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GREAT NEWS PUBLISHING HAS BEEN  
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**AUGUST 5 TO 7  
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Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)

**AUGUST 13  
CALGARY JAPANESE  
FESTIVAL OMATSURI**

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. [www.calgaryjapanesefestival.com](http://www.calgaryjapanesefestival.com)

**AUGUST 13 TO 14  
CALGARY DRAGON BOAT  
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This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. [www.chinatowncalgary.com/dragonboat](http://www.chinatowncalgary.com/dragonboat)

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

• **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)

• **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. [www.afrikadey.com](http://www.afrikadey.com)

• **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. [www.mardagrass.ca](http://www.mardagrass.ca)

• **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. [www.reggaefest.ca](http://www.reggaefest.ca)

• **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. [www.globalfest.ca](http://www.globalfest.ca)

• **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. [www.antiquesbydesignshows.com](http://www.antiquesbydesignshows.com)

• **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. [www.calgarypride.ca](http://www.calgarypride.ca)

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## IN & AROUND CALGARY



### Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4<sup>th</sup> Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit [calgarycommunities.com/events](http://calgarycommunities.com/events) to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com) or (403) 244-4111 ext. 204.

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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.

**Whenever you find yourself on the side of the majority, it is time to pause and reflect.**

Mark Twain

## IN & AROUND CALGARY

### EMS: Heat Related Illness

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

#### Heat exhaustion

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

#### Heat stroke

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

#### First aid

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

#### Prevention

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

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# How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.

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# Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

**1. Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.

**2. Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.

**3. Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriott Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

**4. Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.

**5. Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at [www.marriott.com/rewards/promotion.mi?promotion=SB16](http://www.marriott.com/rewards/promotion.mi?promotion=SB16).

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## Signal Hill Real Estate Update

Last 12 Months Signal Hill

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$665,000.00	\$642,000.00
May 2016	\$607,400.00	\$589,750.00
April 2016	\$655,000.00	\$620,000.00
March 2016	\$629,900.00	\$617,000.00
February 2016	\$624,900.00	\$604,000.00
January 2016	\$639,900.00	\$613,000.00
December 2015	\$704,400.00	\$675,000.00
November 2015	\$599,995.00	\$599,500.00
October 2015	\$651,950.00	\$635,750.00
September 2015	\$699,000.00	\$675,000.00
August 2015	\$699,950.00	\$687,850.00
July 2015	\$661,450.00	\$645,000.00

Last 12 Months Signal Hill

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	14	17
May 2016	18	14
April 2016	26	15
March 2016	21	11
February 2016	14	8
January 2016	13	5
December 2015	4	6
November 2015	6	9
October 2015	10	10
September 2015	14	11
August 2015	19	8
July 2015	11	14

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [signal\\_hill.great-news.ca](http://signal_hill.great-news.ca)

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## IN & AROUND CALGARY

### Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

**All food, yard and pet waste is accepted in the program.**

**Unlimited quantity.** Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

**Green and blue carts** will be collected on the **same day every week.**

**Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

#### Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

#### Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit [calgary.ca/greencart](http://calgary.ca/greencart).

*Submitted by The City of Calgary Waste & Recycling Services.*





# PET INSURANCE



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Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within in a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assess every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

*Jennifer L. Scott, D.V.M.*

# PHO KHA LE

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# IN & AROUND CALGARY

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- Check the PDF or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

**Swimming is a lifesaving skill**

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

**Remember**, always keep toddlers or young children within arm's reach while in or around all bodies of water.

Before you raft or boat

Always **SCOUT, ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

**Scout** the river for potential hazards and check the weather and water conditions.

**Assess** the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with you.

For further information visit [calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx](http://calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx)

**Did you know:** The Calgary Fire Department has Fire-fighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglen)?



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Brooke	14	403-212-1014	Yes
Brooke	18	403-874-3111	Yes
Destynee	14	403-875-3069	Yes
Elizabeth & Michelle	20	403-918-2035	No
Izzy	15	403-863-1453	Yes
Izzy	15	403-863-1453	Yes
Karl	15	403-212-1014	Yes
Kyla	14	403-217-0282	Yes
Lauren	15	403-217-3249	Yes
Makayla	16	587-888-9389	Yes
Megan	17	403-266-4610	Yes
Nabila	46	587-215-2673	Yes
NEGIN	42	403-217-5778	Yes
Olivia	16	403-246-0203	Yes
Priya	17	403-471-1033	No
Rahell	13	403-999-2851	Yes
Sarah	15	403-702-5549	Yes
Sarah	15	403-702-5549	Yes
Sophia	13	403-708-0601	No
Yasmin	15	403-402-9244	No
Yena	20	403-479-7911	Yes


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### Calling All PARENTS

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**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).





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## SCA Real Estate Update

Last 12 Months Strathcona Park  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$679,000.00	\$652,500.00
May 2016	\$649,500.00	\$635,000.00
April 2016	\$549,900.00	\$533,000.00
March 2016	\$742,450.00	\$721,250.00
February 2016	\$799,800.00	\$777,500.00
January 2016	\$679,450.00	\$662,500.00
December 2015	\$634,700.00	\$622,000.00
November 2015	\$641,400.00	\$625,000.00
October 2015	\$656,500.00	\$625,000.00
September 2015	\$679,900.00	\$659,000.00
August 2015	\$829,928.00	\$820,000.00
July 2015	\$739,000.00	\$720,000.00

Last 12 Months Christie Park  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$929,900.00	\$895,000.00
May 2016	\$897,450.00	\$860,000.00
April 2016	\$859,900.00	\$855,000.00
March 2016	\$669,900.00	\$629,000.00
February 2016	\$0.00	\$0.00
January 2016	\$600,000.00	\$592,800.00
December 2015	\$509,900.00	\$504,500.00
November 2015	\$0.00	\$0.00
October 2015	\$699,900.00	\$675,000.00
September 2015	\$964,900.00	\$960,000.00
August 2015	\$943,944.00	\$894,700.00
July 2015	\$1,098,000.00	\$1,060,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [strathcona.great-news.ca](http://strathcona.great-news.ca) or [christie\\_park.great-news.ca](http://christie_park.great-news.ca)

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## IN & AROUND CALGARY



## Going on a Holiday?

A message from the Federation of Calgary Communities

### Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

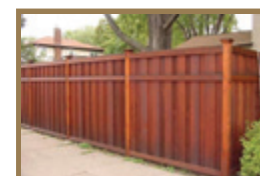
Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at [calgarycommunities.com](http://calgarycommunities.com) and visit the Virtual Resource Centre.



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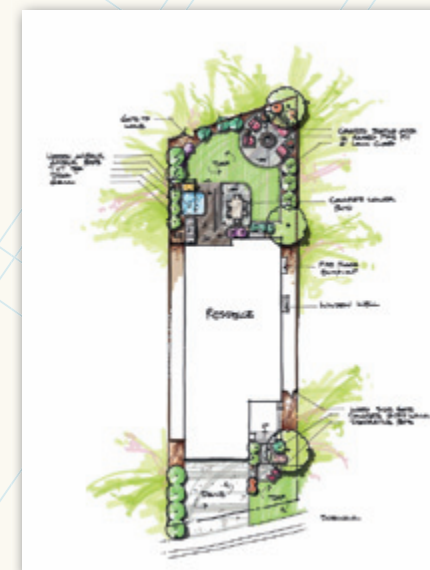


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# Blue-winged Teal a Little Dabbler

By J.G. Turner  
Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time



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WELCOME





# Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion,

avocados served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

**Cilantro Lime Chicken Marinade**  
 4 Chicken Breasts  
 Zest from 1 Lime  
 Juice from 1 Lime  
 1/3 cup Chopped Cilantro  
 1/4 Olive Oil  
 1 tsp Honey  
 2-3 Cloves Minced Garlic  
 Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour

however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

**Creamy Avocado Lime Dressing**  
 1 Avocado  
 1/4 Cup Cilantro  
 1 Clove of Garlic  
 Juice from 1/2 Lime  
 3 Tbsp. of Olive Oil  
 1/3 cup of water  
 Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.

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Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.

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# 10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

## How I do I know if I have hail damage to my roof?

### Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

### If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

### What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

### Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

### What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

### Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

### Why does the estimate read that there are more shingles to replace then there are to remove?

The amount of shingles to remove from your roof is the

## 10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

**My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?**

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

### In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

### My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.



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The first session of the 42<sup>nd</sup> Parliament in the House of Commons' wrapped up at the end of June which concluded my inaugural session as your MP for Calgary Signal Hill. In our parliamentary system, the official Opposition reflects the premise that a delicate balance must be maintained between permitting elected governments to govern and legislate effectively, and ensuring that power is exercised with care and with respect for those with other views. As the official opposition, we work to ensure that legislation is carefully considered, and that differing views on important initiatives are publicly expressed and defended, so since being sworn in, the House of Commons has been very lively as we have debated many important issues from the budget (the largest deficit in recent history) to the very sensitive issue around medical assistance in dying (MAID). To ensure that I was reflecting the opinions of my constituents with regard to MAID, I requested your feedback and based my vote, not on my own personal ideas, rather on the overwhelming response that I received from you. Parliamentary decorum has been tested as a result of these emotional issues contrary to the promise of 'sunny ways' in the House.

Additional highlights - I brought forward a private members bill, C-229, an Act to amend the Criminal Code and other related Acts to increase the life sentence for those who commit the most heinous of crimes - Life Means Life Act. This bill is scheduled to appear again in the fall once the House resumes. As well, I have had the opportunity to address the House on several occasions speaking to the need for job creation in Alberta, support of pipeline projects, and to recognize two outstanding Albertans who passed - Ron Southern and Dr. Barrie Strafford.

As the country witnessed the devastating fire that hit Fort McMurray in early May, I along with all Canadians was thankful for the incredible efforts of all the first responders who worked tirelessly to protect lives and property in Northern Alberta. I was also moved by the willingness of Calgarians, Albertans and all Canadians to open their homes and their wallets to help their neighbors from Fort McMurray.

As the House breaks for the summer, I look forward to spending time in the riding with you, my neighbors. The summer is always a busy time in Calgary kicking off with the Calgary Stampede. I hope to be able to attend community events in the coming months so please let the office know if you are planning an event in your area.

Please enjoy your time this summer with family and friends.



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



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



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kara.weber@rbc.com

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As we mark the one-year anniversary of the provincial election, the events of the past year have weighed heavily on my mind. I am extremely grateful that while all Albertans sought to find a change, that our riding remained Progressive Conservative, and that I have the honour to represent you in the Legislative Assembly of Alberta. I remain deeply concerned for the quality of life of all our neighbours, in particular those that have been hit by job losses due to the downturn in oil and gas.

I was pleased to see so many of you at the SCA Community Association stampede breakfast on the 18<sup>th</sup>. The SCA is a great organization and I was happy to sponsor the breakfast. I look forward to seeing many of you at upcoming events over the summer.

### The Ring Road

I have heard clearly the recommendations of the community associations of Springbank, Signal Hill and Discovery Ridge that the existing 16 lane proposal for the ring road would be very disruptive to their communities in terms of noise and vehicle access. I continue to work with the Minister to encourage a more common sense approach of only 8 lanes. I also have made some progress advocating for noise reduction and reducing the medium space between the lanes thus creating more space between the road and the community.

### School Construction

I am delighted see shovels in the ground working on new schools in our constituency. I have been advocating for these schools since before I was elected. These are badly needed and I am hopeful that they will relieve a lot of pressure on the system and reduce commuting times for our children. I continue to push the Minister of Education to provide the funds needed to complete repair work at Battalion Park School – where the modular structure shows significant decay.

Due to civic permitting issues, some of the new schools being built have revised opening times which I include for your reference below:

Aspen Catholic: Fall of 2017

Roberta Bondar: January 2017

West Springs Middle: January 2017

Springbank Hill/Discovery Ridge: September 2017

Please contact my office to discuss these or any other issues. My door is always open.

## 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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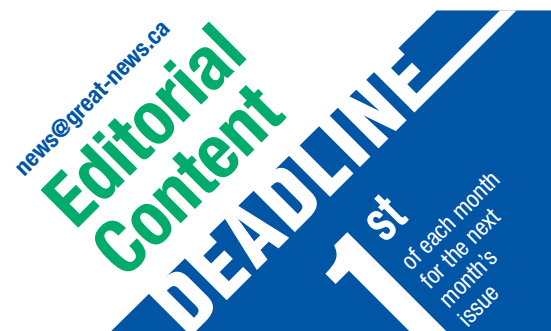
## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto: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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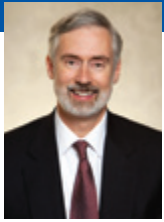
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Hello,

Good news, your Ward 6 office has been working successfully to bring two new senior living facilities to Ward 6! We will be welcoming Signature Retirement Living to Patterson and Silvera for Seniors to Glamorgan. We encourage planning for complete communities, including housing options for people throughout their lives in areas they have lived - close to family, friends and amenities they are familiar with.

Prominence Way Retirement Community is anticipated to open in late spring of 2018. In May, construction began on Prominence Way Retirement Community, located in the community of Patterson Heights just north of Old Banff Coach Road SW near Bow Trail SW at 908 Prominence Hill SW. Owned and operated by Signature Retirement Living, Prominence Way Retirement Community will be a 4-storey

building containing 180 suites. The design provides 126 independent living suites with a mixture of types of units as well as 54 designated assisted living studios supported by Alberta Health Services, for persons requiring additional care and including a wing for memory care residents.

Two well-established not-for-profit organizations in Calgary, Silvera and Horizon Housing, are working together to redevelop the land next to Silvera's Westview Community at 5025 45 Street SW adjacent to Glenmore Trail. The Elbow Valley lands came into Silvera's portfolio in 1964 and in 2000, the lodges were decommissioned. Silvera is redeveloping the land to increase affordable senior housing options in Calgary while creating spaces for seniors to stay in their communities as they age. The new development will include the addition of more independent and supportive living suites with a vibrant, connected mixed-use community for seniors. The design, while still in the very early stages, will include building locations, pathways, streets and a park space. More application details will be released closer to construction completion.

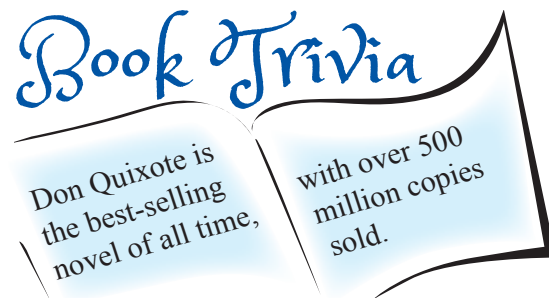
The City is leading the development of a Seniors Age-Friendly Strategy to help plan for the growing number of older adults, expected to be 1 in 5 Calgarians by 2036. The Seniors Age-Friendly Strategy has six priority areas which include; access to information and services, community support and health, housing, participation and inclusion, prevention of and response to elder abuse, and transportation and mobility. The City is working closely with community partners and Calgarians to implement the plan through 2018. A report to Council on implementation progress is set for October 2016. Visit Seniors Age-Friendly Strategy on [calgary.ca](#) to get involved. For general information, safety and transportation information, housing and home support services as well as Police services and recreation, culture and fitness services for seniors provided by The City of Calgary, please visit [calgary.ca/seniors](#).

Thank you.

## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [W@great-news.ca](mailto:W@great-news.ca)



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