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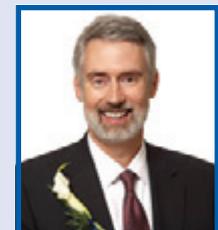
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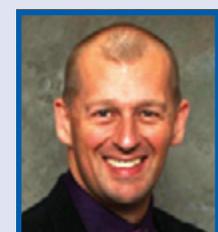



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**Elected Officials**



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**Ward 6 Office**  
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 Fax: 403-268-3823  
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**GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CHRISTIE PARK, SIGNAL HILL & STRATHCONA FOR 2 YEARS!**



# SARCEE HILLS



### Girl Guides Wants You!

Were you in Brownies or Guides when you were a girl? Do you have fond memories of playing games, selling cookies, going camping, and having fun with your friends at Girl Guide meetings?

**If so, we invite you to consider coming back to Girl 0**

Girl Guides is full of great women! Our adult members are wonderful role models who support girls to achieve and succeed through fun and adventures.

*SARCEE HILLS GIRL GUIDES NEEDS SPARK, BROWNIE, GUIDE, AND PATHFINDER LEADERS FOR FALL 2016!*

We have over 60 great women volunteer Leaders in our Sarcee Hills District, and we would love for you to join us! FUN is guaranteed!

**Come back to Girl Guides! Interested in joining us? Contact [sarceehills\\_district@hotmail.com](mailto:sarceehills_district@hotmail.com)**

[news@great-news.ca](mailto:news@great-news.ca)  
**Editorial Content DEADLINE**  
 1st  
 of each month for the next month's issue

# Noisy Planes Over West Calgary Communities

Air traffic has dramatically increased over our homes, with no warning. West Calgary communities (including Strathcona, Signal Hill, Aspen and Christie) are now sitting under the busiest air traffic corridor in the city. This has been a shocking development for many residents. When you're a 40-minute expressway drive away from the airport, it is not unreasonable to expect the skies overhead to be fairly quiet.

This concentrated super-highway of low-flying commercial and cargo air traffic was created by NavCanada without any community consultation. Planes which formerly used corridors over more industrial or sparsely-populated areas of the city are now flying over residential West Calgary neighbourhoods. Planes are often only 30 seconds to three minutes apart and there can be up to 175 planes over our neighbourhoods each day!

Continued growth at YYC will mean that increasing numbers of planes will be overhead. In addition, NavCanada plans to add much-noisier outbound planes to this corridor at some point during 2016 (at present, mostly inbound flights use this corridor).

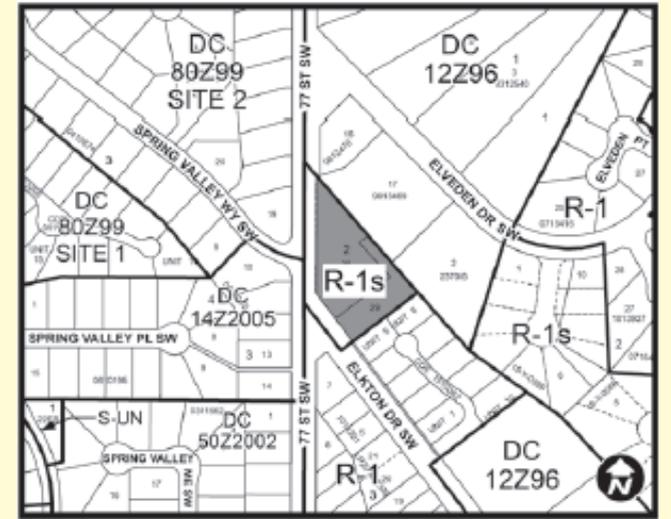
In the U.S., where high density air traffic corridors originated, communities beneath these corridors are experiencing high stress, sleep loss and other health issues for both children and adults. The long-term financial effects are lower property and resale values.

Join with other concerned West Calgary citizens and voice your concerns. An organization has been established to address this issue: **West Calgary Air Traffic Concerns**. Contact them at [wcatc.ca](http://wcatc.ca) and [info@wcatc.ca](mailto:info@wcatc.ca). This volunteer community organization will help direct you to important contacts and keep you informed. Your concerns matter and need to be heard.

# Springbank Hill Land Use Change

by Anne Burke

There was an application for a land use change at 7660 Elton Dr. SW from DC to R-1s. The plan is for 3 single-family lots accessed from 77 St. SW by a shared driveway. Retaining walls were built on Elton Dr. and 77 St. and more retention will be added for the proposed development. The site is vacant, although it previously contained a single family home and sheds, which were demolished in 2014. The density is in keeping with the East Springbank Area Structure Plan.



In the area there are lower density larger estate homes, built or under construction. The project relates to the subdivision SB2015-0037 and DP 2015-1857.

Calgary Planning Commission will make recommendations on the plan before City Council votes on it at a Public Hearing.

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# Land Use Changes in West Springs/Coach Road

by Anne Burke

With the closure of 10 Ave. SW between 73 St. SW and the east property line of 7120-10 Ave. there is an application for a land use change from undesignated road right-of-way to Special Purpose-City and Regional Infrastructure (S-CRI) for a linear parkway and utility right of way.

There was an application for a land use change at 6899 Coach Hill Rd SW from DC, R-1, and Special Purpose - School, Park, and Community Reserve (SPR) to S-CRI to match the rest of the linear parkway.

A proposal for a land use change at 7120 10 Ave. SW is from DC to R-1s and SPR to allow up to 23 units as single-detached dwellings. This site is the last undeveloped parcel in this area.

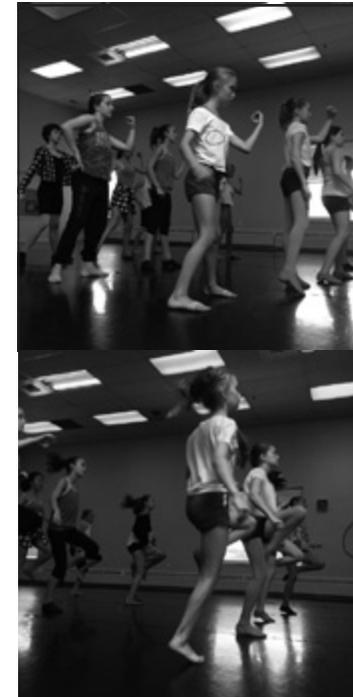
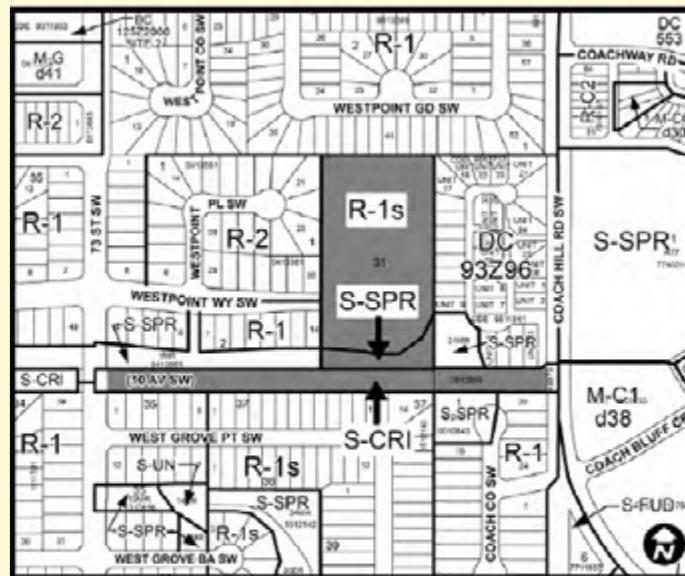
The Calgary Planning Commission recommended approval (carried 7-2) of the proposed road closure and change in land use. The site is within the West Springs Area Structure Plan and calls for the road closure of 10 Ave. SW (part was closed in 2000). New access to the site will be from Westpoint Way SW.

There were comments from residents who are concerned about preserving trees along the east side and north east corner of 7120-10 Ave. SW, as well as traffic impacts on the residential street. The evergreen trees along the south property line of 7120-10 Ave. will be part of the dedicated Municipal Reserve land in the design of the proposed linear parkway.

SCHEDULE A



SCHEDULE B



## COME MOVE WITH US

DJD's Summer Camp sessions are still accepting registrations!

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

JULY SCHEDULE:

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

AUGUST SCHEDULE:

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

VISIT [DECIDEDLYJAZZ.COM](http://DECIDEDLYJAZZ.COM) TO REGISTER



# FREE STAMPEDE Breakfast

**Sunday, July 9  
9:00-11:30 am**

SCA Community Association  
277 Strathcona Dr SW  
Hosted by  
**Centre Street Church**

*Balloon animals, face painting and bouncy houses*



# IN & AROUND CALGARY

# YOUR CITY SECTION

Check out these important updates from The City of Calgary

Celebrate the contribution of Calgary seniors during Seniors' Week: June 6 - 12. Visit <a href="http://calgary.ca/seniorsweek">calgary.ca/seniorsweek</a> for events in your community.	<a href="http://calgary.ca/seniorsweek">calgary.ca/seniorsweek</a>
Neighbour Day (June 18) is an opportunity for neighbours to come together to celebrate our strong community spirit.	<a href="http://calgary.ca/neighbourday">calgary.ca/neighbourday</a>
Stuck on Deerfoot? Share your challenges and recommendations to make this road better at one of our open houses or online.	<a href="http://calgary.ca/deerfoot">calgary.ca/deerfoot</a>
Planning on doing some yard renovations this summer? Be sure to visit <a href="http://calgary.ca/homeimprovement">calgary.ca/homeimprovement</a> .	<a href="http://calgary.ca/homeimprovement">calgary.ca/homeimprovement</a>
Join with other Calgarians on June 23 to celebrate the Chief David Crowchild Memorial Awards. Learn more by searching Chief David Crowchild on <a href="http://calgary.ca">calgary.ca</a> .	Search Chief David Crowchild on <a href="http://calgary.ca">calgary.ca</a>
Bring the family to Canada's largest man-made wetland on Sunday, June 19 from 1 to 3 p.m. for free activities and entertainment at The City of Calgary's Park Fest!	<a href="http://calgary.ca/parksevents">calgary.ca/parksevents</a>
Floods, snowstorms, fires, power outages, telecommunication failures — these are just some of the natural, technological and human-induced events that Calgary needs to be prepared for, according to the recent Status of Emergency Preparedness report from the Calgary Emergency Management Agency (CEMA)	<a href="http://calgary.ca/cema">calgary.ca/cema</a>

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## IN & AROUND CALGARY

### The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit [calgary.ca/puppy](http://calgary.ca/puppy) for details.



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# Free Emergency Preparedness EXPO

June 18<sup>th</sup>  
 10am – 2pm

996 Strathcona Dr. SW (located at the LDS Church Building).

Fire, flood, power outage, storms - What would you do in an emergency?  
 Information and resources to help get anyone started.



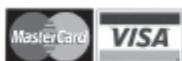
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## IN & AROUND CALGARY

### EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

#### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (\*) high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

## IN & AROUND CALGARY

### My dad works here – construction zone safety

Imagine sitting in your cubicle with cars whizzing by dangerously close to your work space and so fast that you can feel the tailwind. Well, that's just what many City employees experience every day when they are out working in the field.

"The only protection that we have are those signs and the cones. It's all that separates our workers and the traffic," says Marco Nicoletti, Roads Foreman. The "My Dad Works Here" Construction Zone Safety campaign is a joint initiative with Roads and Water Services, spotlighting the kids of employees working in high traffic construction areas.

It isn't always easy to maintain your patience when you're delayed in traffic because of road or utility work, but for the safety of the workers doing their job and for your safety too, it's important to slow down, stay alert and obey all posted signs.

So, keep an eye out for *My Dad Works Here* signs popping up in construction zones in late May.

For more information on construction zone safety, visit [calgary.ca/constructionzonesafety](http://calgary.ca/constructionzonesafety).

### Aboriginal Awareness Week

Each year The City celebrates the Chief David Crowchild Memorial Awards and Youth Achievement Award to honour the efforts and contributions of a person, group or organization both Aboriginal and non-Aboriginal who have worked to create cross-cultural experiences and understanding.

Join the conversation online by searching Calgary Aboriginal Awareness Week on Facebook event pages and get details about the upcoming awards and exciting developments in this area.

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**JULY 21 TO 23  
MILKY WAY NIGHTS**

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. [www.ucalgary.ca](http://www.ucalgary.ca)



**JULY 30  
SLIDE THE CITY**

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. [www.slidethecity.com](http://www.slidethecity.com)



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

- 1
- 2
- 3
- 4 • **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- 5
- 6 • **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)
- 7
- 8
- 9
- 10 • **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." [www.calgary.broadway.com](http://www.calgary.broadway.com)
- 11
- 12
- 13 • **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- 14
- 15
- 16 • **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. [www.fiestaval.ca](http://www.fiestaval.ca)
- 17
- 18 • **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! [www.petapaloozawest.com](http://www.petapaloozawest.com)
- 19
- 20
- 21
- 22 • **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. [www.calgarybluesfest.com](http://www.calgarybluesfest.com)
- 23
- 24
- 25 • **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- 26
- 27
- 28 • **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. [www.inglewoodsunfest.ca](http://www.inglewoodsunfest.ca)
- 29
- 30
- 31

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## Signal Hill Real Estate Update

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Last 12 Months Signal Hill  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$669,000.00	\$657,500.00

Last 12 Months Signal Hill  
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	20	14
April 2016	26	15
March 2016	24	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
June 2015	21	7

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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Written by Katie Fisher  
 Photo by Andrea S. H. Hunt

## Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old bird-house. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.



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# Injury Prevention

## 5 Tips for Preparing Kids for Summer Sports

Dr. Jessica Hiebert, Pediatric Chiropractor



It is now spring and the kids are getting excited for the start of the outdoor sport season. Here are some important points to remember to keep them smiling and free from injury this summer.

**Set the Body up for Success:** Sleep, nutrition and hydration all have an important effect on the exercising body. Make sure that your child is getting enough rest in the days leading up to practices and games. Eating energy-packed vegetables and staying hydrated will ensure adequate energy to perform at their best!

**Warm-up the Body:** Performing a dynamic warm-up prior to play is important to ensure that the body is ready for activity. Arm swings, knee bends and jumping jacks are some examples of fun, safe and effective warm-up exercises. Static stretching should only be done after activity during the cool-down as it can decrease strength and stability when done prior practices or games.

**Add Movement Variety:** Kids that participate in two to three different activities are more likely to avoid injury as compared to those who perform the same repetitive activities. Each activity involves a combination of movement patterns; some activities are based around running (soccer, track), some use one arm/shoulder predominantly (tennis, softball) and some are more full body activities (gymnastics, swimming, yoga). Adding

variety helps to prevent overuse of one particular area which may lead to a repetitive strain injury.

**Avoid Activity Burn-out:** Activities help kids to stay active physically and mentally but can also lead to stress, fatigue and immune system dysfunction if the child is over-committed. If your child develops chronic infections, colds or flu's, repetitive injuries or changes in overall mood, energy or personality, they may be experiencing activity burn-out.

**Get a Pre-Activity Assessment:** Body posture and alignment are visual cues that show how well the spine and nervous system are functioning. Gait, balance, flexibility, coordination and joint function should be assessed on a regular basis to ensure the child's body is functioning well for their appropriate stage of growth and development. When the spine and body are in great working order it allows our joints and muscles to work efficiently and facilitates optimal blood flow, nerve function, breathing and healing. When we optimize the body it keeps us free from repetitive strain injury - the most common type of athletic injury in kids!

Summer sports are a great way for kids to meet new friends, get adequate physical activity and learn new skills. Incorporating some of these tips will help our little athletes stay healthy, prevent injuries and keep them out on the field having fun!



Become a "Well Travelled Reader" this summer with our Little Free Library Passport challenge!

Like books? Like travel? How about a literacy-inspired journey around Calgary? It's free, fun for you, your family, group or team . . . and you can earn a great prize!

At Calgary Reads we inspire a reading-revival movement. Now, as part of spreading the joy of reading – you can take part in our **Little Free Library Passport challenge:**

1. First: visit the Passport Office (aka Calgary Reads – 105, 105 12th Ave SE) and collect your free Little Free Library Passport.
2. Then alone . . . or with your family, friends or group (who have Passports too) – visit the 14 Little Free Libraries (reader citizenship posts!) listed in the Passport. Use the stamps provided at each Little Free Library to stamp your Passport on the corresponding page.
3. Return to the Passport Office with at least 10 stamps in your Passport and receive a custom "Well Travelled Reader" badge to sew onto your jacket, backpack or hat. Treat each Little Free Library as if it were a different country and the stamp as your proof of entrance (visit!)

This adventure is open to anyone. Help us highlight the Little Free Library movement and share the importance of literacy and the joy of reading! On your travels perhaps bring a book or two to leave behind or choose a new (to you) one from a Little Free Library as you visit.

This project is an exciting collaboration with Calgary's 2014-2016 poet laureate Derek Beaulieu. Award winning poet, author and publisher, Derek's creativity flourishes. He created the stunning visual poems in our Passport.

**So, be a Well Travelled Reader!** Don't forget to share your photos with us @CalgaryReads using hashtag #yycLFLPassport.

The Calgary Reads office will be closed for summer break from July 18 to August 15, 2016. Pick up your free Passport soon and come back late summer to collect your badge! Calgaryreads.com.

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# Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past\*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty respon-

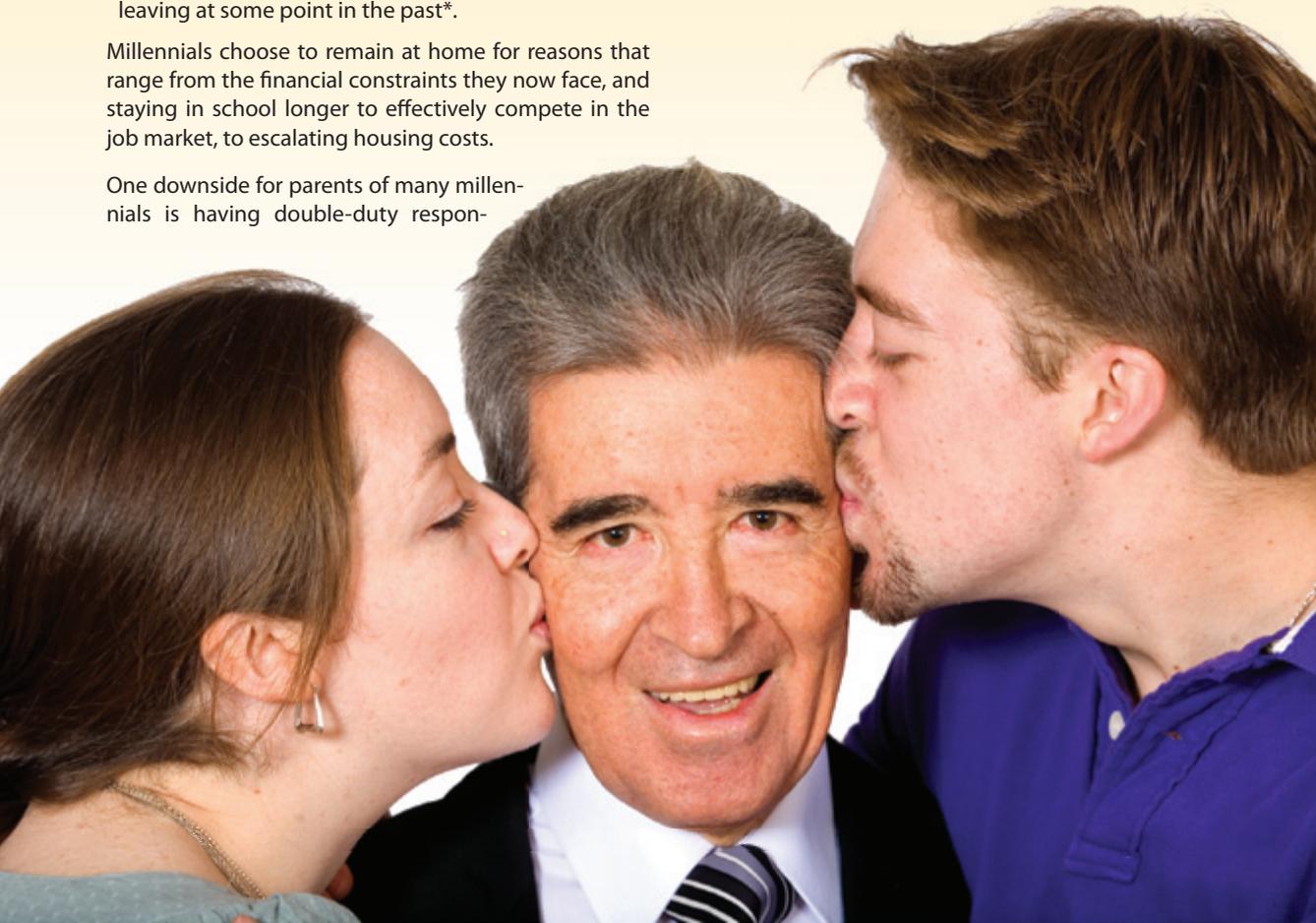
sibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it’s a good idea to plan in advance by:

- Reduce debt – before it’s competing with rent or mortgage payments.
- Establish a good credit history – get a credit card and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large items.
- Build an emergency fund – for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

\*Source: Statistics Canada 2011 Census



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

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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).

## IN & AROUND CALGARY



### Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

#### Always be prepared

Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

#### Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgarians check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo) for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.



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# Healthy Kitten Basics

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

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

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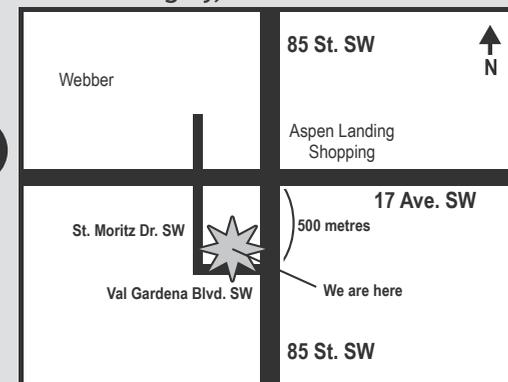
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Last 12 Months Strathcona Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$757,250.00	\$746,250.00

Last 12 Months Christie Park  
MLS Real Estate Sale Price Update

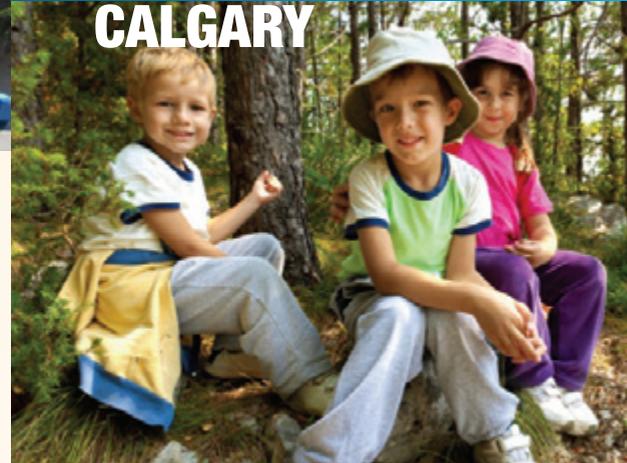
	Average Asking Price	Average Sold Price
May 2016	\$897,450.00	\$860,000.00
April 2016	\$859,900.00	\$855,000.00
March 2016	\$669,900.00	\$629,000.00
February 2016	\$0.00	\$0.00
January 2016	\$600,000.00	\$592,800.00
December 2015	\$509,900.00	\$504,500.00
November 2015	\$0.00	\$0.00
October 2015	\$699,900.00	\$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
June 2015	\$699,900.00	\$685,000.00

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [strathcona.great-news.ca](http://strathcona.great-news.ca) or  
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## IN & AROUND CALGARY



### Register the kids for a summer nature adventure

Looking for activities to keep the kids entertained this summer? Send them on a nature adventure!

The City of Calgary's nature day camps will keep them busy as bees exploring cool critters, discovering plant power and spotting fabulous flyers. These action-packed adventures, involving hands-on activities and outdoor play, encourage children to explore and experience the natural world in a whole new way.

Nature camps run for one week and are offered July and August at the Inglewood Bird Sanctuary. Half-day camps are available for children four and five years old. These bite-sized adventures include daily nature walks, games and crafts. Full-day camps, designed for children ages six to 12, include in-depth investigations and nature explorations focused on specific themes, including wetland wonders, nature's engineers and the food we eat.

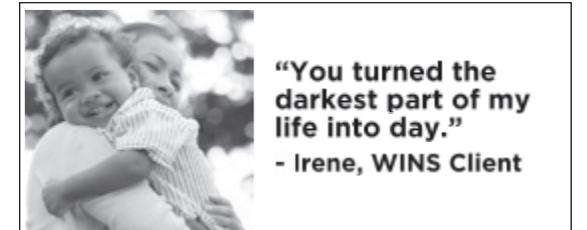
Worried about child care? We have you covered. Before- and after-camp care is available for \$25 per timeslot.

Visit [calgary.ca/parksguide](http://calgary.ca/parksguide) or call 403-268-3800 to register.

### 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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- Irene, WINS Client

**Donate your gently used clothing, housewares and furniture to help Calgary women.**

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4 convenient locations including:  
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# How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

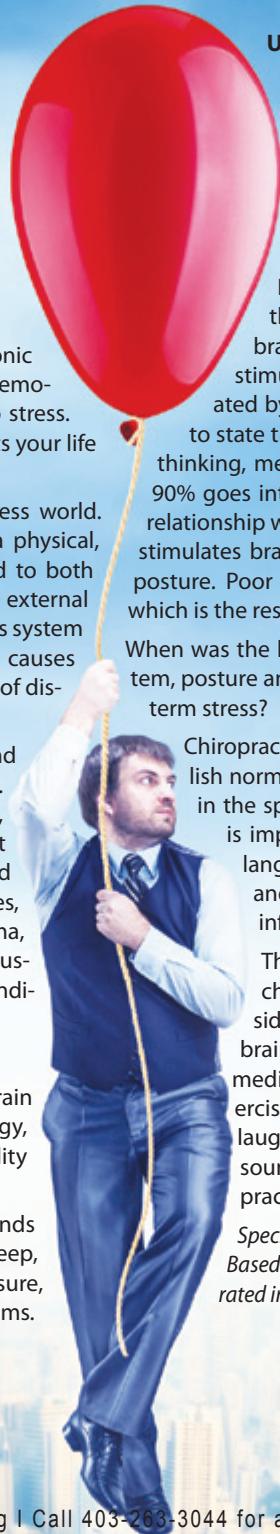
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



**Unstable** brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

*Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.*

## Become a Depot and Help Others in Need Right in your Own Community



I am sitting in my office looking at a map of Calgary. A city of a million people is an expanse of quadrants and communities. And within every neighbourhood, there is someone in need. The face of the food bank is anyone, anywhere but I wonder how we can reach everyone. Then I remember the incredible generosity of this city and that you don't know until you ask: **Will you be a satellite depot for the Calgary Food Bank?**

We are in need of hamper distribution depots in order to make emergency food accessible for families and individuals in various neighbourhoods throughout the city. Because of our main warehouse location in the SE industrial area, it can be extremely challenging for some to pick-up their hampers. This is where a depot location becomes an important part of the distribution process.

### What is required?

- Are you accessible by transit, foot or car
- Do you have a space to store and distribute hampers

- Can you operate for two hours
- Do you have double doors where a pallet can be moved through
- Do you have refrigeration
- Can you manage volunteers during distribution
- Will you sign a memorandum of understanding

### What we can do?

The Calgary Food Bank wants to make being a depot seamless and stress-free.

- We will screen, qualify and book clients
- We build and deliver the hampers
- We will recruit, train and schedule volunteers
- We can create flexible distribution hours
- We will create and provide depot signage

**Ready to help?** Visit our website and fill out an application form at [www.calgaryfoodbank.com/give/become-a-depot/](http://www.calgaryfoodbank.com/give/become-a-depot/) or call Selby Quinn at 403-253-2059 ext 201 today!

## Insects & Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.



Discovery Magazine

# Floods, Woodlands & Bridges



Glenbow Archives ND-8-330



Mission Bridge 2013

*Laurens Philipsen, University of Lethbridge, from a presentation at the Bow River Basin Council Science Forum, February 2016 (printed with the permission of the author)*

After eight decades without a major flood, extreme rains in 2013 resulted in the highest recorded flows along the Bow and Elbow Rivers. This flood mobilized previously stable gravels and other alluvial sediments resulting in the transformation, expansion and/or creation of gravel bars and islands. These newly-formed surfaces provide an opportunity for the progressive colonization and succession of new riparian plant communities.

Although beneficial to the ecological health of this previously static system, newly establishing woodlands on

gravel bars could pose a flood hazard. Woodland development at some locations might impede river flows and elevate overbank flooding and erosion during future floods. To investigate this prospect, the University of Lethbridge was tasked with analyzing and projecting post flood vegetation colonization along the Bow River as part of the Calgary Rivers Morphology Project\*. Using these predictions areas of concern for future potential river impediment were identified.

Although the study was limited to the Bow River in Calgary, flooding of the Elbow River at Mission Bridge in 2013 provides an example of where riparian woodlands forming around bridges can present a problem. Constructed in 1914 and 1915, the Mission Bridge spanned a small sparsely vegetated island. Over the years the island has become a woodland including balsam poplars. During the 2013 flood, these trees collected debris and formed a barrier that greatly reduced the capacity of the middle spans of the bridge to convey floodwaters. While overbank flooding at this location was inevitable given the volume of water, it is likely that the woodland at Mission Bridge elevated flooding.

Riparian areas along rivers and streams in Calgary present a natural environment for people to enjoy within an urban setting. Preserving these areas is important. However, when vegetation begins to negatively impact infrastructure it might be necessary to control its development and thus avoid problems such as the flooding that occurred at Mission Bridge.

*\*Calgary Rivers Morphology Project, sponsored by the City of Calgary, and Alberta Environment and Parks Watershed Resiliency and Restoration Program*

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous benchlands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.*

## HOME GARDENING WITH BARBARA



# ALLEYS AND HOLLYHOCKS

Barbara Shorrock

Watch out for a woman on a mission, particularly if she is a gardening-type woman. You might just get caught up in her quest, and who knows where that could lead.

Take back alleys, for instance. Most older houses in Calgary have a back alley (or lane, if you wish) and most of them are pretty dismal. Not a thing of beauty. Scruffy. Untidy. Unloved. Ignored. Most are surfaced with gravel, with the exception of those blocks that have been upgraded to asphalt. Nicer and cleaner, but expensive. Many of us who have a dog to walk (or a "granddog" in my case) spend more time in the alley than on the street some days, so we see what goes on behind our neighbours' fences. Would you agree with me that there could be some improvement here?

How much trouble would it be to plant a little something out there for our fellow gardeners and dog walkers, not to mention ourselves? Me, I adore Sweet Peas – the scent is so edible I can stuff my head into a bunch and just inhale the intoxicating fragrance. Usually, I prefer to leave summer flowers outdoors; they look better where Mother Nature placed them. Sweet Peas, however, must be cut because if you leave just one to go to seed (looks like a little pea pod) that's it, game over, no more blooms. Keep cutting them (they make the kitchen smell heavenly) and the plants will bloom and bloom right until snowfall. So toss a bunch of sweet pea seeds along the fence and make your neighbours smile.

My next favourite is the old-fashioned Hollyhock for its statuesque beauty. Tall and tough, with dramatic papery flowers arranged all the way up the towering

spires, they also bloom for weeks through summer and fall. You might have to tie these to the fence, as our summer storms can send them off in odd directions. Hollyhocks are biennials (bloom in their second year, then die), so must be planted for two consecutive years to assure continued bloom. They will reseed themselves from then on with little fuss. Furthermore, they attract bees like crazy.

The main focus of the Blockwatch program is to watch out for one another and prevent crime. The easiest way to talk to newcomers in the neighbourhood is about their garden, whether it be the one facing the street, the private one glimpsed through the fence, or the Sweet Peas and Hollyhocks in the back lane. Summer is short. Stop and smell the flowers.

### How do you know you are a Master Gardener?

- There is a decorative compost container on your kitchen counter.
- You would rather shop at a garden centre than a clothing store.
- You prefer gardening to watching television.
- You plan vacation trips to arboreta and botanical gardens.
- Dirt under fingernails and calloused palms are matters of pride.

*Barbara Shorrock is a retired realtor, writer, book lover, ESL coach, traveler and gardener. She can often be found at the Queensland Garden Club, which meets the first Wednesday each month at 7:00 pm at the Queensland Community Centre. Everyone is welcome, and we don't care where you live.*

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I want to begin by expressing my profound sympathy to all our fellow Albertans in Fort McMurray and area who were impacted last month by the terrible wildfires. I would encourage constituents who have not done so to donate to the Red Cross on behalf of those affected by this terrible tragedy. There is no doubt that this year has been a difficult one for many families in Alberta, nevertheless I hope that you will each be able to find time to enjoy the warm weather with loved ones and family over the coming months.

I also want to thank the many of you that have emailed, called, or sent comment cards in about my first installment of *The Hill Report* which went to every mailbox in the riding last month. *The Hill Report* is one of the ways I am trying to keep you up to date to the happenings in Ottawa, and share with you my perspective on what I'm hearing. As always, your feedback on the report or anything else is welcomed and appreciated.

As you may know, the House of Commons recently passed legislation surrounding the legalization of medical assistance in dying. This is a deeply personal and emotional topic and how to vote on bill C-14, which was the Government's legislation on the matter, weighed heavily on my mind. Over the past months, I have been attempting to reach out to as many constituents as possible to hear your thoughts on the new legislation. You may recall receiving either a telephone call from me last month or an email, a message in *The Hill Report* and/or an advertisement on Facebook asking for your feedback. I am deeply grateful to the hundreds of constituents that responded to my survey.

I have posted a "What I Heard" document, outlining the results of the survey, on my website www.ronliepert.ca. The position of constituents in Calgary Signal Hill was very clear - 77% of respondents believe that legalizing medical assistance in dying is the right thing to do for Canada. A majority of you also felt that we needed to take a cautious approach with respect to contentious issues such as minors, advanced consent, and ensuring conscience rights of medical professionals are protected. In my opinion, the legislation that came before the house presents a very careful approach on those concerns. I believed strongly from the beginning that my vote should reflect your voice - and subsequently, I have voted in favor of the legislation.



**COUNCILLOR, WARD 6  
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Communications & Community Liaison:  
Eileen Badowich, CAward6@calgary.ca  
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Hello,

I wanted to thank you for attending our four Councilor Chats and Ward 6 Open House! Thank you for the chance to connect with you and hear your concerns, suggestions, what we are doing well, and what we could be doing better. If you were unable to make it and have any questions or concerns you can email me at richard.pootmans@calgary.ca.

In 2013, Calgary endured one of the biggest and costliest natural disasters in history. Calgarians joined together to help each other during and after the flood. I saw what was achieved when neighbours and communities united to collectively support those in need. To celebrate our spirit and resiliency, Neighbour Day was established for Calgarians to commemorate our neigh-

bours and instill that same sense of community exhibited during this disaster. Held annually on the third Saturday of June, join your neighbours on June 18, 2016 at a #yycNeighbourDay or a Stampede BBQ event. Visit calgary.ca/neighbourday for your event planning guide and ideas. See you there!

**Events in Ward 6**

**Saturday June 18<sup>th</sup>**

**Glamorgan** Neighbour Day Family Fun Event

9 a.m. to noon (4207 41 AV SW)

**Strathcona/Christie/Aspen**

Neighbour Day Stampede Breakfast

9 to 11:30 a.m. (277 Strathcona DR SW)

**Glenbrook**

Get Moving YYC Scavenger Hunt & Hot Dog Roast

11 a.m. (3524 45 ST SW)

**Springbank Hill**

Soccer Wind-Up & Neighbour Day BBQ

11:30 a.m. to 2:30 p.m. (Springbank Hill Playground - Springbank BL & 26 AV SW)

**Coach Hill**

Odyssey Towers rooftop Neighbour Day BBQ

3 p.m. (7030 Coach Hill RD SW)

**Sunday June 19<sup>th</sup>, 2016**

**Discovery Ridge**

Neighbour Day Stampede Breakfast

8:30 to 11 a.m.

(Discovery Ridge Plaza - 10 Discovery Ridge HL SW)

**Saturday July 9<sup>th</sup>, 2016**

**Glendale**

Stampede Breakfast

9 a.m. (2405 Glenmount DR SW)

**Signal Hill**

Westside Stampede Caravan Breakfast 9 to 11 a.m.

(Westside Recreation Centre - 2000 69 ST SW)

**West Springs/Cougar Ridge**

Charity Stampede Breakfast

9 a.m. to noon (West Springs Village - 85 ST & 9 AV SW)

**Monday July 11<sup>th</sup>, 2016**

**Coach Hill/Patterson Heights**

Stampede Breakfast

8:30 a.m. (Coach Hill Plaza - 6450 Old Banff RD SW)

**IMPORTANT NUMBERS**

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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
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Gamblers Anonymous	403.237.0654

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