

PUBLISHED BY MIND'S DESIGN STUDIO SINCE 2016
CALL 403.203.9152 FOR ADVERTISING OPPORTUNITIES WWW.MINDSDESIGN.CA

Shawnee  Evergreen
Community Association



YOUR OFFICIAL
Community Newsletter
CIRCULATION | 3000 HOMES AND BUSINESSES JUNE | 2018

YAHOO!!



2018 SECA
STAMPEDE BREAKFAST
JUNE 23RD, 2018 SEE PAGES 2 & 3.

HIGHLIGHTS INCLUDE

COMMUNITY BLOOD DRIVE - WEDNESDAY, JUNE 13 PLEASE SEE PAGE 3.

PURCHASE YOUR CA MEMBERSHIP ONLINE: WWW.SHAWNEE-EVERGREEN.CA

YAHOO!!

2018 SECA STAMPEDE BREAKFAST

June 23rd, 2018 from 9-11am!



FEATURING: Backroad Traveler Band "Lil' Toot" Train

Calgary based **BACKROAD TRAVELER BAND** is very much looking forward to playing the Stampede breakfast this Saturday, June 23, 2018 at South Gate Alliance Church 1436 James Mckevitt Rd SW! BTB has opened for country acts such as Dean Brody, Aaron Pritchett, and Emerson Drive. After recording their first EP in Nashville in 2014, BTB followed up with their second recording in Calgary a few years past. Find those recordings on iTunes, and other music outlets. BTB tours throughout Alberta, playing rodeos, saloons, and more and is very excited to play the Shawnee Evergreen Stampede breakfast this June!

SECA President's Report

Our **Annual Stampede Breakfast** will be held **Saturday, June 23 from 9am to 11am**. Last year's breakfast was a great success at **South Gate Alliance Church** so we are pleased to be returning this year. The **"Lil' Toot" Train** will be back to provide rides for the little ones. There will be bounce facilities and the usual face painting. Entertainment will be provided by the **Backroad Traveler Band** who will return this year to provide spirited western music. Of course, we will have the usual supply of yummy pancakes and sausages! I would like to express our sincere appreciation for **Cardel Homes, Graham Sucha** (MLA Calgary-Shaw), **Jason Kenny** (MLA Calgary-Lougheed) and **Dianne Colley-Urquhart** (City Councillor for Ward 13) who have provided generous financial support of for our Breakfast.

Make sure to bring your 2018 SECA Membership card with you to avoid the lineup for membership purchase. If you haven't purchased/renewed your membership yet, go to our web site at <http://www.shawnee-evergreen.ca/> where you can use your credit card to pay.

Our **next SECA Board Meeting** is scheduled for **Tuesday, June 19, 2018**. There will be **no** regular monthly meeting of the SECA Board of Directors in July or August. SECA members are welcome to come to any of our meetings. Your input is valued! Contact Peter Snell at 403-254-6660 if you need more information.

Have a great summer! Hope to see you at our Stampede Breakfast!

Sincerely,

Brad Smith, SECA President

CELEBRATE SENIORS' WEEK JUNE 3-9

From June 3-9, The City of Calgary is celebrating seniors and acknowledging the contribution they make to our community every day. As part of Seniors' Week, The City of Calgary is hosting a number of free "try it" fitness classes. Opportunities include aquacize, gentle yoga, art exploration, nordic walking and tea and coffee socials.

Visit Calgary.ca/seniorsweek for details.




SHAWNEE / EVERGREEN



SPEND THE WEEKEND
LOOKING FOR
AMAZING DEALS IN YOUR
COMMUNITY!

Saturday, June 2 and
Sunday, June 3 from 9 to 5.



YOU HAVE THE POWER
TO GIVE LIFE
Donate blood and join the movement today.






COMMUNITY BLOOD DRIVE -
150 DONORS NEEDED


Cardel Rec South

100, 333 Shawville Blvd SE
Gymnasium

Wednesday, June 13th
9:00 AM - 1:00 PM

Book your appointment at blood.ca

 Canadian Blood Services
it's in you to give



SECA Community Connection

WE HAVE VACANCIES ON OUR BOARD.

Do you want to make a positive difference? if so, please contact us at info@shawneeevergreen.ca



We need you to be a member!

Please send in your membership today!

HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church
- Hosts the June Family Stampede Breakfast (free for members and their resident family) at South Gate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at South Gate Alliance Church
- Provides input and authorizes the monthly Community Newsletter delivered to all 3000 + households
- Provides a director for the Board of the Cardel Rec South
- Membership in SECA provides an opportunity to enjoy 10% discount for Cardel Rec South programs if registered before the registration deadline
- Provides a director for the Board of the Trico Centre for Family Wellness
- Supports the Friends of Fish Creek Provincial Park Society
- Works with Cardel Homes, Genstar, Graywood Developments and the City to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding the Fish Creek-Lacombe LRT station
- Is involved with the City on transportation issues (e.g. SW Ring Road development, traffic and safety issues, etc.) that impact our community
- Addresses speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6th Street SW intersection improvements)
- Join or renew at www.shawnee-evergreen.ca/Membership.page or complete form below

COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2018/19)

SEND EMAIL TO: info@shawneeevergreen.ca

Officers	
Brad Smith	President
VACANT	Vice President
Peter Snell	Secretary/Treasurer & Membership Secretary
Other Directors	
Sarah Breu	Director - Social
Richard Dingwall	Director
Zeinab El Kady	Director- Cardel Recreation Centre South
Liala Elrafihe	Director - Social
Lynn Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development
Katherine Stasiuk	Director

MEMBERSHIP REGISTRATION FORM

To purchase a membership in your Community Association, please fill in this form, attach a cheque for \$20.00 made out to Shawnee-Evergreen Community Association, and mail or deliver to: **Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary AB T2Y 1W5**

Household Information (Held in confidence):

Surname 1: _____ Given name: _____

Surname 2: _____ Given name: _____

Street Address: _____

Postal Code: _____ Telephone: _____
(residence)

E-mail Address: _____

E-mail address is especially important if you want to receive SECA communications

Please mark (✓) your choice as a volunteer: ☐ Board of Directors member
☐ Stampede Breakfast Helper
☐ Don't know, ask me!

Payment (\$20.00): Cash: _____ Cheque # _____

ADVERTISING OPPORTUNITIES are available on our publisher's website www.mindsdesign.ca. Please visit to get more information.

THE SHAWNEE EVERGREEN COMMUNITY NEWS is the official newsletter of the Shawnee-Evergreen Community Association and is distributed free to all residents of these areas eleven times a year. Circulation is approximately 3000.

SUBMISSIONS - Please direct editorial enquiries to info@shawneeevergreen.ca and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or info@mindsdesign.ca.

DISCLAIMER - The opinions expressed within any published article or advertisement are those of the author and do not necessarily reflect those of the Shawnee-Evergreen Community Association or the publisher.

Shawnee-Evergreen CA Membership Benefits



- You are entitled to one vote per membership at the Shawnee-Evergreen Community Association AGM in September.
- You, and residing members of your family can participate FREE at the Annual Shawnee-Evergreen Stampede Breakfast in June.
- CARDEL REC SOUTH COMPLEX. SECA Members receive a reduced fee rate. See inside this newsletter for program information.
- TRICO CENTRE. Support your community by purchasing a pass at Trico Centre. A portion of your pass fee is allocated to SECA.
- Your Board of Directors represent the community in all aspects of community needs such as developments – including future developments, traffic concerns, LRT needs, roadways, community playgrounds, and liaises with other communities on a wide variety of concerns and issue.

TO OBTAIN MEMBERSHIPS:

1. Those who have not purchased a family membership are required to obtain a membership to take part in the festivities, to vote at the Annual General Meetings or receive reductions in fees for the Cardel Rec South Complex programs.
2. Memberships can be purchased - at any functions, the Annual General Meeting in September, OR fill out the form on page 4 and send it as directed on the form to S.E.C.A. Also available at the Cardel Rec South Complex. Memberships are \$20 per year and must be renewed annually by May 1st.
3. Memberships may now be purchased on-line by going to the SECA web site at <http://www.shawnee-evergreen.ca/Membership.page> and "clicking" on the "Pay Membership Fee via PayPal" button below the "Membership Form".

NOTE: If you have any item of interest for **SHAWNEE SLOPES** and/or **EVERGREEN ESTATES RESIDENTS**, please forward them to SECA at **INFO@SHAWNEEEVERGREEN.CA**.

Submissions for the Newsletter are due on the 4th day of the month for the next month's issue.

MEMBERSHIP INFORMATION SHAWNEE-EVERGREEN COMMUNITY ASSOCIATION

If you live in area specified below (inside the lines and your street address name contains EverGREEN or Shawnee) or you are a resident of the Beacon Hill condominiums at 14645 6th Street S.W., you are eligible to be a regular member of the Shawnee/Evergreen Association. (S.E.C.A.)



Website: www.shawnee-evergreen.ca

SUPPORT YOUR COMMUNITY ASSOCIATION. BUY A MEMBERSHIP TODAY!



Cardel Rec South offers a variety of recreational and educational program for all ages. We are a strong supporter of the Home Schooling community as well and offer several options for children aged 6 and up.

Visit our website at:
www.cardelrec.com for a complete listing of our programming.

Planting Pansies



Guaranteed to grow.



www.meritdesigncalgary.com



MERIT
KITCHENS
DESIGN CENTRE
CALGARY

Phone: 1-877-569-9037
1-6130 4 St SE, Calgary, AB



MERIT
KITCHENS

Beauty on the Inside. And Out.

LECTUS
CABINETS



FRIENDS OF FISH CREEK

OUTDOOR WELLNESS IN FISH CREEK PROVINCIAL PARK

There are many health benefits associated with spending time in the outdoors, and Fish Creek Provincial Park is a perfect venue to take part in activities that support a balanced, healthy lifestyle. Experience Yoga, Meditation, Spring Forest Qi-Gong and many more Wellness-based activities in Fish Creek Provincial Park this Summer!

www.friendsoffishcreek.org/programs/wellness-clinicsCREEKFESTinFishCreek



PUBLIC SPACE WON'T BE THE PLACE FOR CONSUMING CANNABIS IN CALGARY



The City of Calgary has approved a bylaw that will limit public consumption of cannabis once federal legalization has taken place.

In Calgary, public consumption rules for cannabis will be similar to those for public consumption of alcohol. Under the new Cannabis Consumption Bylaw, consumption of non-medical cannabis in any form (smoking, vaping, or edibles) will be prohibited in public places. A person may smoke, vape or otherwise consume cannabis on private property.

An exemption to the Cannabis Consumption Bylaw will apply for medical cannabis, which may be smoked or vaped in the same areas that are allowed under the Smoking Bylaw, and prohibited in the same areas.

At the time of this writing, the federal legalization date of cannabis was not yet confirmed. For the latest updates and details on Calgary's cannabis consumption rules, please visit Calgary.ca/cannabis.

Cannabis stores in the community

When The City reviews a Development Permit application for a cannabis-related business, a copy of the application is sent to the local Community Association for comments and feedback. If you're interested in knowing about cannabis-related applications in your community, please contact your Community Association or visit The City's website at www.Calgary.ca/pdmap to view the Planning & Development Map which shows all recent applications.



RESIDENTIAL - COMMERCIAL - INDUSTRIAL

Our certified experts will help you:

- Improve your energy efficiency knowledge
- Decrease your consumption
- Generate savings
- Become a responsible natural citizen!

We support the full lifecycle of projects (planning, implementation, maintenance)

Our Services:

- Energy audits
- Solar electricity systems Engineering, Procurement & Construction (EPC)
- Energy efficiency consultations

Contact us today for a free site assessment visit!

info@corsolis.ca · 403-808-6545

www.corsolis.ca

Sudoku: *For solution, go to mind's design studio*



Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

7								4
6				8		3	9	
	2		1	5				
	3		7	6				
1		8				6		7
				1	5		3	
				4	1		2	
	6	9		3				1
4								3

BOOK YOUR AD TODAY!

Your Community CLASSIFIED ADS!

To place your classified ad, contact us at 403-203-9152 or email: newslettersales@mindsdesign.ca today!

BASEMENT WINDOWS R-US: New or larger window openings - includes complete install. Digging, concrete cutting, windows supplied, installed. Window well, backfill, excess material/dirt hauled away. Also, decks & fences. Over 48 years exp. Call 403-201-0317. Cell: 403-660-0612

BRH HOME HANDYMAN SERVICES:

Doing it right the first time. **FREE ESTIMATES!** With over 35 years experience in plumbing, electrical, drywall, carpentry, painting, tiling, flooring, decks and all areas of renovation/construction. For your **FREE ESTIMATE**, call 403-481-1774

HARDWOOD FLOORS – COMMITTED TO YOUR

SATISFACTION: Unfinished, prefinished, engineered, laminate flooring, new installs or repairs, exceptional crafts-manship, free estimates! Les at 403-399-0243 or 403-236-7991

If we can show you how to **ELIMINATE, REDUCE OR SUBSIDIZE** your mortgage or rent payments, would you be interested? Call 403-478-4355 to learn more!

NEPTUNE PLUMBING & HEATING LTD.: Residential and commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

PERITUSYARD MAINTENANCE: is currently booking clients for weekly lawn care. Fully insured, WCB clearance, and an A+ BBB accredited business. Providing unparalleled professional service since 2003. Peritus (Latin for skilled). Please contact Charles at www.peritusyards.ca, peritusyards@shaw.ca, or call 403-201-7182 and leave a message.

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. Expires June 30th, 2018. BBB Accredited Business. Call today! 403-452-2911 | www.plumbingparamedics.ca

PLACE YOUR AD HERE!



Tune into *Your Grace Land Radio*
Saturdays @ 6pm on Am 700 The Light

Living with Inspirational Core Values™

REV UP YOUR LIFE!

Join Reverend Elvis,
Sundays in June @ 10:30
@ The Lake House,
Heritage Pointe



Rev. Bruce R. Elvis Sheasby

It has been said that “faith is the substance of things hoped for, the evidence of things not seen”. In other words, faith is much more than wishful thinking when it is both a substance and evidence.

Years ago, when I began the journey of writing a book, my title was tentatively “Spirituality more than religion.” The stories and messages of my book seemed to come together around songs that I had sung and recorded as I had come to be known as the Reverend Elvis. But there was a disconnect between my tentative book title and my recording of the songs that were the inspiration. Then “Your Grace Land” came to me – in a brainstorming discussion with a friend – as a name to join those two worlds. Yes,

Living with Faith

**“Where Faith meets Grace is Your Grace Land”
Bruce R.E. Sheasby**

there is an Elvis hook given Elvis’ influence on my music, but more importantly the focus is on Divine Grace, an amazing expression of Spirituality.

As the book came together, I eventually identified 18 songs linked to qualities that I coined to be Inspirational Core Values. Later I identified that these 18 Inspirational Core Values are linked to 6 pillars that tie the core values together. Later I learned that 18 moves were key to the monks who created Shaolin Kung Fu and the Hebrew word “Chai” meaning life which has a deep significance in Judaism. I began to see these signs as validations that my message was having connections with other great pathways of wisdom.

One day a hexagram also known as the star of David came to mind as a visual way of connecting my 6 pillars and 18 Inspirational Core Values, and that while I understood that this symbol had great significance in Judaism I also came to learn that it also carried great meaning in other religions including Christianity. The two-opposite overlapping equilateral triangles that form the

star are often thought to represent God reaching down to humanity (grace) and humanity reaching up to God (faith). The substance and evidence of faith is found when it meets grace. This is the discovery of Your Grace Land.

Exercise your faith!

1. Consider faith as reaching up to divine grace which is reaching down and how this has been something you can relate to from your past.
2. Consider a current situation you are facing where you could use the substance of faith.
3. Join us on Sundays in June at 10:30 at the Lake House at Heritage Pointe for *Your Grace Land* where we focus on a positive faith and living with *Inspirational Core Values*.

Bruce Reinhold Elvis Sheasby is a life coach with a passion for helping others connect *Inspirational Core Values* to everyday life. He is leader of *Your Grace Land* church services and co-host of *Your Grace Land Radio*. His upcoming book is *Your Grace Land – Achieving Success with Inspirational Core Values*. For more information, visit www.yourgraceland.com

YOUR
Grace Land™

SUNDAY SERVICES

Relaxed, informal, focus on God,
Grace, Spiritual Prosperity and
Inspirational Core Values

10:30 a.m.

In June at The Lake House,
Heritage Pointe
www.yourgraceland.com/services



**Encouraging a positive faith, putting God
first to claim rich blessings**



It's June, AKA the beginning of summer! While this time is mostly about being outside and enjoying the long days, it's also the perfect time to cool off and fuel up with a smoothie.

With so many fruits in season, smoothies are a healthy way to begin the day with a nutrient packed breakfast or as an easy on-the-go snack. All that local goodness makes your smoothies that much more flavourful. Simply put: summertime and smoothies are like two peas in a pod.

While there are many smoothie varieties, here's one of our favourites. Just a heads up: we include frozen cauliflower and sweet potato in this recipe. If you haven't added vegetables to smoothies before, it may seem weird - but don't be deterred! These particular vegetables are great replacements for bananas because they don't impart much flavour, thicken up your smoothies, and reduce the overall sugar content. If you're allergic to bananas or are looking to reduce the sweetness of your smoothies, this recipe is for you.

Low-Sugar Berry Smoothie

- 2 tbsp almond butter
- 1 cup frozen cauliflower (you can buy washed, frozen cauliflower at our stores)
- ½ cup steamed then frozen sweet potato (you can also buy pre-frozen sweet potato at our stores!)
- ½ cup frozen blueberries
- ¼ cup frozen strawberries
- ¼ cup frozen raspberries
- ½ cup plant-based milk of choice
- ¾ cup water
- ¼ avocado (ideally frozen)
- ½ tsp cinnamon

Instructions:

1. Blend on high for 3 minutes.
2. Top with coconut flakes and nuts of choice.
3. Enjoy!

Find all these local and organic ingredients at your nearest Blush Lane store!

Community Services

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	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior's Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Fish Creek Library	403.221.2090
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor's Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Trico Centre	403.278.7542
Weather Information	403.299.7878

TRAVEL TIPS TO KEEP YOU HEALTHY

While travelling is an amazing experience, constantly being on the go can be stressful.

Getting to the airport on time can often mean sacrificing sleep, the atmosphere on planes can be drier than the Sahara and changing time zones forces the body to adapt quickly. All these factors can take a toll on your immune system and possibly turn your beach vacation into a week of being run-down and sick.

Fortunately, there are some simple steps you can take to stay healthy while you travel. Here are three essential tips.

STAY HYDRATED. Drinking sufficient water is important to avoid exhaustion and fatigue, especially in a warm climate. Water will also help your body flush out any toxins you may have picked up at the airport or during your vacation. Try carrying a water bottle with you to make sure you get your daily intake.

USE SUNSCREEN. Not only can painful sunburns spoil a vacation, but they can also do a lot of damage to your skin. To avoid sunburns, try using a natural sunscreen containing zinc. Rather than being absorbed, a zinc-based sunscreen sits on top of the skin for optimal skin protection. If you do get burned, use aloe to soothe naturally.

PROBIOTICS. Avoid getting traveller's diarrhea and other common ailments by taking probiotics before, during and after your trip. They help keep digestion regular and prime your gut with good bacteria so you can eat foods your body may not be accustomed to. Opt for a probiotic capsule supplement or a drinkable probiotic so you know the dosage you're getting.

Always look for the eight-digit Natural Product Number (NPN), which certifies that Health Canada has reviewed and approved the product for safety, efficacy and quality.

Check out your local Canadian Health Food Association member health food store to find what you need to prepare you for your travels. Find more information online at chfa.ca.



BIKE SAFETY

A message from the Federation of Calgary Communities

1. **PROTECT YOUR NOGGIN:** Toddlers to adults should think twice before getting on a bike without a helmet. The helmet should fit nicely and cover the forehead. Calgaryans under the age of 18 are required to wear a helmet.
2. **RING, RING!** Having bell can let those around you know your coming!
3. **STOP!** Being a cyclist follows similar rules to driving a vehicle. Pay attention to posted signs, speed limits and watch out for pedestrians. Know your route ahead of time it this can help you be aware of potential detours and hazards.
4. **INCREASE VISIBILITY:** Having reflector or lights can increase your visibility for other cyclists, pedestrians and cars.

For more safety information and resources visit our website at calgarycommunities.com



Jason Kenney, MLA Calgary-Lougheed

311A, 2525 Woodview Dr. S.W. Calgary, Alberta T2W 4N4
Phone: (403) 238-1212 Email: calgary.lougheed@assembly.ab.ca

**REPRESENTING THE COMMUNITIES OF BRIDLEWOOD, EVERGREEN,
WOODBINE & WOODLANDS**



Seniors Week in Alberta June 3-9

This month begins with Seniors' Week, where Albertans of all ages acknowledge the tremendous contributions of this province's seniors' community. Alberta's high quality of life owes itself to our seniors, who continue to enrich our communities with their contributions. We can all take a moment to show our appreciation by participating one of the many seniors' events being hosted throughout our community.

Pipeline in Peril

Throughout April, we saw the Alberta government's strategy to get the critical Trans Mountain pipeline built come apart. On Sunday, April 6 the pipeline's proponent, Kinder Morgan, announced that unless they were provided total clarity from the NDP government in British Columbia, they would be cancelling the project on May 31 of this year. For over 9 months the official opposition has advocated for a fight-back strategy on Trans Mountain. Why? Because we absolutely want this project, which is in Alberta's vital economic interest, to succeed.

So why are we at a point where this critical project—a project that represents billions in wealth for our province and the rest of Canada—is now on life support? Well, in that time the Alberta NDP pretended that everything was fine, and ignored our advice while their fellow New Democrats in British Columbia worked hard to block this project. Our government squandered months of critical action, and now this project is closer to being cancelled than ever before.

\$4.1 Billion to BC for Obstructing Pipelines?

On Monday, April 2, 2018, federal Infrastructure Minister Amarjeet Sohi announced \$4.1 billion in infrastructure for British Columbia. This, after the BC NDP launched it's opening salvo in the Constitutional crisis on January 30.

I find it shocking that the federal government would cut a \$4.1 billion cheque to the BC given the current circumstances. If Justin Trudeau was serious about the success of the Trans Mountain pipeline, he'd withhold transfers such as infrastructure funding. But he has done the exact opposite, in effect rewarding the BC NDP's behavior

We repeatedly asked the Alberta Government whether it agreed with the United Conservatives that these funds should be withheld. Not only did the Government not agree with our proposal, they failed to criticize the transfer of billions of dollars to BC despite the ongoing Trans Mountain crisis.

It's inexplicable that the Alberta NDP continues to blindly stand by their Liberal allies in Ottawa, despite Justin Trudeau's complete failure to defend the approved Trans Mountain pipeline expansion in the face of illegal obstruction. We will continue to fight to make sure this critical pipeline is built.

Mental Health Services for Children

In the Legislature I asked the NDP government why children's access to mental health services is declining. According Alberta Health Services own reports, the number of children who get access to mental health treatment within 30 days has declined 82 per cent in 2014 to 67 per cent now. The NDP government claim they have made mental health priority, but since taking office access to mental health services for kids is declining. In Edmonton in 2014 77 per cent of children got access to mental health services within 30 days or less, that number is now down to 32 per cent. This trend is province wide, in Calgary that number has gone from 91 per cent in 2014 to 74 per cent. If the government is making mental health a priority ministry data should show improvements for children mental health services, not a steady decline.

Inverleigh Child Care



**WE HAVE
SPACES!**

**Open House Saturday, July 28, 2018
10am - 12pm at 36 Millrise Drive S.W.**



It's no surprise to us here at greengate Garden Centres that people want to know how to start their vegetables at home. You beat the high cost of buying vegetables and you know exactly what is in, or on your edibles.

First, plan which fruits and vegetables you wish to grow. It doesn't matter which you choose, but it will matter when your plants will be ready to harvest. Don't start your seeds too early, as they can stretch, outgrow their pots or space and freeze in the early spring. Starting too late could mean a summer of growth with little to show for it.

It all comes down to the last day of frost. The general rule of thumb is May long weekend. Each vegetable will be different, so read the seed package. Cold season crops such as kale, broccoli and cauliflower can be transplanted before the last frost-free day. Remember, in Alberta anything can happen, so watch the weather!

Once you know what you want to plant and when they'll be ready to harvest, now what? Most packaged seeds has the information you need to start. You will see sun requirements. Note: most fruits and vegetables need full sun. Knowing this is good because you can prepare a bed in full sun in early spring. The package will also state the average time it takes for the seeds to germinate. It will also say how far apart to plant your seedlings outdoors and number of days till harvest. Keep the package. Sometimes it even tells you when to fertilize and water! Remember that dates and times may change with varieties and conditions, such as with peppers.

Indoor seed with trays, pots or jiffy pellets and seed starting soils. You can add lights or heating trays, but if you have a warm south facing window, go with that.

Vegetables are classed as either warm - or cool-season - depending on the weather they need for best growth.

You can sow cool season veggies directly outdoors in early spring. These plants prefer to grow in cooler temperatures, hovering around 15C. They can stand short bouts of frost. Plant a second

crop again in late summer and have enough time to bring them along before winter.

Many cool weather plants have edible leaves or roots. You will want them to mature before the heat of the summer sets in, otherwise they will bolt or flower without producing much food. Summer heat can also render these plants bitter. Some cold weather crops include: Arugula (rocket), Beets, Broccoli, Brussels sprouts, Cabbage, Collards, Carrots, Cauliflower, Chard, Fennel, Kale, Kohlrabi, Lettuce, Mizuna, Mustard, Onions (bulb), Onions (bunching harvested before they form bulbs), Pak choi (Bok choy), Peas, Potatoes, Radishes, Spinach, Coriander (cilantro).

Warm-season veggies require both warm soil and high temperatures (with a little cooling at night) to grow steadily and produce crops.

Some summer crops are snap beans, corn, cucumbers, melons, peppers, tomatoes, and squash. "Winter" squashes such as acorn, Hubbard or banana are actually warm season crops, named as

such because they can be stored for winter consumption, not the season they're grown in. Do not plant warm season crops until after the last frost.

Some warm-season crops: Beans, Celery, Corn, Cucumbers, Edamame, Eggplant, Melons, Okra, Peppers, Pumpkins, Squash, Tomatillo, Tomato, Watermelon, Zucchini, Herbs.

Still have questions or concerns? Just drop in. We'll get you started. If you are not starting from seed, we have many herbs and vegetables already started for you in our greenhouse.

Happy gardening!



COME AND PLAY!

Summer classes are open for registration. Come learn to swim, play sports, or practice gymnastics with us!

It's not too late to register.

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



the Gutter Doctor

Home Exteriors
Install/Repair/Clean

EAVESTROUGHS | DOWNSPOUTS
FASCIA | SOFFIT | ROOFING | SIDING

15,000 happy customers since 2003!

403-714-0711 gutterdoctor.ca



Councillor Diane's City Hall Update

Councillor Diane Colley-Urquhart

Email: dcolley@calgary.ca - Phone: 403.268.1624

Website: CouncillorDiane.ca

Twitter/Instagram: @BigRedYYC - FB: Facebook.com/dianecu

2026 WINTER OLYMPIC BID UPDATE

As you know, there has been much discussion on engaging Calgarians in the potential Winter Olympic bid process, and I am very pleased that you will have a big say in this. At the Priorities and Finance Committee meeting on April 10th, 2018, Council approved moving forward with a **Plebiscite**. This means that citizens 18+ years of age and eligible to vote, will be the ones who decide whether or not we should bid on the Olympic Games. While plebiscites are not binding on Council, I will vote accordingly to plebiscite results. Council will finalize the details on **June 2018** as to the timing, funding, and proposed wording of the plebiscite question(s).

On April 23rd, Council approved the **Olympic Bid Proposed Public Engagement Strategy**, which included recommendations for both a citizen engagement program and a plebiscite (visit my blog at **CouncillorDiane.ca** to read the entire report). Information gained through the engagement process will be used to inform Council and Administration of Calgarians' top priorities, and inform Council's decision on whether or not to proceed with submitting a bid.

The City's next step is to release the **Request for Proposal** as we search for an independent third party firm to execute the work outlined in the engagement approaches to be used. Presenting neutral unbiased information to you is critical. Council also approved new **Terms of Reference** for the **Volunteer Engagement Advisory Subcommittee**. This volunteer group will provide oversight for the engagement work until a Bid Corporation is operational.

I am also pleased to inform you that I was elected by my Council Colleagues to serve on the **City Council Olympic and Paralympic Winter Games Oversight Committee**, along with five other Councillors. We will meet every second Tuesday going forward. I will be your voice at the table on a go forward basis. I am committed to being open-minded and open to persuasion. I invite you to visit **Calgary.ca/OlympicBid** for all the latest news and updates on the Olympic Bid.

ANDERSON ROAD WIDENING PROJECT - NOTIFICATION OF UPCOMING TRAFFIC RESTRICTIONS AT 14TH STREET

I wanted to provide a project update and notify you of some planned traffic restrictions / closures that are necessary to complete the scope for the Anderson Road Widening project. The main objectives for the 2018 construction season are as follows:

- Complete intersection improvements at Elbow Drive / Anderson Road;
- Complete intersection improvements at 14th Street / Anderson Road;
- Widen Anderson Road from 4 to 6 lanes between 14th Street and Elbow Drive;
- Complete intersection improvements at 24th Street / Anderson Road;
- Widen Anderson Road from 4 to 6 lanes west of 24th Street SW; and
- Complete installation of noise barriers.

The most challenging aspect of this project is staging the work at the 14th Street and 24th Street intersections to minimize disruption to traffic operations. Through the planning process, we have identified several components of the work that will require brief closures to



certain intersection movements. To date, we have reviewed these closures with a number of City Departments (Roads, Detours, Signals, Transit) and we have notified Emergency Services (Fire, EMS, CPS). We will be installing video message boards well in advance of the closure and sending notifications to the various Community Associations and Canyon Meadows Golf and Country Club, and updating the project website at **Calgary.ca/Anderson-SWRR**.



Community Civic Chat

Graham Sucha, MLA Calgary-Shaw

Constituency Office: #328, 22 Midlake Blvd. SE Calgary, AB, T2X 2X7
(403) 256-8969 ~ calgary.shaw@assembly.ab.ca



National Indigenous Peoples Day

As we welcome the summer season, this month I look forward to celebrating National Indigenous Peoples Day on Thursday, June 21st.

Our government through the Ministry of Indigenous Relations works with Indigenous communities, the federal government, industry and other stakeholders to promote social and economic opportunities to enhance the quality of life and develop a meaningful and ongoing relationship with a commitment to the Indigenous people of Alberta.

A big part of that relationship comes from understanding Indigenous history, and from learning about the diverse cultures of our Indigenous peoples. To that end the government has committed to ensuring that all Alberta students will learn about the history of First Nations, Metis and Inuit people of Canada, including the history and legacy of residential schools.

I am also proud of our government's commitment to spend \$100 million to make drinking water clean and safe on First Nations in Alberta. As the youngest and fastest growing segment of our population, Indigenous people are helping Alberta move forward. Let us all take this day to acknowledge the heritage, contributions and cultures of First Nation, Inuit and Métis communities across Alberta and Canada.

On June 16th neighborhoods across Calgary will be celebrating Neighbor Day. If you are hosting an event and would like me to attend, please let my office know. We are able to donate some small items like pop or chips. Lastly, I would like to invite everyone to my 3rd annual Stampede BBQ on June 30th, 2018. This year we will be partnering with the Somerset Bridlewood Community Association to have an even bigger and better event. It is going to be at Somerset Water Park from 11-2. The event is free but the community association welcomes donations. As always if you have concerns or questions please contact my office at 403-256-8969 or calgary.shaw@assembly.ab.ca or through social media.

BE PART OF THE CITY'S ANNUAL CANADA DAY CELEBRATIONS

Canada Day 2018 will be better than ever with a range of free, family-friendly activities across the downtown area and Confederation Park.

Check calgary.ca/CanadaDay for updates on performers, events and activities.



Heritage Time Out

Artisans in quilting, knitting, crocheting, card making, as well as a “do-as-you-wish” table meet to learn and practice their art in a community setting. No experience is required. Come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends, and have a personal time out!

Our next session will start September 12th and end November 28th. Registration is preferred, but drop in is available, babysitting supplied.

Contact Lori at McDougall United Church:
403-252-1620.

McDougall United Church,
8516, Athabasca Street SE

(NO RELIGIOUS CONTENT,
NON-DENOMINATIONAL)

**CHECK US
OUT ON
FACEBOOK!**

EQUIPMENT EXPRESS

NEW Calgary Location GRAND OPENING SALE !

STIHL

MS170-16" Gas Chainsaw

- 30cc gas engine
- 16" bar & chain
- Reg: \$319.⁹⁵*

SAVE \$120

\$199.⁹⁹



STIHL

MSE141-16" Electric Chainsaw

- 1.4kW electric motor
- 16" bar & chain
- Reg: \$229.⁹⁵*

SAVE \$30

\$199.⁹⁹



Lower Prices than Big Box Stores

STIHL

FSA45 Battery Grass Trimmer

- Lithium Ion Battery
- Includes battery & charger
- Weighs only 5.5 lbs !
- Reg: \$179.⁹⁵*

SAVE \$30

\$149.⁹⁹



STIHL

FS38 Gas Grass Trimmer

- 27cc Engine
- Tap feed head
- Weighs only 9.3 lbs
- Regular: \$219.⁹⁵*

SAVE \$70

\$149.⁹⁹



STIHL

HSA45 Hedge trimmer

- Lithium Ion Battery & charger included
- Double sided cutting blades
- Reg: \$179.⁹⁵*

SAVE \$30

\$149.⁹⁹



STIHL

BG50 Blower

- 27cc engine
- 224 km/hr air speed
- Reg: \$249.⁹⁵*

SAVE \$70

\$179.⁹⁹



NEW Calgary Location: 3404, 114TH Avenue SE, Calgary, AB

Phone: 403-523-7028