

Your Lifestyles & Homes NEWSPAPER



July 2010

Homes of Distinction



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HEALTHY LIVING

MYTHS ABOUT THE AGING BRAIN REVEALED

(NC)—Who says you can't teach a mind new tricks? Research shows that we have the power to positively influence brain function throughout life — a realization especially relevant for the more than 14 million baby boomers in Canada.

Dr. Majid Fotuhi, leading neurologist and author of "The Memory Cure," debunks common myths about the brain and aging:

1. Brain growth stops after childhood. Research suggests that each time a new skill is learned, such as playing an instrument, speaking a foreign language or even dancing, new pathways are formed and areas of the brain may grow, even well into the later years.

2. Once I start experiencing memory loss, there's not much I can do. Lifestyle factors have all been shown to have positive effects on memory. One recent study showed that people with memory complaints who took algal DHA capsules for six months had almost double the reduction in errors on a test that measures learning and memory, a benefit roughly equivalent to having the memory of someone three years younger. Products enhanced with the same algal source of DHA used in the study, called life'sDHA, are now available. A listing of products can be found online at lifesdha.com.

3. Memory problems mean Alzheimer's disease. Many people worry that mild forgetfulness must be Alzheimer's. Most are worrying needlessly — research shows that more than 80 percent of people will never get Alzheimer's disease.



TIP BOX:

Tips to keep that brain tip top:

- Exercise for at least 30 minutes, most days of the week.
- Manage stress — laugh often.
- Include algal DHA-rich foods or supplements in your diet.
- Challenge yourself - learn something new each day.
- Keep weight, blood pressure, cholesterol in check.
- Stay socially engaged.

GREENHOUSE VEGETABLES:

FUN FACTS ABOUT YOUR LOCAL PRODUCE!

(NC)—SEEDLESS CUCUMBERS

Did you know?

Greenhouse cucumbers are seedless because they are not pollinated. This is especially helpful for preventing gas caused by eating cucumber seeds!



Did you know?

The skin of a cucumber is rich in fibre and contains many nutrients! It is completely edible, so be sure not to peel them!

Did you know?

Greenhouse cucumbers can be found all year long! You will find greenhouse cucumbers wrapped or mini cucumbers in bags or trays.

TOMATOES

Did you know?

Tomatoes come in a variety of colours such as red, orange, yellow, green, pink, brown, black, white, and even striped.



Did you know?

Tomatoes are the number one source of lycopene, a red pigment and strong antioxidant, which provides protection for your body!

Did you know?

Greenhouse tomatoes can be found as early as March as late as November!

PEPPERS

Did you know?

Red, yellow and orange bell peppers contain three to four times more vitamin C than an orange!

Did you know?

All bell peppers start off as green, and then change to the appropriate colour based on the variety of pepper! In fact, green peppers are unripened orange, red or yellow peppers!

Did you know?

Greenhouse peppers can be found from March until late November. Look for them loose, or in packages of three or four.

FIND LOCAL

To find local product in your store, be sure to check for the "Product of (Your Province)" and "Product of Canada" signs in your store. Additionally, be sure to check the PLU or packaging of the product to ensure it reads a Canadian province. Checking for the Foodland logo is another great way to look for local product.



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Who Said This?

The third caller with the correct answer will win \$25

"I used to be a heavy gambler. But now I just make mental bets. That's how I lost my mind."

The fifth caller with the correct answer will win \$25

"I still believe that at any time the no-talent police will come and arrest me."

Now You're Cooking

Check out page 12 for more delicious recipes



Marinated Mushroom and Veggie Kabobs

(NC)—Great with grilled roasted poultry or meats. Vary the vegetables and marinade for a Greek flavour to serve with cooked rice or pitas.

Preparation Time: 10 minutes

Marinating Time: 30 minutes - 4 hours

Cooking Time: 10-15 minutes

¼ cup (50 mL) olive oil

2 tbsp (25 mL) white wine or herb flavoured vinegar

2 tsp (10 mL) dried tarragon leaves

2 cloves garlic, minced

½ tsp (2 mL) ground black pepper

16 large fresh Mushroom caps

12 mini red potatoes*

1 large red or green pepper, seeded

and cut into 1”(2.5cm) pieces

2 medium zucchini, cut into 1”(2.5cm) chunks

In large bowl, whisk together oil, vinegar, tarragon and garlic; stir in mushrooms, potatoes, pepper, and zucchini to marinade. Marinate at least 30 minutes or up to 4 hours, tossing occasionally.

Thread mushrooms, potatoes, pepper and zucchini alternately onto metal skewers; reserve any marinade. Grill or broil kabobs over medium high heat, turning several times and brushing with reserved marinade, about 12-15 minutes or until potatoes are tender.

Makes 4 Servings.



Ontario Peach-Glazed Ribs

(NC)—Kids will relish in delight over the finger lickin' deliciousness of these ribs. This fool-proof recipe will have parents rejoicing due to its no-fuss preparation method. The peach glaze is not only perfect for ribs, but equally as tasty on chicken, shrimp or pork. For those who want to enjoy the homemade sauce year-round, simply preserve and store in a cool dark place for up to one year.

2 lbs (1kg) pork back ribs, trimmed

3 lemon slices

1 lb (500g) Ontario peaches, pitted and roughly chopped (approximately 3 med-sized peaches)

1/2 cup (125mL) sweet chili sauce

2 tbsp (30mL) soy sauce

1 tbsp (15mL) minced gingerroot

In a large pot, cover the ribs with water; add lemon slices, bring to a boil over medium-high heat. Reduce heat to maintain a vigorous simmer and continue to cook partially covered for 45 to 60 minutes, or until the meat is tender but not falling off the bones. Drain and transfer to tray or platter. Discard lemon.

Meanwhile, combine peaches, chili sauce, soy and gingerroot in a food processor or blender and blend until smooth.

Preheat the barbecue to medium heat.

Brush the ribs generously with the peach glaze and grill for 10 minutes. Brush the ribs again and grill 10 minutes longer, until the glaze is caramelized. Alternatively, roast the ribs in a 425F (220C) oven until glaze is caramelized, about 20 to 30 minutes. Slice into ribs. Serve warm or at room temperature with any remaining glaze.

Makes 6 servings.



Asian-Inspired Burgers

(NC) Packed with Asian-inspired flavours and topped with a tropical pineapple mayonnaise, this chicken burger is the perfect way to beat the summer heat and add a little something special to your next birthday party.

Asian Chicken Burgers with pineapple mayonnaise

1 ½ lb ground chicken

¾ cup green onions, finely chopped

1 egg

1 ¼ cup bread crumbs

1 cup Teriyaki Cooking Sauce

2 tbsp Soya Sauce

PAM Grilling Spray

Buns

Iceberg lettuce

½ cup Pineapple Cooking Sauce

½ cup mayonnaise

1 tbsp cilantro, finely chopped

Directions:

In a large bowl stir together ground chicken, green onions, egg, bread crumbs, Teriyaki Cooking Sauce and Soya Sauce until well combined. Using wet hands form mixture into six patties, place in refrigerator for 20 minutes to firm up.

In a small bowl stir together Pineapple Cooking Sauce, mayonnaise and cilantro, set aside.

Spray grill with grilling spray, heat to medium-high. Gently place burgers on grill and cook until cooked through, about 5 minutes on each side. Spray grilling spray on spatula and remove from grill.

Place cooked burgers on buns and garnish with lettuce and pineapple mayonnaise.

Makes 6 burgers.

BEAUTY AND STYLE

SUNGLASSES ARE MORE THAN JUST A FASHION STATEMENT



(NC)—Sunglasses are widely considered as essential to the wardrobe as shoes and handbags, but it's often easy to forget they also serve a more basic, but important purpose: to protect the eyes from the harmful rays of the sun.

“UV rays have a cumulative effect over time and can lead to serious eye diseases that don't always have a cure. This is why the best line of defence is prevention through quality sunglasses that block out these rays,” says Dr. Daryan Angle, an optometrist with IRIS The Visual Group. “Children, in particular, need protection as their eye tissues are more susceptible to sun damage and they tend to spend more time outdoors.”

Thinking about stepping outside without sunglasses? IRIS lists the following reasons to cover up this summer:

- Sunburn. Exposure to UV rays reflected off surfaces can cause photokeratitis, which is essentially sunburn to the surface of the eyeball (cornea).
- Age related-macular degeneration. AMD is the leading preventable

cause of vision loss in Canadians over age 50. While there is no cure, proper UV protection is a good preventive measure against AMD alongside healthy lifestyle and eating habits.

- Wrinkles. A good quality pair of sunglasses helps protect the collagen elastin support network in the skin around the eyes.
- Cancer. Eye lids and the sensitive skin around the eyes can develop melanoma, the most serious type of skin cancer.
- Cataracts. Long-term UV exposure increases the risk of developing cataracts, a clouding of the eye lens that causes blurred vision, affecting long distance vision.

It's important to note that sunglasses of questionable origin or lacking in UV protection can actually make things worse, as dark lenses cause pupils to dilate, allowing more harmful light into the eye. A UV protection rate of 100 per cent is the standard.

“As we spend more time outdoors in the summer, sun protection for the eyes should be a top priority right next to sunscreen and a hat,” says Dr. Angle.



MAINTAIN YOUR HEALTH AND FITNESS ROUTINE IN SUMMER

(NC)—During the summer months our best intentions to exercise and eat well can be compromised as we are surrounded by barbecue and party foods that are high in fat, sugar and alcohol. With our hectic lifestyles we often don't recognize the harm we could be causing to our overall immune health, which leaves us susceptible to infections caused by bacteria and viruses. In a recent Leger Marketing survey it was revealed that 64% of Canadians believe they do not have a healthy routine that improves their immune system function and only 30% plan to start a daily exercise routine as part of their summer goals.

Summer is the perfect time to become more active,” says Sherry Torkos, a holistic pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*. “We often don't consider switching our routines, which is important in maintaining our body's optimal health.” Just 46% of Canadians surveyed mentioned they have a strong daily routine that builds their strength and health. “Taking

a daily vitamin along with a daily immune booster—something like Immunity-FX, which contains American ginseng and reishi mushroom—can help protect your overall health and wellness,” adds Torkos.

Physical activity can also boost immune function and reduce your risk of getting sick and run down. “Aim for one hour each day of moderate-intensity activity such as cycling, brisk walking or tennis,” notes Torkos.

And summer habits often leave us sleep deprived as well. More than half of us don't receive the recommended 8 hours of sleep a night.

Evaluating our daily habits and making changes towards building a healthier body won't happen overnight. Check out your body's immunity score and get some tips on how to boost your immune system by taking the healthy living quiz at www.livehealthyquiz.com.



FAMILY LIVING

PARENT SUMMER SURVIVAL KIT

(NC)—Summertime is a great season to keep your child’s body and mind active, while making memories that can last a lifetime. However, holding your kid’s interest and excitement all summer long can sometimes be a challenge.

Popsicle – a sponsor of over 18,000 Canadian under-10 soccer players this summer – shares three tips to keep your children engaged with fun activities that don’t break the bank.

Get Active

The summer season is a perfect time to get your children involved in outdoor activities. Why not join a summer soccer league? The most popular game in the world, soccer will keep your child active and teach them essential life skills, says Geoff Clark, coach of the

Kugluktuk Grizzlies in Nunavut. “Playing team sports like soccer helps kids learn how to work well with others and instills in them a sense of commitment.”

Entertain

What better way to enjoy the summer than by having some backyard bashes? Invite your children’s friends over for an afternoon of fun. With a variety of flavours, Popsicle ice pops are a quick and easy treat to hand out on a hot summer day.

Take a Day Trip

You and your children will have a blast exploring new places. Discover a park or beach in your area to have a picnic and play games – the kids can even practice their new soccer skills.

Keep your children entertained this summer by encouraging them to get outdoors and enjoy the sunshine. More information is available online at www.popsicle.com.



ASK THE EXPERT: FEEDING FACTS AND FALLACIES



(NC)—Feeding a newborn is a wonderful experience for many moms, but as with anything new, there may be a few bumps along the way. It’s normal – both mom and baby are learning. Paediatrician, Dr. Susan Russell, answers common questions for moms-to-be.

What should I expect when it comes to feeding?

A recent survey found most Canadian moms expect breastfeeding to

be natural (83 per cent) and easy (70 per cent) – which is often the case. However, there may be unexpected challenges, which can lead to undue stress and confusion. Having a feeding plan in advance can help prepare for potential feeding hurdles.

How can I plan for feeding?

Breastfeeding is best and there are things you can do to get prepared. Expectant moms should speak with their doctor or a lactation consultant

for breastfeeding tips and advice. Also, stock your cupboards before baby comes – lanolin cream to soothe dry nipples, ice packs to relieve discomfort from engorgement, and infant formula to avoid any rushed decisions should the need for formula arise.

Are all formulas the same?

Although all infant formulas are approved by Health Canada, there are differences between them and it is important to know what to look for. Look for a formula like Good Start Natural Cultures that has the probiotic *B. lactis*, which contributes to a baby’s healthy digestive tract and is made with 100 per cent whey protein, which is broken down into smaller pieces for baby’s developing tummy.

SIX TIPS TO KEEP STUDENTS ... LEARNING ALL SUMMER ...

(NC)—These tips from Oxford Learning help students of all ages and grades beat the summer learning brain drain.

- 1. Visit the local library.** The public library often has reading events and competitions that can motivate children to develop their reading abilities.
- 2. Keep a journal or a scrapbook.** Develop vocabulary skills by writing a paragraph about the day’s activities. Write down the titles of books being read and any new vocabulary words.
- 3. Practice time management.** Students should continue to use an agenda or family calendar to keep track of their daily activities—whether it is academic-related or not.
- 4. Make downtime productive.** Develop communication skills by talking about stories, books, and TV shows. Don’t just watch or read passively. Discuss what happened and why. What else might have happened?
- 5. Play.** Strategy board games such as Chess, Clue, Risk, and Monopoly are not only competitive; they teach problem-solving, math, and planning skills too.
- 6. Learn.** Enroll in a camp that has an academic element to maintain school skills all year long.





(NC)— Taking out a mortgage is a big financial commitment — probably one of the biggest you'll ever make. From deciding whether to go with a fixed or variable rate, to determining how long you'll need to pay off your mortgage, to figuring out how much you can afford to borrow and how much

money you'll need to buy and maintain your home, there are many factors to consider.

The Financial Consumer Agency of Canada (FCAC), offers online tools and material to make your research easier. You'll find tips and calculators to help you avoid stretching your budget to

Your Money

the limit when you buy your home. There's also information on areas you may not have considered: how to pay off your mortgage faster, how to borrow on your home equity and what to consider when renewing and renegotiating your mortgage.

Sleep well knowing you've made the right choices

A mortgage is only one of your financial commitments. You may want to travel, start a family or spend money on entertainment. You may also want to save money for retirement, major purchases or post-secondary education. You can start with our

DON'T LOSE SLEEP OVER YOUR MORTGAGE NEEDS

Mortgage Qualifier Tool to help you determine

whether you can qualify for a home mortgage based on your income and expenses. The *Mortgage Calculator Tool* works out your mortgage payment and provides you with a mortgage payment schedule. The calculator also shows how much money and how many years you can save by making prepayments.

Here are other useful resources you can find by visiting FCAC's website, fcac.gc.ca.

- Choosing an Amortization Period: What is the Impact on Your Mortgage?

- Understanding Variable Interest Rate Mortgages
- Buying and Maintaining a Home: Planning Your Housing Budget
- Protect Yourself from Real Estate Fraud
- Shopping Around for a Mortgage
- Understanding Reverse Mortgages

FCAC protects and informs consumers of financial services. It was established in 2001 by the federal government to strengthen supervision of the financial industry and expand consumer education in the financial sector.

Is Your Credit Card Balance Insurance Really Useful?



(NC)—Credit card balance insurance is a type of insurance offered with your credit card that provides you with some coverage in the event of unforeseen situations, such as a serious injury, disability, death or job loss. It is similar to other types of insurance. You pay a monthly premium which varies depending on the credit card issuer. The premium is charged directly to your account each month and varies according to your balance.

However, many cardholders don't know that in the event of serious injury, disability or job loss, the insurance company pays only the minimum payments, not the full balance. For more information about credit card balance insurance, visit the Financial Consumer Agency of Canada (FCAC) website at moneytools.ca.

BE FRAUD-SMART: LEARN HOW TO PROTECT YOURSELF AGAINST FRAUD

(NC)—You receive a phone call or e-mail from someone who says they work for your financial institution. The caller informs you that there has been suspicious activity on your account, and asks you to confirm some personal information such as your credit card number. Later, you notice someone is making purchases on your account, leaving you financially and emotionally devastated. You have just become a victim of fraud.

That kind of fraud happens frequently in Canada. There are many other types of fraud, as well: credit card, debit card, e-mail, telephone and real estate fraud,

as well as identity theft. Unfortunately, criminals invent new fraud schemes all the time, and every year, Canadians lose millions of dollars to fraud. That is why it is important that Canadians learn how to quickly recognize fraudulent behaviour and know what to do to reduce the risk of becoming victims of this type of criminal activity.

You can help avoid fraud with some simple everyday habits — such as protecting your debit card PIN at the bank machine and shredding your credit card statements before disposing of them. And most importantly, never share personal information over

the phone unless you know for certain whom you are speaking with.

The Financial Consumer Agency of Canada (FCAC) has been working to educate and protect Canadians since its establishment by the federal government in 2001. Its tip sheets, publications and other resources help Canadians avoid fraud and learn about managing their finances. You can find *Protect Yourself from Credit Card Fraud, Protect Yourself From E-Mail and Telephone Fraud: Phishing and Vishing*, as well as many other sources of information, through moneytools.ca.



Fun & Games

DID YOU KNOW?

- Half the world's population earns about 5% of the world's wealth.
- Most reverse charge calls takes place on Father's Day.
- The opposite sides of a dice cube always add up to seven.
- About 27% of food in developed countries are wasted each year. It's simply thrown away.
- US Post Office handles 43% of the world's mail. Its nearest competitor is Japan with 6%.

MAD GABS

1. Aim Hiker Owes Cope
2. Aim Honey Bag Care Runt He
3. Aim Other Ranch Howled
4. Aim Us Key Tub Height
5. Aim Who Very View

Mad Gabs provided by
www.wuzzlesandpuzzles.com

What's a wuzzle you ask?

A wuzzle is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place or thing that each wuzzle is meant to represent.

Answers on page 14
Compliments of
www.WuzzlesandPuzzles.com

WUZZLE

TRO BLE TRO BLE TRO BLE	MOV 4 IE	rough rough rough
LATE LATE	YENOMRUOY YENOMRUOY	SOMETH BI

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15					16			
17					18					19			
20				21	22			23					
	24	25					26	27					
28	29					30							
31					32					33	34	35	
36					37					38			
39				40					41				
			42					43					
44	45	46					47						
48							49				50	51	52
53					54	55				56	57		
58					59					60			
61					62					63			

- Across**
- 1- Unit of volume
 - 6- Flower-part
 - 11- According to
 - 14- Artery that feeds the trunk
 - 15- Declaim
 - 16- ___ de mer
 - 17- Fragrant
 - 18- Distributing
 - 20- Bar bill
 - 21- Grasp
 - 23- Puccini heroine
 - 24- Consumers
 - 26- Supervise
 - 28- Bundle
 - 30- Tennis champ Chris
 - 31- Actor Hawke
 - 32- Hurts
 - 33- Dip in liquid
 - 36- Editor's mark
 - 37- Hindu social class
 - 38- Castro's country
 - 39- Thunder Bay's prov.
 - 40- Fine fur
 - 41- Part of a military uniform
 - 42- Falls short
 - 43- Eye membrane
 - 44- Sour cherry
 - 47- Virile
 - 48- Close to
 - 49- Bang-up
 - 50- Bro or sis
 - 53- Cheerful consent
 - 56- Instant
 - 58- Pothook shape
 - 59- Have a feeling about
 - 60- They get high twice a day
 - 61- A collection of articles
 - 62- Hurried
 - 63- Discharge
 - 28- Cancun coin
 - 29- Env. notation
 - 30- Viscounts' superiors
 - 32- Cellist Casals
 - 33- Pleasant aspect
 - 34- Off-Broadway theater award
 - 35- Tailless rodent
 - 37- Colorado resort
 - 38- Coil
 - 40- Having some sodium
 - 41- Small end-blown flute
 - 42- Longstanding argument
 - 43- Able to
 - 44- Female horses
 - 45- Corpulent
 - 46- Way to cook
 - 47- Saunter
 - 49- Kind of prof.
 - 51- Frozen treats
 - 52- Of the highest quality
 - 54- Teachers' org.
 - 55- Nav. officer
 - 57- Manipulate
- Down**
- 1- Endure
 - 2- Caucus state
 - 3- Medieval engine of war
 - 4- Hot time in Paris
 - 5- Heavy napped woolen fabric
 - 6- Steeps
 - 7- Della's creator
 - 8- Amigo
 - 9- From ___ Z
 - 10- Correspondences
 - 11- Not quite right
 - 12- Cavalry weapon
 - 13- Pond scum
 - 19- Legal wrong
 - 22- Illustrative craft
 - 25- Three-handed card game
 - 26- Sheeplike
 - 27- ___ cava

Answers on page 14
Crossword puzzles provided by
BestCrosswords.com

SUDOKU

The objective is to insert numbers in the boxes to satisfy only one condition: each row, column and 3 x 3 box must contain the digits 1 through 9 exactly once. What could be simpler?

Answers on page 14
Compliments of www.sudokucollection.com

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



Cheryl KING KING

Featured

Maxwell Canyon Creek



Let My Experience

Featured Home

HIDDEN VALLEY

\$339,900



All kinds of room for the growing family with huge, almost pie-shaped, lot! Spacious kitchen with skylight, S/S stove & dishwasher. Vaulted ceiling in the living room, 3 bedrooms up, jetted tub in main bathroom and developed 3rd level walkout with corner fireplace! Hardwood floors in livingroom, kitchen, dining area, all bedrooms and 3rd level family room! Upgraded railing and light fixtures. 4th level has been started with 2nd full bathroom and framed in for bedroom.



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Home and Garden

ROI AN IMPORTANT ASPECT OF HOME IMPROVEMENT PROJECTS



(NC)—For homeowners planning renovation projects this summer, making sure their home improvements are adding to the value of their homes is a common concern.

According to RENOVA, a web-based tool that helps homeowners calculate the potential rate of return on the top 25 most common renovation projects, bathroom renovations, along with kitchen renovations, topped the list, each boasting an expected ROI of 75 to 100 percent.

The National Institute of the Remodeling Industry also ranked adding a bathroom near the top of its list for return on investment. The group estimated the average cost of installing a new bathroom at \$10,000 and the average rate of return at 96 percent.

Macerating toilet systems, like those by Saniflo (Saniflo.ca), are a great option for homeowners looking to maximize their return on a bathroom addition because of their comparatively low installation costs. Because these systems eliminate the need for a rough-in they allow homeowners to install a full bathroom for a fraction of the cost.

“Macerating systems can be installed on top of any finished floor,” says Daniel Cayer, national sales manager at Saniflo Canada. “This lets homeowners cost-effectively add a new bathroom wherever it is most convenient: in a basement, attic or garage, under the stairs or inside a newly remodeled space.”

Macerating toilets route flush water through the back of the toilet instead of down into the floor. A rotating blade is used to reduce waste and toilet paper, so it can be pumped away through 3/4-inch pipe to a connecting drain stack. The advantage of using use small-diameter pipe is that that drain lines can be run without opening up walls and floors, which reduces renovation mess and installation time.

More information on these toilet systems is available online at www.saniflo.ca or toll-free at 1-800-363-5874.

Outdoor Entertaining Made Easy

(NC)—Summer time and the living is easy – or at least it should be. Whether you’re hosting a poolside party or a backyard barbecue, outdoor entertaining doesn’t have to involve hours of preparation. The key to a stress-free gathering is choosing a casual setting and a simple menu that is sure to please all. For your next get together, consider buffet style fare prepared on the barbecue. Firing up the grill will not only ensure your dishes are infused with delicious, smoky flavours, it means you can spend more time outdoors, mingling with your guests.

For an easy outdoor feast that will appeal to all of your dinner guests, consider the honey garlic beef skewers below.

Honey Garlic Beef Skewers

2 lb beef top sirloin, trimmed of fat

1 bottle Honey Garlic Cooking Sauce

1 tbsp toasted sesame seeds

½ cup Sweet Thai Chili Sauce

Salt to taste

PAM Grilling Spray

Eight large wooden skewers, soaked in cold water for 30 minutes

1. Cut the beef into thin slices across the grain. Place beef in a large bowl and toss with 1 cup Honey Garlic Cooking Sauce. Skewer meat. Refrigerate in sauce for 1-2 hours.

2. Spray grill with grilling spray, heat grill to medium-high. Remove skewers from marinade and sprinkle with sesame seeds, season with salt to taste.



3. Place on grill and cook to desired doneness, about 5 minutes each side for medium. While grilling, brush with remaining sauce.

4. Serve skewers with Sweet Thai Chili Sauce.

Serves 4.

More information and additional recipe ideas can be found online at www.vhsauces.com.

TIPS TO MAKE YOUR SUMMER COCKTAIL PARTY SIZZLE



Get a Helping Hand – Or Two

Why not start the party early and ask a friend, or two, over to help you prepare? You’ll get more done and have fun at the same time.

Stock the bar

Have several varieties of spirits on hand to tickle your guest’s taste buds. A couple of recipe suggestions featuring three ingredients or less include the original side car [1 oz Cointreau, ½ oz lemon juice and 1 ½ oz St. Rémy VSOP Brandy] or try a twist on the original cosmopolitan by mixing 1 ½ oz Cointreau, 1 oz cranberry juice and ¾ oz lemon juice.

Be Creative

Avoid watered-down disasters on hot summer days by freezing juice into your ice trays instead of water. Drop a few into your glass and your drinks will be even more flavourful as the ice melts.

Blend in Some Fun

Blender drinks are a welcome addition to any summer cocktail menu. Whether it’s a lime margarita or a daiquiri you’re mixing, make sure you have plenty of fruit and ice on hand. Tip: Add 1 oz of Cointreau to your next margarita for some authentic flavour.

Beware Of The Sun

Keep guests cool and hydrated by offering shade and plenty of water. Stock up on drinks that are low in sugar and avoid carbonation. And don’t forget the all-natural sunscreen.

Roof Tops, Roof Tops, Roof Tops

Roof tops are a great party spot. If you’re lucky enough to have access to one then why are you still reading this? Get partying!

Pick up more refreshing summer cocktail recipes online at www.cointreau.com.

Travel and Automotive

TIPS FOR KEEPING YOUR CAR LIKE NEW

(NC)—You don't have to buy a new vehicle every three or four years if you take proper care of the one you've got. Freeman Young, president of Krown Rust Control Systems, offers these tips for keeping your automobile looking its best and performing well for many years:

- Have your car treated annually to prevent rust, preferably beginning soon after you buy it.
- If your car has already begun to rust, don't despair. As long as it isn't bad enough to require body work, a rust control chemical can still penetrate the rust, preventing further oxidization and stopping the spread of corrosion.
- Find an environmentally safe product, preferably one that has a hydrocarbon (oil) base.
- Insist on watching the technicians to make sure they do the job knowledgeably and with care. (For example, they should spray the rust control product into hidden areas such as the top of the gas tank.) If they won't let you watch, take your business where the service is better.
- Keep your vehicle clean and, during the winter months, salt-free; clean the wheel wells frequently with a power washer.
- Promptly touch up door dings, scratches and rock chips, which are opportunities for rust.

More information on rust control and vehicle maintenance is available at www.krown.com or call 1-800-267-5744.



What's The Best Way To Pay For Purchases When Travelling?

(NC)—Many people enjoy discovering new places and visiting other countries. Travelling abroad may lose its charm, however, if you return home and find a lot of unexpected charges on your credit card and bank statements. Service charges and network access fees for debit cards and currency conversion and convenience fees for credit cards can add up quickly on foreign transactions. Before you leave, be sure to find out about fees and the pros and cons of various payment methods that you will be using on your trip. For more information about foreign currency conversion, network access and other fees, visit the Financial Consumer Agency of Canada (FCAC) website at fcac.gc.ca.

Potentialists Turn Travel Into Enriching Experiences

(NC)—Whether it's by backpacking through Europe, strolling the streets of Spain, cruising through the Mediterranean, or going on safari in the exotic plains of Africa, people love to travel and visit foreign destinations as a way to experience another culture.



This desire to travel is on the rise, according to a survey recently conducted by American Express Canada, which indicates that a whopping number of Canadians are looking to pack up and hit the road. This need to make more time for enriching life experiences—including travel—is of high importance for a new class of Canadians, known as “potentialists”. Potentialists are defined as people who want to make the most of their lives.

In terms of travel, this means everything from taking eco-vacations and volunteer holidays to spending vacation time learning specialized skills from local chefs or artisans.

“Travelling with this ‘potentialist’ mindset means making the most of being in another country and culture—experiencing traditions, learning languages and engaging in more immersive experiences,” said David Barnes, vice president of communications at American Express. “It’s beyond simply escaping the everyday grind of work and the responsibilities of life. It’s experiencing what the world has to offer in a meaningful way.”



Now You're Cooking

Check out page 3 for more delicious recipes



Mouthwatering Barbecue Ribs

(NC)—With the kids out of school and long weekends aplenty, Canadians are kicking back and welcoming summer by firing up the grill. And nothing says summer like ribs on the barbecue. Not a grilling guru? No problem. These quick and easy honey garlic ribs have only two ingredients and take just minutes to cook on the grill.

Sticky, sweet and packed with smoky flavours, barbecue ribs are sure to keep your family licking their fingers and asking for more.

Fall-off-the-bone honey garlic ribs

2lbs pork back ribs; cut into 4 sections

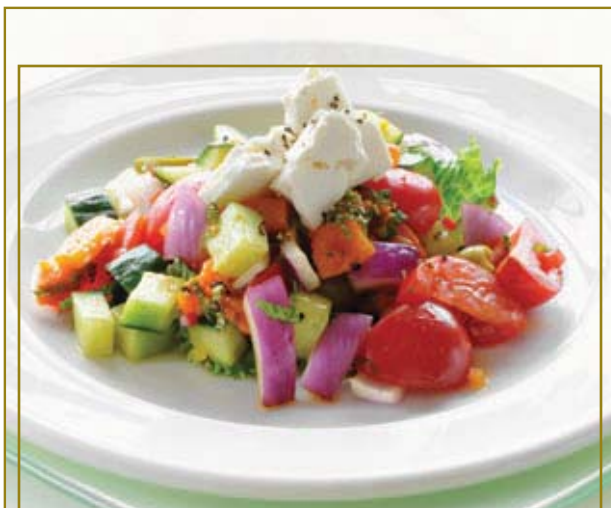
1 jar Honey Garlic Cooking Sauce

PAM Grilling Spray

Directions:

1. Boil ribs for at least 15 min or up to 60 min. Drain.
2. Spray grill with grilling spray. Preheat to medium.
3. Boil Honey Garlic Cooking Sauce for 3-5 min. Add ribs, stir and boil for 3 min.
4. Grill ribs for 3-4 min per side, brushing with sauce. Spray grilling spray on tongs and remove from BBQ.

Serves: 4



Greek Summer Salad

Ingredients

6 tbsp. (90 ml) extra virgin olive oil

3 tbsp. (45 ml) red wine vinegar

2 tbsp. (30 g) fresh oregano, minced

¼ tsp. (2 g) dried oregano

1 ½ tsp. (23 ml) lemon juice

1 garlic clove

½ tsp. (3 g) salt

Pinch of black pepper

½ cup (125 g) red onion, sliced

1 greenhouse cucumber, peeled and sliced ¼ inch thick

2 romaine lettuce hearts, torn into bite size pieces

2 cups (500 g) greenhouse cocktail tomatoes, halved

1 greenhouse red pepper, roasted, peeled, seeded and cut into ½ inch wide strips*

¼ cup (63 ml) vegetable oil

¼ cup (63 g) fresh mint, minced

¾ cup (189 g) kalamata olives, pitted

5 oz. (142 g) feta cheese, crumbled

Method

1. Whisk the first 8 ingredients together in a bowl large enough to hold the entire salad.
2. Add the onion and greenhouse cucumber, then marinate for 20 minutes.
3. Add the romaine lettuce hearts, greenhouse peppers, tomatoes and mint to the bowl and toss.
4. Arrange the salad on a platter or divide evenly on serving plates.
5. Sprinkle with kalamata olives and feta cheese.

Serves 4



Key Lime Pie

(NC)—If there's one dessert that says "summertime," it's key lime pie – sweet yet tart and completely refreshing, it's a perfect way to top off a barbecue or to complement a glass of iced tea on a hot day. For this recipe look for key limes at the grocery store, which are smaller than regular limes. You can substitute with regular limes if key limes are not available. More summer pie recipes are available online at www.tenderflake.ca.

Preparation time: 30-45 minutes.

Serves: 6

Ingredients:

1 Tenderflake frozen pie shell (300 mL)

1 can sweetened condensed milk

4 egg yolks, beaten

½ cup (125 mL) fresh lime juice (6 limes)

Whipped cream

Directions:

1. Preheat oven to 400°F (200°C) and prepare the pie shell according to package directions for a baked pie shell. Remove from oven and set aside to cool.
2. Lower oven temperature to 350°F (180°C).
3. Whisk together sweetened condensed milk, egg yolks and lime juice in a medium bowl until well combined.
4. Pour lime filling into baked pie crust.
5. Place pie on baking sheet and bake for 15 minutes. Remove from oven and cool completely at room temperature.
6. Serve with whipped cream.

In the **WORLD** We Live

GETTING SMARTER ABOUT WATER: IF WE DON'T, IT COULD BE A THIRSTY FUTURE

Victoria Zigelman

(NC)—Water flows through everything – from the earth, to the global economy, to our bodies. Yet many people take it for granted, causing real problems today and real threats for tomorrow.

Consider these facts

- Municipalities lose up to 50 per cent of their water supply through leaky infrastructure.
- The United Nations predicts nearly half the world's population will experience critical water shortages by 2080.
- Only two per cent of the earth's water supply is usable today, and human demand is expected to increase six fold in the next 50 years.
- The Athabasca Glacier, one of Canada's key water sources for farming and irrigation, has receded more than 1.5 km in the past 125 years and lost over half its volume.

Already, today, one in five people lack access to safe drinking water, and water distribution systems tend to be overburdened, and often underfunded. Water infrastructure is three times more expensive to build and maintain than electricity

infrastructure, but because much of it is underground, out of sight, we rarely think about it until there is a crisis.

In the future

One technology company, IBM, is suggesting governments need to be smarter about how they manage this vital resource. For example, cities may install smarter water systems that can reduce wasted water from leaky pipes by up to 50 per cent. Cities could also adopt advanced water purification technologies to recycle and reuse water locally, reducing energy used to transport water by up to 20 per cent.

No more leaks

Borrowing leak detection and auto repair technology from the oil and gas industry will make finding and fixing leaks easier and more efficient, before the water pours wastefully into the streets. The installation of new technology will ultimately help to reduce the cost of retrofitting ageing water infrastructure and lessen the waste.

Smarter water

By being smarter about planning and using technology, we can create a water infrastructure to

protect and preserve the earth's most valuable and needed resource.

More information about smarter water is available online at www.asmarterplanet.com



Watermelon Sunburn Cure

(NC)—We all know to use sunscreen, but when overexposure to the sun leaves skin red, swollen and painful, watermelon can come to the rescue. Naturally moisturizing watermelon is combined with soothing cucumber to provide much needed relief for sensitive sunburned skin.

1 cup (250mL) cubed watermelon flesh

1 cup (250mL) slices cucumber

In a food processor or blender, mix ingredients together until combined.

Application:

1. Spoon ¼ of mixture into a cheese cloth or tea towel.
2. Fold cloth or towel over mixture, squeeze gently to allow moisture to soak through.

3. Place the moist cloth on affected areas for 20 minutes.

4. Rinse off with cool water.

Source: Mareena Ostrovsky, Ici Paris Skin Care Clinic for www.watermelon.org.



THINGS SEEN ON T-SHIRTS

**We Got Rid Of The Kids...
The Cat Was Allergic**

**I'm Still Hot – It Just
Comes In Flashes**

**I Used To Have A Handle
On Life, But It Broke**

**Earth Is The Insane Asylum
For The Universe**

**Madness Takes Its Toll – Please
Have Exact Change**

Tips and Trends

Clumsy, Forgetful Students Get Handset Protection

(NC)—A recent Ipos-Reid study found that across the country, Canadians have trouble holding onto their devices, and as many as 12% of Canadians reported leaving a device behind when exiting taxis or buses and subway cars.

Music to the ears of students and their parents – and to any owner of a mobile device – is now the Rogers Handset Protection Guarantee. Considering one in four Canadians have at one time had their mobile device lost, stolen or broken, students can rest assured knowing they are protected. If you're a Rogers subscriber with a lost, stolen, or broken wireless handset, here's the scoop:

If your device is lost or stolen, the company is offering eligible customers the option of a free device or discount toward the purchase of a new or refurbished replacement. If your device is broken, you may choose a free or discounted replacement, or get it repaired at a subsidized cost. More information and terms and conditions are available on line at www.rogers.com/protection.



INTERESTING QUESTIONS

Is it true that cannibals don't eat clowns because they taste funny?

What was the best thing before sliced bread?

Who's cruel idea was it for the word "lisp" to have an "s" in it?

If the "blackbox" flight recorder isn't damaged in a plane crash, why isn't the whole plane made of that stuff?

If a turtle doesn't have a shell, is he homeless or naked?

Green Tips For Your Dog And Cat

(NC)—This summer, as you dust off your dog's leash or cat's harness, consider how you can preserve the environment that you and your pet love so much. Purina's Paws for the Planet initiative shares green tips with pet lovers to reduce their impact on the environment at www.PawsForThePlanet.ca, and supports Evergreen, a national charity dedicated to making cities more livable by enhancing and restoring dynamic outdoor spaces.

Here are pet friendly green tips from Purina's Paws for the Planet, to inspire pet lovers to make their own pledges for the environment.

Green Tips for your dog:

- Explore the neighbourhood with your dog on foot. By minimizing driving, you can reduce your carbon footprint.
- Always leash your dog in forests, wildlife areas and wetlands to minimize their impact on plantlife and wildlife.
- Use eco-friendly biodegradable dog waste bags since plastic bags can take decades to decompose.
- Make sure you always pick up your pet's waste to reduce pollution and contamination of waterways.



Green Tips for your cat:

- Avoid using bleach when cleaning cat litter boxes. Give them a good scrub using hot water and vinegar.
- By placing a bell on your cat's collar, birds and other wildlife will be alerted.
- Grow your own organic catnip. Your cat will thank you.
- Buy non-toxic recyclable toys and accessories for your pet – they're good for the environment and easy on your pet's digestive system.

PUZZLE SOLUTIONS

CROSSWORD ANSWER

1	L	I	T	E	R	6	S	E	P	A	L	11	A	12	L	13		
14	A	O	R	T	A	15	O	R	A	T	E	16	M	A	L			
17	S	W	E	E	T	18	A	L	L	O	T	19	T	I	N	G		
20	T	A	B		21	T	A	K	E		23	T	O	S	C	A		
				24	U	S	E	R	S		26	O	V	E	R	S	E	E
28	P	A	C	K	E	T		30	E	V	E	R	T					
31	E	T	H	A	N		32	P	A	I	N	S		33	S	O	P	
36	S	T	E	T		37	V	A	R	N	A		38	C	U	B	A	
39	O	N	T		40	S	A	B	L	E		41	T	U	N	I	C	
					42	F	A	I	L	S		43	C	O	R	N	E	A
44	M	O	R	E	L	L	O		47	M	A	N	L	Y				
48	A	B	O	U	T			49	A	O	N	E		50	S	I	B	
53	R	E	A	D	I	N	E	S	S		56	T	R	I	C	E		
58	E	S	S		59	S	E	N	S	E		60	T	I	D	E	S	
61	S	E	T		62	H	A	S	T	Y		63	E	G	G	E	S	T

SUDOKU ANSWER

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

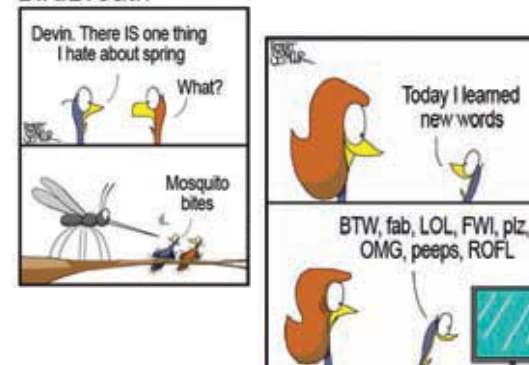
WUZZLE ANSWER

1. Keeping You Out of Trouble
2. Foreign Movie
3. A Little Rough Around the Edges
4. Too Little, Too Late
5. Double Your Money Back
6. Start of Something Big

MAD GABS ANSWER

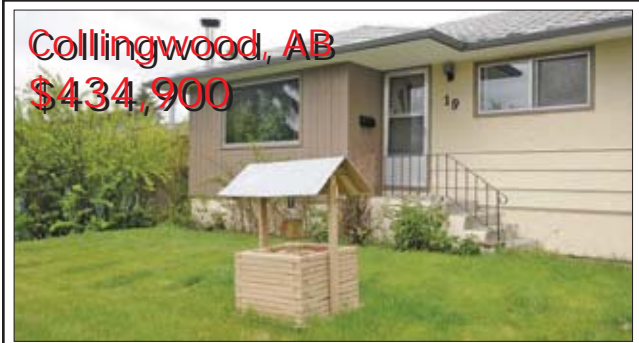
1. A Microscope
2. A Money Back Guarantee
3. A Mother and Child
4. A Mosquito Bite
5. A Movie Review

BirdBreath



OUT-OF-TOWN PROPERTIES

For Information On Any Of These Listings Or Other Properties In These Areas Please Call 1-800-330-5709



Collingwood, AB
\$434,900

FANTASTIC location on Quiet Close with CITY VIEWS! REFINISHED HARDWOOD Floors, TILE Flooring in the Kitchen, Bathroom & Entrances, Kitchen BACKSPLASH, PED-ESTAL SINK in the Bathroom, Wide BASEBOARDS on the Main Floor and Basement Walls Drywalled. 14' x 30' Tandem Double Garage PLUS RV Parking! SUNNY Northwest Backyard is Fully Fenced. Minutes to 16th Ave., John Laurie Blvd., Transportation, Shopping and Downtown!



Clarington, ON
\$255,000

\$1060 monthly OAC. Detached 2 storey. Family sized eat in kitchen with w/o to yard. 3 bdrms. Within minutes of school, park & shopping. Call 905-743-5668 ID#2182. Available 24hrs a day.



Kingston, ON
\$284,900

Lovely family home in Greenwood Park, 3+1 bdrms, 3 baths, generous use of hardwood and ceramic, high vaulted in living/ding/kitchen, lg eat-in kitchen, lower lvl w/lg open concept rec room, bedroom, and bathroom professionally decorated, c/ari, deck, fenced yard, inside entry to garage.



Innisfail, AB
\$349,900

Bright Sunny Apartment In A Quiet Well Maintained Complex. Lake Wabukayne, Walking Trails, Ravines. Beautiful Treed Parks. Schools, Bus Stops, Shopping and Rec Centre Just A Short Walk Away. Lg Family Sized Dining Rm, Huge Living Rm W/Walk-out To 20ft+1Plus Balconey With Great View. Freshly Painted Cabinets & Bdrm. 2 Owned U/G Parking Spot. This Is A Great Location & Easy Access To Hwys.



Pugwash, NS
\$369,000

MLS#25122950 Stunning cottage or house with guest quarters. Features 3BR, a terrace off the MBR, an open concept main floor, walk-in closets, whirlpool tub, maple kitchen cupboards, large 10x12 covered verandah, 8x12 mini barn, and large windows to enjoy the million-dollar view.



Bowden, AB
\$269,900

FORECLOSURE. 1240 sqft bungalow, vaulted ceilings, 4 bdrms, large garage, central air and a generator.



Oshawa, ON
\$525,000

Executive 2 storey home. Large family sized eat in kitchen. Main floor family room. Hardwood through-out. 5 bdrms/4 bath. Call 905-743-5668 ID#2192. Available 24hrs a day.



Macewan Glen, AB
\$499,000

Unsurpassed location backing onto RAVINE and facing NOSE HILL PARK. HARDWOOD throughout the top 3 levels and stairs plus CORK flooring on the 4th level. Kitchen makeover includes striking refinished cabinets, new sink, countertops and backsplash. Large windows and skylights provide great light. 3rd Level WALKOUT onto zero maintenance, two-tiered deck with sunken HOT TUB. 4th level includes bright Rec Room and 4th Bedroom/Hobby Room. Plenty of storage inside and out. Move in and enjoy - all new flooring, fixtures, trim, baseboards and several new Low E windows! FANTASTIC Home, FANTASTIC Location!!!



Pugwash, NS
\$198,000

MLS#25157660 Lovely turn-of-the-century Victorian home currently a B&B with licensed dining area. It is fully equipped and with a long standing good reputation. This is a healthy business in a warm community that serves tourism and locals alike.



Kingston, ON
\$459,900

Very impressive, 5 + 2 bdrm family home, all hardwood, 3 1/2 baths, C/A, C/VAC, open concept eat-in kitchen and many upgrades. Lg. rear yard w/ dbl gates, LWR LVL w/2 bdrms, bath and lg. games room, gas fireplace and jacuzzi. A beautiful family home in highly sought after Greenwood Park, close to CFB, city, schools, parks, golf, Marina and Shopping.



Hidden Valley, AB
\$339,900

Huge, almost pie-shaped, lot! Spacious kitchen with skylight, S/S stove & dishwasher. Vaulted ceiling in the living room, 3 bedrooms up, jetted tub in main bathroom and developed 3rd level walkout with corner fireplace! Hardwood floors in livingroom, kitchen, dining area, all bedrooms and 3rd level family room! Upgraded railing and light fixtures. 4th level has been started with 2nd full bathroom and framed in for bedroom.



Woodstock, NB

Possibilities? - Endless. This (1870's) Victorian is commercially zoned and in a supreme location.

FOR INFORMATION ON ANY OF THESE LISTINGS OR OTHER PROPERTIES IN THESE AREAS PLEASE CALL 1-800-330-5709

Your Neighbourhood Website - Use It, Add To It - Help It Grow!

auburnbaylifestyles.com
copperfieldconnect.com

mahoganyhighlights.com
mckenziatowneneighbours.com

Housing Stats

April 24, 2010 to June 16, 2010
(Single Family)

	Units Sold	Average List Price	Average Sale Price	Average Size	Average Days On Market
Auburn Bay	15	\$550,072	\$535,260	2026	53
Copperfield	24	\$409,824	\$402,529	1742	44
Cranston	37	\$425,789	\$419,105	1723	48
Mahogany	4	\$476,150	\$476,418	2246	32
McKenzie Lake	29	\$575,634	\$560,821	1853	47
McKenzie Towne	47	\$398,925	\$391,244	1527	33
New Brighton	19	\$411,116	\$402,911	1741	34

(Condos)

	Units Sold	Average List Price	Average Sale Price	Average Size	Average Days On Market
Auburn Bay	1	\$274,988	\$265,000	1240	40
Copperfield	6	\$280,364	\$275,250	1152	43
Cranston	2	\$264,950	\$261,250	1068	26
McKenzie Lake	9	\$275,000	\$269,389	1293	22
McKenzie Towne	31	\$276,384	\$269,350	1134	44
New Brighton	3	\$292,600	\$287,512	1183	82

- REALTOR since 1992
- Higher Education & Networking: (Beyond Average Agent Requirements)
- FRI - Fellow of the Real Estate Institute - REIC's longest standing designation
- CRES - Certified Real Estate Specialist
- CCS - Certified Condominium Specialist
- ABR - Accredited Buyer's Representative
- Associate Broker with Maxwell Canyon Creek
- Member of the Canadian Employee Relocation Council (CERC)
Relocated Clients in Association With:
 - * Weichert Relocation (Calgary)
 - * The Relocation Centre (Milwaukee)
 - * Mobility Services International (Maryland)
 - * Bristol Global Mobility (Phoenix)
 - * Passages Relocations (Toronto)



Cheryl King
Associate Broker, Realtor



Maxwell is a Proud Sponsor of Kid's Help Phone Line



- A Portion of
All My Sales Go
to Kid's Help
Phone Line



Contact: Susan Tunstall
Contact Number: 403-277-9527
Email: consultant@fashionhasnoborders.com
WebSite: <http://www.fashionhasnoborders.com/>
This exciting program was designed to build confidence and self-esteem in our campers as they approach and go through the teen years. If you are looking for a program that covers complete personal development, this is the camp for you. Campers receive a thorough introduction to the world of fashion, style, personal grooming and modern manners. Campers are grouped according to age (11-13 and 14-18) within the program. All instruction is age-appropriate with specific attention being given to help each camper identify her own personal sense of style.

Bands of Calgary - Parent Information Meetings
Location: Cardel Theatre 180 Quarry Park Blvd SE
When: Monday, August 30, 2010 at 7:00 pm - 8:30 pm
Contact: Band Office
Email: infor@roundupband.org
WebSite: www.roundupband.org
If you have a son or daughter interested in joining the Calgary Round-Up Band or Calgary Stetson Show Band for the 2010 - 2011 season we encourage you to attend an information meeting to learn more about programs and their benefit to your child!

Calgary Community Calendar

Homerun Cruze For Kids

Location: Ranchmans on 4th
When: Saturday, July 10, 2010 at 9:00 am
Contact: Jennifer
Email: jennifer@gobrightblue.com
WebSite: www.homeruncruzeforkids.com
Homerun International is hosting a fantastic Stampede Party great for the whole family: Stampede Breakfast at the Homerun HQ (4715, 13th St NE). Bring the kids and enjoy a classic Stampede breakfast in Style!
Motorcycle Poker Run through beautiful Kananaskis Country! Gather your riding buddies and join us for a great afternoon ride. Anyone with Motorcycles can join us for the poker run, fully of exciting contests and prizes.
Then the PARTY! The day wraps up with a rip roaring fun time at Ranchmans on 4th for a Stampede party complete with a live band, DJ, Chicken and Rib dinner, silent auction, loads of prizes and much more! The party starts at 6:00 pm, so skip the other party line ups down town and sign up today!
Tickets are only \$75, space is limited and they are going fast! Go online and Reserve your spot now!
www.homeruncruzeforkids.com.
This is a charity event. All the proceeds go to the Cops For Kids Program, a local crime prevention program that focuses on teens and helps them make better choices for their lives. They are the recipients of the 2010 Solicitor Generals Award for Crime Prevention and we are very excited to support such a great cause.

Fiestaval Latin Festival

Location: Calgary Olympic Plaza
When: Saturday, July 24, 2010 to Tuesday, July 27, 2010 at 12:00 pm.
Contact: Christian Greiffenstein

Contact Number: 403-880-1562
Email: christian@fiestaval.ca
WebSite: www.fiestaval.com

Fiestaval is a 2-day free multicultural arts and entertainment festival highlighting the Latin American Culture. It is an opportunity to support Calgary's Latin community while encouraging multiculturalism among all Calgarians. Central to its distinction is that Fiestaval is a free, family-oriented alternative for celebrating multicultural arts and entertainment in Calgary.

Mr. Lube 2nd Annual Tournament For Life

Location: Sirocco Golf Club
When: Thursday, July 29, 2010 at 1:00 pm
Contact: Aaron Adams
Contact Number: 403-243-7800 Ext. 503
Email: adamsa@prairielube.ca
WebSite: www.mrlube-charity-golf.org
Mr. Lube is hosting the 2nd Annual "Tournament For Life" In Support of Prostate Cancer Research on Thursday, July 29, 2010 at the Sirocco Golf Club. The purpose of the tournament is to raise awareness and funds for the Calgary Health Trust and Prostate Cancer Research Fund. Registrants and guests of this event will enjoy a great afternoon of golf, lunch, dinner, prizes and silent and live auction items.
\$200.00/player or 775.00/foursome

FHNB Fashion Camp Calgary

Location: Olds College Calgary Campus
When: Monday, August 2, 2010 to Saturday, August 28, 2010
at 8:30 am - 3:30 pm.



Cheryl KING



Maxwell Canyon Creek 403-278-8899

Cheryl KING

