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# YOUR OFFICIAL Community Newsletter

SUMMER | 2017

CIRCULATION | 3000 HOMES AND BUSINESSES

THUNDERCHILD CRABAPPLE TREE - photo submitted by Darlene Shaw



ULTIMATE  
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[www.ultimatedanceco.com](http://www.ultimatedanceco.com)





## Swan Village at Eversyde Avenue – Calgary's Best New Active Lifestyle Retirement Community



**RESERVE BY JULY 31<sup>ST</sup> & RECEIVE  
\$150/MONTH\* OFF RENT FOR A YEAR**

\*Credit will be reflected on monthly statement for 1 year after 60 days. Limited time offer. Based on availability. Not to be combined with any other offer. Must reserve suite by July 1st, 2017 with move-in between June 1st and September 15th, 2017. E. & O.E.

### Mosey on down for some fun at our **STAMPEDE BREAKFAST**

Enjoy live entertainment,  
a petting zoo and  
stampede games  
& activities.

**Friday, July 7<sup>TH</sup>, 2017  
9:00 AM – 11:00 AM**



**Swan**  
**Evergreen Village**  
by **ORIGIN**

**587-433-2622**  
2635 Eversyde Avenue SW, Calgary  
Open Daily: 10AM – 5PM  
[www.originswanevergreen.ca](http://www.originswanevergreen.ca)

## HEAT RELATED ILLNESS



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

### HEAT EXHAUSTION

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

### HEAT STROKE

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

### FIRST AID

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

### PREVENTION

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

# City of Calgary Information/Updates



## Never say the words *“I’m bored”* again.

Calgary AfterSchool offers, fun, safe and FREE after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Calgary AfterSchool provides children and youth with supervised recreational, artistic, healthy living, leadership development and social activities in a safe and stimulating environment.

For more information, including a listing of all programs, visit [calgary.ca/AfterSchool](http://calgary.ca/AfterSchool).



## Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).

## Summer Programs

We have a wide variety of exciting programs and special events that cater to children, youth and families, all led by qualified city staff. Join us all summer long and experience games, crafts, activities and more.

Find out what's happening in your area, visit [calgary.ca/CommunitySummerPrograms](http://calgary.ca/CommunitySummerPrograms).

## *You have opinions. We want to hear them.* Join Calgary's online panel, Citizens' View

You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

“Creating an even better Calgary takes all of us—not just government,” said Mayor Nenshi. “Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at [citizensview.ca](http://citizensview.ca).”

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).

## Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate, and some Transit passes are now available on a sliding scale, for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program and Low-Income Seniors Yearly Pass
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).



# WE NEED YOU!



## 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](mailto: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 Southgate Alliance Church parking lot
- Sponsors the June Annual Community Parade of Garage Sales
- Sponsors Community Cleanup in September at Southgate 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](http://www.shawnee-evergreen.ca/Membership.page) or complete form below

### COMMUNITY ASSOCIATION BOARD OF DIRECTORS (2017)

SEND EMAIL TO: [info@shawneeevergreen.ca](mailto: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
Ian Jobe	Director
Ajay Khanolkar	Director - Trico
Michael MacLeod	Director
Barbara Murray	Director
George Payson	Director - Beacon Hill
Sharon Raduloff	Director
John Raich	Director
Norm Rousseau	Director - Development

### 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](http://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](mailto:info@shawneeevergreen.ca) and ad enquiries to Bobbie-Jo Bergner at 403.203.9152 or [info@mindsdesign.ca](mailto: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.

## The goods on growing and the point behind fertilizing



**P**lants need nutrients to survive and sometimes, water just isn't enough. Who doesn't want healthy, blooming bountiful harvests? For an amazingly garden, you must fertilize.

Soils naturally contain nutrients that enable plants to grow - nitrogen, phosphorous, calcium and potassium to name a few. Unfortunately, if these nutrients are missing or in short supply - as in soilless mixes or soil that has been planted in too many years in a row - plants can suffer from nutrient deficiency. They will not produce healthy blossoms or large yields as in fruits and vegetables.

Fertilizing is not so complicated. All fertilizers come with three numbers on the package, always in the same order: nitrogen, phosphorus and potassium. These numbers refer to the ratio of the major nutrients that plants need to flourish. Nitrogen stimulates leaf growth and produces the chlorophyll, enzymes and proteins required for plant cells to strengthen and reproduce. Lawn fertilizer often has a high percentage of nitrogen since the part of the lawn we actually see is made up of leaves.

Phosphorus, the second number, stimulates root growth. This is beneficial when transplanting seedlings outdoors since plants need to establish roots in order to ensure their survival. This is crucial for perennial plants and shrubs that need to survive the winter. Third is potassium, which builds cell strength, ensures plant vigour, disease resistance and also improves winter hardiness. It is essential for the production of plant tissues and the quality and colour of flowers and fruits.

There are general and specialty formulas for every need. If you have a problem

related to fertilization, remember what the numbers mean. An easy way to remember is "up, down, all around." If you have 5-15-5 fertilizer, the first number is "up" as in leaf growth. The second number is "down" as in root growth and the third number is "all around" plant health. If you can identify which is lacking, then you can determine the fertilizer you need.

Many people look for OMRI certified organic fertilizers, especially for growing food. There is much confusion about the difference between chemical, organic and organic based fertilizers. Chemical fertilizers are developed with ready to use nutrients that plants can absorb immediately. But take note: a little of these high number fertilizers goes a long way. Use too much and you might burn the roots. Despite the growing trend towards purely organic growing, chemical fertilizers are completely safe for your food.

Organic fertilizers need time to break down in the soil before the plant can readily use its nutrients. Being all natural, their numbers are very low and you may need to use more to get the desired effect. Organic based fertilizers are slightly different since the manufacturing process used to make them cannot be considered purely organic. They may actually have the same base materials as an organic fertilizer. Organic based fertilizers have slightly higher numbers than purely organic products, but also need time to break down in the soil. Whichever you choose, it's better to fertilize than not.

When transplanting, it's always wise to use transplant fertilizer, which you now know contains a high middle number. This will help the plant set its roots and minimize transplant shock.

Fertilizers recently developed for this purpose contain mycorrhizal fungi - a natural growth enhancer. Mycorrhizae is the symbiotic relationship between the fungus and plant roots. Apply the product directly to the roots before transplanting and this beneficial fungus colonises the roots, extending hair-like follicles that extend well beyond where the roots would reach naturally on their own. This fungus already exists naturally in soil, but takes decades to develop and is easily destroyed by tearing up the ground. New developments can have little to none of it left in the soil. Once this fungus has colonised the root system of your plants, their ability to take up nutrients is supercharged. The fungi also help break down materials which helps plants survive, greatly enhancing their ability to produce. If you already planted but want to utilise beneficial fungus, worry not. Water soluble variations of this product can penetrate the soil and colonise the roots below. Caution: high number chemical fertilizers can actually kill these fungi. If you use beneficial fungus, use only low number organic fertilizers, only after a few weeks.

How often and which fertilizers you use are up to you. Bone and blood meal, fish and kelp based fertilizer, composts and manures are just some of many fertilizers available to gardeners. All have stood the test of time. Experiment. Water-soluble, granular, slow release or just good old organic: each has their own specific way of feeding your plants. Monitor your plants growth through spring and summer. If they start to look a little peckish, it's time to give them another shot of your favourite fertilizer.

### July and August at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

#### Cool New Summer Program for Kids

Not everyone goes away in the summer! Check out the amazing new fun programs for kids.

- Rhythmic Gymnastics, 3-5 years, 6-12 years, July 9 – August 20, 12-1:30pm
- Tumbling, 6-12 years, July 10 – August 21, 6:15-7:15pm
- Circus Arts, 6-12 years, July 10 – August 21, 5-6pm
- Musical Theatre, 6-12 years, July 13 – August 17, 6-7:30pm
- **Ultimate Frisbee Rec League**, 11-13 years, 14+ years, July 11 – August 17, 6-7:30pm
- CrossCountry, 8-13 years, July 10 – August 5, 6:15-7:15pm
- Badminton Club, 10-14 years, July 6 – August 24, 6:45-7:45pm
- Dodgeball, 10-14 years, July 5 – August 23, 6:55-7:15pm

#### Day Camps

- Summer day camps now on: ages 3 to 14; full day and half-day camps, early care and late care. Affordable quality camps!
- Don't need a full week of camp? Come to daily camps for a full day or half day, all summer long.
- Camp leaders are experienced, trained and committed. Each camp has 1 or more leaders and volunteers.
- Featured camps for 6-12 years: Canada 150 Play, Discover Calgary, Harry Potter Camp, and Just for Girls. Cool Camps for preschoolers include Sportarama, Nature Wonders, Kinder Karate, and Mini Chefs.


#### Children & Youth

- Summer swim lessons, all ages, Monday to Friday daytime for 1 week or Monday to Thursday evenings for 2 weeks
- Summer registered child and youth programs: Summer Outdoor Soccer (16-24 months, 2-3 years, 3-5 years, 6-8 years), Dance with Me (2-3 years with parent), Gotta Dance (3-5 years), Little Ballerina (3-5 years), Kinder Gym Kids (4-6 years), Sportarama (3-4 years), Explorasport (4-6 years), DANCEPL3Y Kids (6-12 years.) See Spring Summer Program Guide or [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- July 17-21 is registered skating and hockey week: skating lessons all levels, intro to hockey (4-5yrs, 6-8 years, adult & child) and powerskating/hockey (7-12 years.)

#### Adults/Older Adults

- Stay fit over the summer: summer adult registered fitness: Focus on Powerlifting, Focus on Learning the Basics, Strong is the New Skinny: Weight Training for Women by Women, Straighten Up Posture Series, Trim & Tone, Myofascial Stretch and Release, Stroller Fit.
- Summer registered programs for older adults: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series.

Trico Centre is located at 11150 Bonaventure Dr. SE. 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca)



**TRICO SUMMER DAY CAMPS**  
CANADA 150 PLAY LIST ACTIVITIES IN EVERY CAMP!

Trico Centre for Family Wellness  
11150 Bonaventure Drive SE  
403-278-7542  
[www.tricocentre.ca](http://www.tricocentre.ca)



**"I know that if odour were visible, as colour is, I'd see the summer garden in rainbow clouds." ~ Robert Bridges**

# 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@SHAWNEEVERGREEN.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](http://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](http://www.cardelrec.com) for a complete listing of our programming.



# Summer in Fish Creek!

## • Rewild Fish Creek Provincial Park!

**Rewild:** to return to a natural and wild state. Rewilding Fish Creek Provincial Park will encourage the regeneration of natural, wild ecosystems within our park, allowing current and future generations of Calgarians to reconnect with, and wonder at, Alberta's natural beauty. Part of the rewilding process will be planting native streambank vegetation along the banks of Fish Creek. New trees and other vegetation will be planted to build riverside forests and habitat for wildlife, with the help of volunteers and donations. Together it will be possible to rewild and revitalize Fish Creek, and make the provincial park a true reflection of our native Alberta.

For more information on how can support this project and rewild Fish Creek Provincial Park visit [www.friendsoffishcreek.org/rewild](http://www.friendsoffishcreek.org/rewild)

## • Score an Ace for Calgary Kids:

Support Outdoor Education in Fish Creek Birdies for Kids presented by Altalink provides a truly remarkable opportunity for the Friends of Fish Creek to support the TD Learning Naturally program, but we need your help! Many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. This program has immense potential, as any amount you donate through BFK will be matched by up to 50%. The Shaw Charity Classic will run August 30 – September 3 but you can donate now!

For more information, please visit [www.friendsoffishcreek.org/birdies](http://www.friendsoffishcreek.org/birdies)

## • 25th Anniversary Brick Program:

Celebrate the 25th anniversary of the Friends of Fish Creek by dedicating a brick! Show your support for the park by having a brick inscribed with a message, your name or the name of a loved one. There is a limited number of bricks available. Get yours today!

For more information contact the Friends or visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick)

## • Capture Nature -

### Photography Contest ends July 31:

Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year! Landscape, macro, wildlife, and black and white. Contest runs until July 31. [www.friendsoffishcreek.org/programs/capturenature](http://www.friendsoffishcreek.org/programs/capturenature)

## • Wellness in Fish Creek!

Experience Yoga, Spring Forest Qi-Gong, Full Moon Guided Meditations, and Painting Courses, all held outdoors in beautiful Fish Creek Provincial Park. Engage your senses in outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity.

For information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)

## • Photography Minibus Course with Bob Bakker:

Learn some of the basics of Photography. Tour Fish Creek Provincial Park in the open-air minibus, while making a few stops along the



way take some photos, try out technique, and ask questions. Bring your camera, camera manual, and enthusiasm. [www.friendsoffishcreek.org/programs/minibus](http://www.friendsoffishcreek.org/programs/minibus)

## • Parks Day & Creekfest

Saturday, July 15, 2017 – 11:00 am – 4:00 pm, Bow Valley Ranch, Creek Provincial Park  
Free and Fun for the Whole Family! Celebrate Canada 150 and the 25th anniversary of the Friends of Fish Creek at Parks Day & Creekfest! Enjoy performances by Juno-award winning Peter Puffin's Whale Tales, local musician Jennie Harluk, Alberta Parks' "Riddle of the Wetlands," and a presentation by the Calgary Wildlife Rehabilitation Society. Take part in an interactive Yo-Qi Wellness Experience, guided walks, hands-on activities and educational experiences.

Parks Day & Creekfest was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre financed by Alberta Environment and Parks. Thank you to the Alberta Conservation Association, the Alberta Real Estate Foundation, and Great Events Catering.

For info: [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest)



**BIRDIES FOR KIDS**

Shaw Charity Classic

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FOR KIDS IN FISH CREEK!  
BIRDIES FOR KIDS  
PRESENTED BY ALTALINK WILL  
MATCH YOUR DONATION UP TO 50%!**







## JUST LISTED in Your Neighbourhood!



### 48 BRIDLEWOOD VIEW SW

\$319,500

- 1,253 sqft, 3 Bedrooms, & 2.5 Bathrooms
- Master Bedroom with 4 pc En Suite & Walk in Closet
- Stainless Steel Appliances
- Private Balcony & Yard with Mature Trees
- Fully Finished Walk Out Basement with Wet Bar



### 555 EVERGREEN CIRCLE SW

\$624,900

- 2,251 sqft, 4 Bedrooms, & 3.5 Bathrooms
- A/C, Underground Sprinklers, & 9' Ceilings
- New Hardwood, Granite Counters, & SS Appliances
- Huge West Facing Back Yard with Mature Trees, Gorgeous Patio, & 1" Gas Line for BBQ & Heater



### 14031 EVERGREEN STREET SW

\$568,500

- 2,476 sqft, 5 Bedrooms, & 3.5 Bathrooms
- New Granite Counters & Hardwood Flooring
- Skylight in En Suite & New West Facing Windows
- Main Floor Office, Great Room, Laundry, & Formal Dining
- Fully Finished Basement & Oversized DB Attached Garage
- West Facing Back Yard with Mature Trees & Large Deck



### 3090 NEW BRIGHTON GD SE

\$296,900

- 1,087 sqft, 2 Bedrooms, & 2.5 Bathrooms
- Fresh Coat of Paint Throughout
- Hardwood on Main Floor
- 2 Masters each with their own 4 pc En Suites & WIC's
- Fully Finished Basement with Laundry & Access to Garage
- Sunny West Facing Patio with White Picket Fence

General Consensus for 2017 Market Outlook is Cautiously Optimistic.

Neil Lauzon  
403.640.7711

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# Important Community Phone Numbers

## ALL EMERGENCY CALLS

	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	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

## BUYING OR SELLING A HOME, CALL ME NOW



You receive free:

- Home Evaluation
- Disposal of Electronics, Small Appliances, Old Paint
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- Top Dollar For Your Home
- All Calls Come To Me
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[www.calgarybuysellhomes.ca](http://www.calgarybuysellhomes.ca)

Sutton Group Can-West



## CALGARY STAMPEDE

JULY 7-16, 2017



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CALL SHAWN **403-651-0424**

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**WWW.ASFCONTRACTING.COM**

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CALL BRAEDEN **587-438-0036**

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- MONTHLY SNOW REMOVAL STARTING AT \$110

- PRESSURE WASHING - CONCRETE SEALING



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# 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](mailto:calgary.shaw@assembly.ab.ca)



### Constituency Update

As many of you know, construction is underway on the Southwest Calgary Ring Road project. This is the second to last section of the Calgary Ring Road and includes 31 kilometers of new six and eight-lane divided highway with 14 interchanges, one road flyover, one railway crossing, 47 bridges, one culvert set, one tunnel, three river crossings, and two river realignments. A project like this requires an aggressive construction schedule to finish on time in 2021. This major investment in Calgary will improve access and reduce congestion. I know how important the ring road is to Calgarians—it will help families spend more time together, improve the safety of our roads and create good jobs in the process. In fact, KGL, the project contractor, held a job fair in Calgary in April to hire for roughly 300 trades positions, and, at current count, nearly 40 sub-contractors from Calgary and across Alberta are contributing work to this project.

As for our constituency, construction on McLeod Trail has started—pile driving and drainage improvements are underway. Construction hours are Monday to Saturday from 7 a.m. to 10 p.m. and Sunday and statutory holidays from 9 a.m. to 10 p.m.

I know that active construction is disruptive for the people who live nearby. I have been in close contact with Minister Brian Mason's office to ensure resident concerns are heard and dust and noise is mitigated as much as possible.

I also want to let you know that The Shawville Blvd access to MacLeod Trail will be closed in September 2017. The closure is required to facilitate construction of the Highway 22X/MacLeod Trail interchange. Due to geometric constraints and the grade differential between the proposed detour and Shawville access, the management of traffic at this access during construction is not safe and may result in accidents. The City has requested to delay the closure of this access until September as they are currently building another interchange (162 Ave/MacLeod) just north of the ring road (Highway 22X/MacLeod).

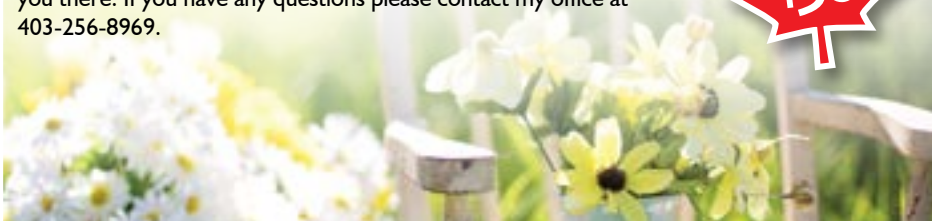
We appreciate the patience and cooperation of residents as we move forward with these important investments in our community.

### In the community

Now that it is summer, the Legislature is no longer in session. This means MLAs can spend more time in their ridings meeting with constituents. I am always interested in attending community events so if you are planning something, please feel free to let my office know. We will be having a Stampede BBQ on Sunday, July 9th from 11-2 at 352 Sunvale Drive SE. There will be great food, live music, and a visit from the Calgary Public Library Truck! Hope to see you there. If you have any questions please contact my office at 403-256-8969.



**"REJOICE AS SUMMER  
SHOULD...CHASE AWAY  
SORROWS BY LIVING."  
- MELISSA MARR**





# The GREY JAY

In 2016, the Royal Canadian Geographical Society asked Canadians to identify candidates for an 'official' bird for Canada, intending to lobby the Canadian Government to make the final choice official to mark Canada's 150th birthday in 2017. The winner was the Grey Jay which is also known as the Gray Jay, the Canada Jay, the Whisky/Whiskey Jack, the Camp Robber, the Meat Hawk and the Moose Bird.

The Grey Jay is the only grey coloured Jay in North America and is 28 to 33 cm (11 – 13 in) from beak to tail's tip, has a 45 cm (18 in) wingspan and weighs about 70 g (21.5 oz). The Grey Jay is a large fluffy grey bird with white head, black nape, short black bill, and long tail but no head crest. It has variations in its colouring in different regions and is often visually confused with Northern and Loggerhead Shrikes. This mischievous bird lives year round in every province and territory of Canada, thriving in cold temperature extremes (up to -30 C).

## FUN FACTS:

- The Grey Jay is a member of the Corvidae family of birds, along with other Jays, Crows, Magpies and Ravens. This is a highly intelligent group of birds known for their boisterousness, persistence and adaptability to the presence of humans in their environment.
- Grey Jays are omnivores and eat seeds, scavenge carcasses (part of nature's clean up crew), and eat eggs and nestlings of other birds.
- You may be able to attract the Grey Jay to your backyard feeder with suet, rolled oats, shelled sunflower seeds, or dry dog and cat food.

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

Article by J.G.Turner, photo is by Jamie Dutcher

*A life without love is like a year without summer. -Swedish Proverb*

## 7th ANNUAL FIRST ALLIANCE

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## 2017

### SATURDAY

# JULY 15TH

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# FISH CREEK SUMMER TOUR SERIES 2017

## JULY & AUGUST

### TUESDAY, JULY 4TH:

#### WHIRLIGIGS AND WATER TIGERS

Wonder down to the pond and enter the world of water monsters! We will use nets and buckets to explore the fascinating world just below the surface. Learn about amazing aquatic insects and invertebrates as well as the other plants and animals of the wetland.

**When:** 1:00 p.m. — 3:00 p.m.

**Where:** Fish Creek Environmental Learning Centre, Shannon Terrace Day Use Area

### TUESDAY, JULY 18TH:

#### WALK ABOUT ROTARY

Explore River, wetland and prairie for birds, bugs and blooms along the pathways of Chinook Rotary Nature Park. Bring binoculars if you have them and enjoy an evening of nature exploration.

**When:** 7:00 p.m. — 9:00 p.m.

**Where:** Chinook Rotary Nature Park (off McKenzie Lake Blvd. SE)

### TUESDAY, AUGUST 8TH:

#### PREDATOR PROWL

Are there bears in Fish Creek? What eats the ground squirrels? Who left those tracks? We will try to answer these questions and more

as we delve into the world of the predator.

**When:** 7:00 p.m. — 9:00 p.m.

**Where:** Bebo Grove Day Use Area (South end of 24 St. SW)

### TUESDAY, AUGUST 15TH:

#### BIG HILL SPRINGS PROVINCIAL PARK TOUR

Join us for a lovely stroll through this little gem of a park with waterfalls, forests, flowers and birds. Be prepared for a few hilly bits and uneven terrain, but overall a relatively easy walk.

**When:** 10:00 a.m.—12:00 noon

**Where:** Big Hill Springs Provincial Park (maps and directions will be provided)

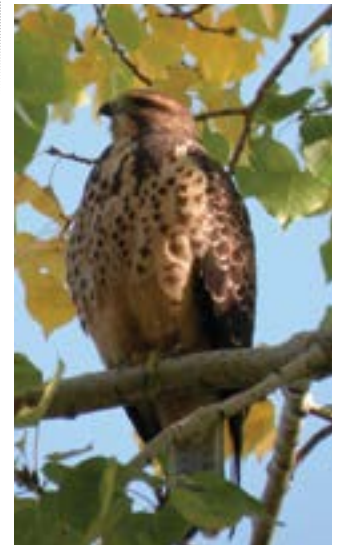
### TUESDAY, AUGUST 22ND:

#### BIRDING BASICS

What makes a bird a bird? What is that bird in your backyard or your local greenspace? This is your chance to learn how you might figure these things out. Books, binoculars, tips and tricks for the beginner birdwatcher. Bring binoculars if you have them.

**When:** 7:00 p.m.—9:00 p.m.

**Where:** Hull's Wood Day Use Area (Access off Bow Bottom Trail S.E.)



**This summer discover the natural wonders of Fish Creek Provincial Park.**

Come prepared for the weather and walking (easy trails).

Registration Required: Please phone (403) 297.7927 or email [Roland.Kirzinger@gov.ab.ca](mailto:Roland.Kirzinger@gov.ab.ca)

**Admission:** By donation (suggested \$5.00 per person). All donations go to The Friends of Fish

Creek Provincial Park Society to support education programs in the park.



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## Road trips with your pet

Long road trips are often a highlight of the summer for Canadians, but they always involve lots of planning and preparation to make sure you don't end up at the lake without a bathing suit. Don't forget to include your beloved furry friend in your plans, by making sure to pack their necessities and favourite goodies. Before hitting the road, keep your pet happy and healthy with these tips for a pet-friendly trip.

- **Make sure they're comfortable.**
- **Have their medical documents with you.**
- **Make frequent stops.**
- **Bring a variety of food.**

~ [www.newscanada.com](http://www.newscanada.com)

## Joke Time!

**Q: Which letter is the coolest?**

**A: Iced T**

**Q: Why do bananas use sunscreen?**

**A: Because they peel!**



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- GEORGE R.R. MARTIN***



# Dave Rodney, MLA Calgary-Lougheed "Onward & Upward"



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**1. Looking forward to guiding our soldiers on our annual fundraiser for women and men in the armed forces with PTSD! 2. I encourage everyone to attend Canada Day 150 Festivities! 3. Please join us at the Spruce Meadows' Heroes Behind the Heroes Fundraiser on July 1st! 4. Have a safe, happy Stampede and summer, everyone!**

### You Won't Believe What The NDP Did This Spring:

It started with record deficits and credit downgrades; unbelievably, the NDP are plunging you and I into a \$94 Billion debt by 2020!

Then Gov't opened with Bill I, which will actually increase transportation and other costs by over \$1000 per student for many families in our riding: the opposite of "making life better for AB's"!

Next: while Ontario took two years to review their Labour Legislation, the AB NDP spent a mere month--on a 252 page document--to learn that business and employer groups are gravely concerned that they are not being heard; so it seems as though the NDP are on the backs of Albertans. The NDP claimed they needed to get it done right now--they had 2 years and 2 ministers to get this process rolling--but chose not to.

The NDP also had 2 ministers and 2 years to introduce a viable Bill which could have ensured real change to the child intervention system; but Paula Simons' scathing assessment of Bill 18 demonstrates just how much is missing from this legislation. Then the NDP missed yet another opportunity to declare Serenity's law--her family even came to the capital to encourage the government

to take action, and call a public inquiry. Our caucus asked questions on their behalf yet again, and still, the NDP refused to budge.

And there's more. Hundreds of AB's have died as a result of the fentanyl crisis; and yet, despite constant calls from opposition, the NDP refused to ever call a public health emergency.

Finally, the NDP have been telling AB's that "the burden and harm" caused by the Carbon Tax "would all be worth it in the end"--because it would give AB "the social license required to build pipelines to tidewater"--except that the NDP's comrades from the other side of the mountains unequivocally reject the notion of social license.

The NDP try to talk a good game; but AB's can't wait for 2019, when we can revive the AB Advantage for future generations, and Unite Albertans once again!

To receive this newsletter a month early and be on our "E-list" for timely updates, and for further information on critical issues affecting Calgary-Lougheed residents: please call, fax, e-mail, drop by our office, follow me live on twitter @DaveRodneyMLA, or visit [www.daverodney.ca](http://www.daverodney.ca) or <https://twitter.com/DaveRodneyMLA>

### Protect yourself from ticks and Lyme disease

Many Canadians are increasingly concerned about Lyme disease and the related increase in western blacklegged and blacklegged ticks, as a bite from an infected tick is one of the known causes of the disease. There are many things you can do both before and after a tick bite to keep your tick encounter from turning into anything more than a nuisance.

#### GET INFORMED.

Both nymphs and adult ticks can attach to any part of the human body. They are often found in hard-to-see areas such as the groin, armpits and scalp. They are most likely to transmit infection after being attached for more than 24 hours of feeding because the bacteria requires time to migrate from the tick's gut to its salivary glands. Prompt detection and removal of ticks is one of the key methods of preventing the disease.

#### TAKE PREVENTATIVE MEASURES.

Using a Deet repellent, checking for ticks more often and wearing the appropriate clothing that is loose but covers exposed skin.

Learn more about ticks at [stopthetick.ca](http://stopthetick.ca).  
~ [www.newscanada.com](http://www.newscanada.com)

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