop. Jennie Harluk, one of Calgary's youngest up and coming superstars will perform for the first time on the Parks Day & Creekfest stage. Kids and families will be regaled by Alberta Parks' "Riddle of the Wetlands" and the Calgary Wildlife Rehabilitation Society's presentation about urban wildlife. Visitors can also get on their feet to join a Yoga and Qi-Gong session, and take part in guided walks about wetlands, beavers and the new ATCO native grassland.

Have fun while learning about environmental conservation through hands-on activities and educational experiences hosted by community organizations dedicated to protecting Fish Creek and other natural areas. Food will be available for purchase and there will be exciting

draws for prizes designed to help people maximize their enjoyment of this amazing park. Tickets will go on sale for the Friends' annual fundraiser, A Taste of Autumn.

Parks Day & Creekfest was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre financed by Alberta Environment and Parks. Thank you to the Alberta Conservation Association, the Alberta Real Estate Foundation, Great Events Catering and the Bow Valley Ranch Restaurant. We gratefully acknowledge the generous donation from The Calgary Foundation that has helped make the use of "The Calgary Foundation Centennial Stage" possible.

Like Parks Day & Creekfest at [www.facebook.com/CREEKFESTinFishCreek](http://www.facebook.com/CREEKFESTinFishCreek) and visit [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest).

This event is sponsored by: Canada 150, Alberta Real Estate Foundation, Alberta Conservation Association, and Great Events Catering.

**For more information, please contact:**

Chris Lalonde, Friends of Fish Creek, Communications Coordinator

403-238-3841 or [chris@friendsoffishcreek.org](mailto:chris@friendsoffishcreek.org)



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**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 \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.



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## YOUR CITY OF CALGARY

### YOUR CITY SECTION

Check out these important updates from The City of Calgary

'Take a kid to the course' week – Juniors golf for free at McCall lake Par 3 and Richmond Green with one paid golfing adult. July 3-9th only.

Calgary.ca/Golf

Unlimited summer fun for only \$50. Youth (ages 7-17) can enjoy swimming, rock climbing, skating and more with Calgary Recreation's Summer Youth Passport.

Calgary.ca/YouthPassport

There's still room in our summer day camps! Keep your kids active, creative and healthy this summer.

Calgary.ca/MyRecGuide

Register your child for a summer nature adventure! Our half- and full-day camps explore bugs, birds, buds and beyond using hands-on activities and outdoor play. Childcare is available.

Calgary.ca/ParksGuide

Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.

Calgary.ca/Accessibility

We're committed to providing a barrier-free municipal experience for all Calgarians. Contact 311 for an accommodation at any City event, or public meeting.

Calgary.ca/Accessibility

Stay connected to the City of Calgary: facebook.com/cityofcalgary • twitter.com/cityofcalgary • calgarycitynews.com

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> 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

**FREE STAMPEDE BREAKFAST:** Sunday, July 9. 9:00-11:30 a.m. 277 Strathcona Dr S.W. Hosted by Centre Street Church and Kingdom Life Ministries. Pancakes, face painting and bouncy houses! For more information phone Centre Street Church 403-277 9758.

**NATIONAL PHILATELIC STAMP SHOW:** Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

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**FYI - Great News Publishing  
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## CALGARY INTERNATIONAL BLUES FESTIVAL – SHAW MILLENNIUM PARK, JULY 31 – AUG. 6

A full week of Blues workshops, concerts and special events culminate in 4 days and nights (August 3-6) of non-stop music on MainStage. More info: [calgarybluesfest.com](http://calgarybluesfest.com).



## TOUR DE BOWNESS – 6501 BOWNESS RD. N.W., AUG. 5 - 7

This year marks the 16th running of the Tour de Bowness and Bow Cycle's 60th anniversary. More info: [tourdebowness.com](http://tourdebowness.com).



## GLOBALFEST – ELLISTON PARK, AUG. 15 – 26

GlobalFest - Alberta's Most Explosive Festival. Come see the Trico Homes International Fireworks Festival, the biggest annual pyromusical fireworks festival west of Quebec and east of the Canadian Rockies! More info: [globalfest.ca](http://globalfest.ca).



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

### Captain's Cruises – Heritage Park, Aug. 3

Set sail for a scenic summer cruise on Calgary's only paddlewheel boat and enjoy the breathtaking views of the Glenmore Reservoir & the majestic Rocky Mountains. Aboard the S.S. Moyie Captain's Cruise you'll sample gourmet hors d'oeuvres and taste a selection of beer & wines while listening to the delights of a live jazz band. More info: [heritagepark.ca](http://heritagepark.ca).

### Strathmore Stampede – 33 Wheatland Trail, Strathmore, AB, T1P 1V2 – Aug. 4 – 7

The Strathmore Stampede is an outdoor event including rodeo, chuckwagons, and their signature Running with the Bulls event. One of the most action-packed stops of the summer, our fair grounds include live concerts, food trucks, beer gardens, trade show, cabaret, farmers' market, kids zone, and much more! More info: [strathmorestampede.com](http://strathmorestampede.com).

### Taste of Calgary – Eau Claire Market Plaza, Aug. 10 – 13

Discover Calgary's global cuisines from a mix of unique restaurants and beverage companies, plus, get a taste of Calgary's great musicians, and shop at some of the most interesting marketplace vendors in the city. More info: [tasteofcalgary.com](http://tasteofcalgary.com).

### Puppies and Prosecco-Dining with Your Dog – Vin room West and Mission, Aug. 13

Join us on our patio for a private group training class for you and your dog. All ages and sizes of dogs welcome. We will cover basic obedience skills and how to set your dog up for success. More info: [eventbrite.ca/e/puppies-and-prosecco-vin-room-tickets-33841948178](http://eventbrite.ca/e/puppies-and-prosecco-vin-room-tickets-33841948178).

### West Side Story – StoryBook Theatre, Aug. 19 – Sept. 9

Inspired by Shakespeare's Romeo and Juliet, West Side Story is one of the greatest musicals of the 20th century – a love story set on opposite sides of a turf war between rival street gangs. Includes such popular songs as Maria, I Feel Pretty, Tonight, America and Somewhere. This production will feature the students of the hugely popular Student Summer Intensive Program. More info: [storybooktheatre.org](http://storybooktheatre.org).



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🌐 [www.KentHehrMP.ca](http://www.KentHehrMP.ca)

2017 is Canada 150<sup>th</sup> anniversary, and this July celebrate with friends, family, and the greater community our nation's sesquicentennial!

### The 2017 Calgary Stampede | July 7-16<sup>th</sup> 2017

The Calgary Stampede is more than the greatest outdoor shown on earth - it's our opportunity for the community to come together and celebrate our heritage, traditions, diversity, and civic pride. After all, Calgary is the heart of the new west.

So, take the time, get out, and enjoy! And like every year, the Calgary Stampede has special days on offer so the fun times last longer.

- Parade Day | July 7<sup>th</sup> free entry from 11 a.m. – 1:30 p.m. Go straight from the Parade to the Park!
- Cenovus Family Day | July 9<sup>th</sup> free entry 8 a.m. – Noon and the first 20,000 guests get a FREE Breakfast!
- Canada 150 Day | July 11<sup>th</sup> free all day entry for seniors 65+ plus a free WestJet Skyride!

For all the details and more special Stampede events go to [www.calgarystampede.com](http://www.calgarystampede.com)

### Canada 150: Beyond July 1<sup>st</sup>

**Calgary Chinese Cultural Centre Street Festival | July 1- 7**  
To Celebrate Canada 150, the Calgary Chinese Cultural Centre Street Festival is a new week-long festival of Chinese Culture that will bring Calgarians to the core of their City's Chinatown. This event is open to all Calgarians and offers tours, tea tastings, and street performances. Attendees will make their own Chinese handcrafts and learn about fusions between Chinese and Western medicines.

**2017 Discovery Pass | Free admission to Parks Canada –**  
Come visit Canada's parks for free and pick up your pass at [www.KentHehrMP.ca/Canada-150](http://www.KentHehrMP.ca/Canada-150)

The weather is warming up and camping and hiking season is in full swing. So, grab your free 2017 Discovery Pass that provides you free admission for the entire year to Parks Canada! So, this year's trips to Banff, Lake Louise, and Jasper become that much more affordable for you and your family!

As always, you can contact my office by email or by phone. My door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at [www.KentHehrMP.ca](http://www.KentHehrMP.ca).

[www.kilbco.com](http://www.kilbco.com)

## READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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## New Brunswick

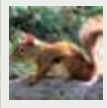
**Who Am I?**

Nibble gnaw, nibble gnaw, my teeth are like a busy saw.  
Chewing wood to make a dam,  
I'm hard at work, I am, I am!  
Push and pull, push and pull,  
My working day is very full.  
The family lodge is nearly done  
Because I'm always on the run!


I've oily fur to keep me dry, a scaly tail for swimming by.  
My coat's a handsome chestnut brown,  
I waddle when I walk around,  
Along the bank's a wooden dome,  
That wooden dome's my river home.  
I think you'd notice if you saw it,  
It's not easy to ig-gnaw it!



Muskkrat



Red Squirrel



Beaver

Turn page upside-down for answer!

© Rosemary Gell, 2017

Compliments of the Friends of the Boumont Natural Environment Park Area





# South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

**EMOTIONAL WELL BEING**  
**Meditation Drop-in**  
Every Tuesday 5:00-5:45pm

**Drumming Up Wellness**  
Every Friday 1:30-2:30pm

**Happiness Basics (4-Week Series)**  
Begins July 5 4:30-6:30pm

**Mindfulness Practice Sessions**  
July 20 6:30-7:45pm

**SUPPORT GROUPS**  
**SupportWorks**  
Wednesdays 6:00-8:00pm

**Alcoholics Anonymous**  
Wednesdays 8:00-9:00pm

**Narcotics Anonymous**  
Thursdays: 8:15-9:15pm  
Saturdays: 6:30-8:00pm  
Sundays: 7:00-8:00pm

**Smart Recovery:**  
Sundays: 3:00-4:30pm

**PARENTS/PARENTS TO BE**  
**Feeding Your Baby**  
July 4 9:30-11:30am

**Healthy Eating for Pregnancy**  
July 10 6:30-8:00pm

**Story Time & Play Date**  
July 21 or 28 10:00-11:30am

**FOOD, NUTRITION & COOKING**  
**Kids Summer Cooking Camps:**  
(Note: Fees apply.)

**Culinary Masters:**  
July 5 or 19 9:00am-4:00pm

**Science in the Kitchen:**  
**Plants We Eat:**  
July 6 or 20 9:00am-4:00pm

**Science in the Kitchen: Chemistry:**  
**July 12 or 26 9:00am-4:00pm**  
**Farm to Fork:** July 13 or 27  
9:00am-4:00pm

**The Truth About What Works in**  
**Weight Management**  
July 26 5:30-8:00 pm

**Canning: Jellies with a Twist:**  
(Note: Fees apply.)  
July 20 6:00-8:00pm



The “dog days of summer” refer to the weeks between July 3 and August 11, and are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

# Mount Royal

## Real Estate Update

Last 12 Months Mount Royal  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$2,135,000	\$1,900,000
April 2017	\$709,800	\$688,000
March 2017	\$2,899,000	\$2,770,000
February 2017	\$1,575,000	\$1,575,000
January 2017	\$2,367,500	\$2,225,000
December 2016	\$3,433,000	\$3,200,000
November 2016	\$1,650,000	\$1,650,000
October 2016	\$599,000	\$596,550
September 2016	\$2,074,450	\$1,962,500
August 2016	\$0	\$0
July 2016	\$932,450	\$939,987
June 2016	\$1,599,000	\$1,575,000

Last 12 Months Mount Royal  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2017	5	4
April 2017	9	3
March 2017	3	5
February 2017	3	1
January 2017	6	2
December 2016	2	5
November 2016	3	3
October 2016	3	3
September 2016	7	4
August 2016	3	0
July 2016	4	2
May 2016	3	3

To view more detailed information that comprise the above  
MLS averages please visit [mount\\_royal.great-news.ca](http://mount_royal.great-news.ca)



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**MLA Calgary-Elbow  
Greg Clark**  
Leader - Alberta Party  
☎ 403 252-0346b ✉ calgary.elbow@assembly.ab.ca  
📱 @GregClark4AB



**MLA Calgary-Buffalo  
Hon. Kathleen Ganley**  
130, 1177 11 Ave SW T2R 1K9  
☎ 403-244-7737  
✉ Calgary.buffalo@assembly.ab.ca.

**Alberta Parks Day**

Summer is a fantastic time to take advantage of the natural beauty Calgary-Elbow and Alberta have to offer. Our outdoor spaces are world class.

Albertans are invited to celebrate “Parks Day” on July 15th. Provincial parks across Alberta will be hosting a variety of activities from scavenger hunts to sand castle building competitions. Alberta Parks has an extensive list of events on their website. Visit [www.AlbertaParks.ca](http://www.AlbertaParks.ca) to find out more.

We are fortunate to have Fish Creek Provincial Park located inside our city boundaries and many other parks within a few hours’ drive. There are new and exciting programs and activities being offered by Alberta Parks including geocaching and “comfort camping”. Did you know:

- More than 12.5 per cent of Alberta is designated as national or provincial parks (8.3 per cent - national parks, 4.2 per cent – provincial parks)
  - The Alberta Parks system protects more than 27,600 square km of the province. That’s more than four times the size of Prince Edward Island
  - There are about 250 campgrounds with nearly 14,000 campsites in the Alberta Parks system
- Get out and enjoy!

**The Alberta Electoral Boundary Commission**

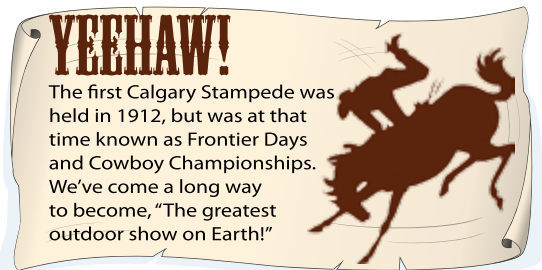
The Alberta Electoral Boundary Commission published their interim report at the end of May. Recommendations for the constituency of Calgary Elbow are as follows:

It is recommended that the boundaries of this electoral division be adjusted to add the neighbourhoods of Lower Mount Royal and Kelvin Grove while moving the community of Rutland Park into Calgary-Currie.

The population would be 50,216, 8% above the provincial average. The level of positive variance in population created is justified, in the view of the majority, by the fact that the future population growth rate is likely to fall below provincial average given the character of this south-central area. As a result, its population levels will likely be at or below provincial average by the time of the next electoral boundaries review.

You can view and comment on the proposed changes by visiting [www.abebc.ca](http://www.abebc.ca). This website also provides information on public hearing taking place in Calgary on July 20th. Please feel free to share your comments with my office at [calgary.elbow@assembly.ab.ca](mailto:calgary.elbow@assembly.ab.ca).

Have a great summer!



Following a productive spring sitting, the Legislative Assembly is on break for the summer months and I couldn't be happier to be spending time in our bustling riding! July is doubly exciting this year as we kick off Canada's 150<sup>th</sup> anniversary of Confederation and the 2017 Calgary Stampede. Canada's 150th is an opportunity to reflect on our country's history, heritage and diversity. On Canada Day, I look forward to attending the indigenous showcase and powwow at Prince's Island Park (beginning at 10:00 a.m.), celebrating the contributions of Calgary's Chinese community at Sien Lok Park (Riverfront Ave & 1 St SW, 10:00 – 7:00 p.m.) taking in an array of performances at Olympic Plaza (228 8 Ave SE, 10:00 – 6:00 p.m.) and ending the night with a free Tegan and Sara concert on Riverfront Avenue East (10:00 p.m.). And the fireworks, of course. I invite all Calgarians to attend events across the downtown area and celebrate this great country.

Celebrating our western heritage extends beyond Canada Day into the 2017 Calgary Stampede. I'm proud to be a part of the Kerby Centre 25<sup>th</sup> Annual Stampede breakfast on Friday, 14 and invite you to join me from 8:00 – 11:00 a.m. at 1133 7 Ave SW. If you're hosting a Stampede breakfast, BBQ or similar event I would love to attend and donate biodegradable cups for your use. Please contact my office at 403-244-7737 to discuss how we can support your event, and here's hoping this year's Stampede will be drier than the last.

The Alberta government needs to hear from you! The federal government has introduced legislation to legalize cannabis by July 2018. This legislation leaves provinces to determine how cannabis will be consumed, regulated and distributed. Areas of focus include how to keep cannabis out of the hands of children and youth, keeping profit away from criminals, protecting roads, workplace safety and issues of public health. Legalization will impact our communities and we want to hear from you about this issue. All Albertans are invited to read more about cannabis, and provide feedback that will inform how Alberta adapts to legalization. Visit [www.alberta.ca/cannabis](http://www.alberta.ca/cannabis) to complete a comprehensive survey and provide your thoughts on this critical issue.



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