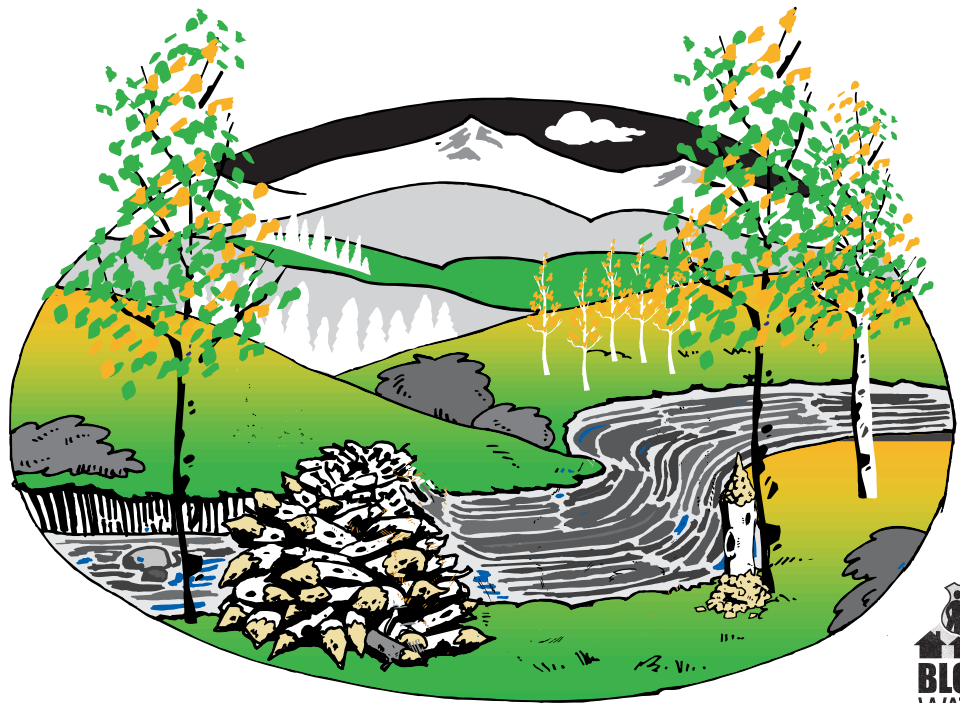


November 2012



Deer Ridge

Review



Deer Ridge Community Association Newsletter

Box 43052, Calgary, Alberta T2J 7A7 – Website: www.drca.ab.ca

OUR VISION

We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION

To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.

NEXT ISSUE: DECEMBER 2012

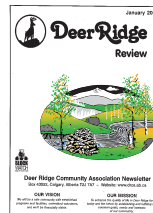
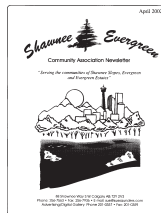
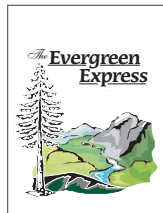
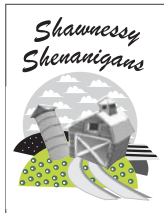
TARGET YOUR MARKET

If you are reading this, so are your
potential customers!



TAKE THE FIRST STEP!
Call Digital Gallery: 403-201-0357
E-mail: digitalgallery@shaw.ca
Deadline for the next issue: November 6

Our Publications:





**Deer Ridge Community Association
Board of Directors & Community Contacts
Box 43052, Calgary, AB T2J 7A7**

EXECUTIVE

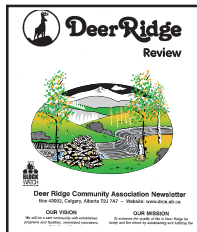
| | | |
|--------------------------|-----------------------|--------------|
| President | Bob Hall | 403.278.6817 |
| Past President | Karen Stevenson | 403.278.3353 |
| 1st Vice President | Larry Lemieux | 403.278.2199 |
| 2nd Vice President | Gordon Miller | 403.278.3353 |
| Treasurer | Laura Rivero | |
| Secretary | Barb Chapin | ----- |

DIRECTORS AT LARGE

| | | |
|---------------------------------------|---------------------|--------------|
| Director at Large | Roy Franco | 403.278.1187 |
| Director at Large | Barb Chapin | ----- |
| Director of Facilities | Gordon Miller | 403.278-3353 |
| Director of Casino Coordination | Laura Rivero | ----- |
| Director Membership | Bob Hall | 403.278.6817 |

COMMUNITY COORDINATORS

| | | |
|--------------------------------|-----------------------|--------------|
| Block Watch | VACANT | |
| Casino Coordinator | Bob Hall | 403.278.6817 |
| Ice Rink Coordinator | Gordon Miller | 403.278.3353 |
| Newletter Advertising | Digital Gallery | 403.201.0357 |
| Tennis Court Coordinator | Larry Lemieux | 403.278.2199 |
| Trico Representative | Bob Hall | 403.278.6817 |



The Deer Ridge Review—Your Community Link!

The Deer Ridge Review is published 11 times a year by the Deer Ridge Community Association and Digital Gallery. Circulation: 1800. The newsletter is delivered usually the first week of the month. **Deadline** for articles, classified ads, and display ads is 5:00 p.m. the **fifth day of the month** for the next month's issue. Please call early to ensure best location! **All display ads** within the Deer Ridge Review are done through **Digital Gallery**. To set up your ad, please call: **403.201.0357**, fax: **403.201.0359**, or e-mail to: **digitalgallery@shaw.ca**.

Every effort is made to ensure the information contained in this newsletter is current and correct, however, neither the Deer Ridge Community Association nor the Deer Ridge Review is responsible for any errors or omissions contained herein. The opinions expressed within these articles, reports or submissions reflect those of the author and should not be considered to reflect those of the Deer Ridge Community Association.

Deer Ridge



We hope that everyone had a wonderful Thanksgiving and safe and happy Halloween.

By the end of October, all of the residence of Deer Ridge should have received the membership renewal letter in their mailbox. If you have not had a chance to read it or did not see the renewal form and the pre- addressed envelope, you will find another inserted in this edition of the Deer Ridge Review. We need your support in Deer Ridge and your community membership helps with that support. The membership fee is still \$ 15.00 per household and you can mail in your membership using the membership form and envelope within this edition of the Deer Ridge Review. Your membership fees help the Deer Ridge C.A. support the maintenance on the tennis courts and the ice rinks as well as provide financial support for such events as the winter skating party, Movie in the Park and the many other events put on by the Deer Ridge Community Association. Since the Deer Ridge Community Association is a volunteer association, all of the funds are used directly for each event and in the maintenance of our facilities.

Please start or renew your membership today!

We are beginning to plan for 2013 and we are always looking for new event ideas and volunteers to help achieve these successful events. We have rescheduled the "Yellow Slide Park" Playscape replacement until the spring of 2013. We will be contacting all of the volunteers who signed up for helping out with the playscape assembly by March 2013. We are also looking at presenting Two "Movie in the Park" dates in 2013.

The Community Garden will be in place by the spring of 2013. If you would like some more information or are interested in a Garden Plot, please contact any one of the Deer Ridge

Community Association directors and get your selection in early. The Garden Plots are first come, first serve.

We need volunteers again for helping with the ice rinks this winter. If you are interested in helping with the ice, please contact Gord Miller, Bob Hall or advise any one of the Deer Ridge Community Association Board members. The time investment can be as little as a few hours a month.

Again, if you have ever thought of volunteering within the community, we are always looking for volunteers to initiate, plan or just help out with our community projects and events. Please contact anyone of the Deer Ridge Board Members for information.

Again thank you for your support and please renew your Deer Ridge Membership for 2012-2013.

See you around the neighborhood.

Bob Hall
President
Deer Ridge Community Association.



You Are Invited!



Do you have **NEW IDEAS? SUGGESTIONS** for your community? Would you like to see **MORE sponsored children, adults, and/or family programs?** Come to our monthly meetings and share your ideas with us! Our monthly meetings are held the **THIRD** Tuesday of the month. Time: 7:30 p.m. For more information, please **call 403.278.6817**

Deer Ridge and Queensland Community

Children's Christmas Party

• SANTA • GAMES • FUN • REFRESHMENTS

Saturday, December 15

Time 1:00 - 4:00 p.m.

Location: QCA Hall

For children under 12

FREE to members

\$2.00 for non members

**ONLY TICKET HOLDERS
WILL BE ADMITTED**

so be sure to see Linda at the
Queensland Hall soon to get your
tickets as the attendance is limited to
100 children.



***We ask that each family attending bring a plate of cookies or squares. Donations will be accepted for the Calgary Food Bank. If you are able to volunteer, please call 278-3366.**



"Dance will shape you and rock you to the core."

- Cheryl Burke.
Two-time Champion Dancing with the Stars

ONE MONTH FREE (Some restrictions may apply)

- Queensland Community – Monday/Wednesday: 6:30 p.m.
- Canadian Legion (9202 Horton Rd SW) – Saturday: 8:45 a.m.

Call Patsy (403)225.4410 or ptjazz@telus.net

Wear comfortable clothing that does not restrict your movements and allows for sweat evaporation.
Also be sure to bring a water bottle and towel. To view basic movements performed in class, go to
jazzercise.com

jazzercise

Jazzercise.com® (800)FIT-IS-IT

Community & Neighbourhood Services – Children, Youth and Seniors Fall 2012 Programs

KIDS PROGRAMS AGES 6-12

BANNISTER KIDS

Explore the amazing world of afterschool recreation! Recreation programs focus on FUN and engaging programming through fun games and activities that foster friendship, leadership and creativity.

COST: Free **AGES:** 6 – 12

DAY: Every Monday September 24th – December 3rd from 4:00 – 5:30 p.m.

LOCATION: Bannister PATCH Office (18 Bannister Manor S.E.)

DEER RIDGE KIDS

Explore the amazing world of afterschool recreation! Recreation programs focus on FUN and engaging programming through fun games and activities that foster friendship, leadership and creativity.

COST: Free **AGES:** 6 – 12

DAY: Every Wednesday September 26th – December 5th from 4:00 – 5:30 p.m.

LOCATION: Deer Park United Church (77 Deerpoint Rd. S.E.)

WOODRIDGE KIDS

Explore the amazing world of afterschool recreation! Recreation programs focus on FUN and engaging programming through fun games and activities that foster friendship, leadership and creativity.

COST: Free **AGES:** 6 – 12

DAY: Every Thursday September 27th – December 6th from 4:00 – 5:30 p.m.

LOCATION: Woodridge PATCH Office (249 Woodridge Dr. S.W.)

MCKENNA KIDS

Explore the amazing world of afterschool recreation! Recreation programs focus on FUN and engaging programming through fun games and activities that foster friendship, leadership and creativity.

COST: Free **AGES:** 6 – 12

DAY: Every Thursday September 27th – December 6th from 4:00 – 6:00 p.m.

LOCATION: McKenna Resource Centre (229 McKenna Lane S.E.)

YOUTH PROGRAMS AGES 12-17

DEER RIDGE YOUTH

This is a FREE drop-in program for youth where they get to help decide what the program will look like. It is an

opportunity to meet other youth in your area and to gain valuable mentorship skills and experiences while you help to lead the Children's program for the first half an hour!

COST: Free **AGES:** 12 – 17

DAY: Every Wednesday September 26th – December 5th from 5:00 – 6:30 p.m.

LOCATION: Deer Park United Church (77 Deerpoint Rd. S.E.)

WOODRIDGE YOUTH

This is a FREE drop-in program for youth where they get to help decide what the program will look like. It is an opportunity to meet other youth in your area and to gain valuable mentorship skills and experiences while you help to lead the Children's program for the first half an hour!

COST: Free **AGES:** 6 – 12

DAY: Every Thursday September 27th – December 6th from 5:00 – 6:30 p.m.

LOCATION: Woodridge PATCH Office (249 Woodridge Dr. S.W.)

MIDPARK YOUTH

This is a FREE drop-in program for youth where they get to help decide what the program will look like. It is an opportunity to meet other youth in your area!

COST: Free **AGES:** 12 – 17

DAY: Every Wednesday September 19th – December 5th from 4:00 – 6:00 p.m.

LOCATION: Midpark Christian Assembly (260 Midpark Blvd. S.E.)

MCKENZIE LAKE YOUTH

This is a FREE drop-in program for youth where they get to help decide what the program will look like. It is an opportunity to meet other youth in your area!

COST: Free **AGES:** 12 – 17

DAY: Every Thursday September 20th – December 13th from 4:30 – 7:30 p.m.

LOCATION: McKenzie Lake Community Centre (16198 McKenzie Lake Way SE)

SENIORS PROGRAM AGES 65+

UP SENIOR'S FITNESS

This is a FREE drop-in fitness and chat program for seniors. It is an opportunity to get fit and meet others in your area!

COST: Free **AGES:** 65+

DAY: Every Mondays and Wednesdays from September 17th (Monday) – December 5th (Wednesday) (Minus October 8th) from 10:30pm – 12:00 p.m.

LOCATION: Calgary Legion #285 (9202 Horton Rd. S.W.)



DEER RIDGE DOGS

Brian Muth, Owner
Deer Ridge Dogs – Dog Daycare

H: (403) 269-6107
C: (403) 969-3690
Email: Brian@DeerRidgeDogs.com
Website: www.DeerRidgeDogs.com



Giving it a whirl!

Friday Night Dance Club

Beginner classes: 7:30 – 8:15 p.m.
Social dance: 8:15 – 10 p.m.
Admission: \$9
No registration required.

- Dance partners not guaranteed.
- Light refreshments included.
- Casual dress.

Couples | Singles | Students | Seniors



*A collaboration between
 The City of Calgary
 Recreation, CNS West
 and Killarney/Glengarry
 Community Association.*

Killarney/Glengarry Community Association 2828 28th St. S.W.

2012 FALL SCHEDULE

| | |
|------------------|------------------|
| Sept. 14 | Waltz |
| Sept. 21 | Rumba |
| Oct. 5 | Foxtrot |
| Oct. 12 | Jive |
| Oct. 19 | West Coast Swing |
| Oct. 26 | Two Step |
| Nov. 2 | Cha Cha |
| Nov. 9 | Salsa |
| No class Sept 28 | |

RECREATION 2012 100 YEARS

calgary.ca | call 3-1-1

THE CITY OF CALGARY RECREATION

Onward/ By 2036, 100 per cent of Calgarians will report that they can access a range of high-quality recreational experiences.

2012-1413

Daylight Saving Time Sunday, November 4



*Daylight Saving Time will end at 2:00AM local time on NOVEMBER 4 IN 2012. When changing the time on your clocks, copiers, recording equipments, etc. **CHANGE THE BATTERIES IN YOUR SMOKE DETECTORS at the same time to keep your family safe!***

Twice a year, when Daylight Saving Time begins or ends, make it a habit to not only change your clocks, but do a few other semi-annual tasks that will improve safety in your home...

DO THESE THINGS EVERY 6 MONTHS WHEN YOU RESET YOUR CLOCKS:

Check and replace the batteries in your smoke and carbon monoxide (CO) alarms. Replace any smoke alarms older than ten years. Replace any CO alarms older than five years.

Prepare a disaster supply kit for your house (water, food, flashlights, batteries, blankets).

Once you've created your home disaster kit, use the semi-annual time change to check its contents (including testing/replacing flashlight batteries).

A COLD winter is coming! Make a "winter car-emergency kit" now and put your vehicle! (Don't know what to include? Do an Internet search for "car emergency kit" and you'll find lots of ideas!)

It's a good idea to carry a car-emergency kit in your car year-round, but be sure to add cold-weather gear to your general car-emergency kit each fall. (Having a separate duffel/gear bag clearly marked "Cold Gear" specifically for your cold weather emergency gear makes it easy to add or

take out of the car, seasonally.) Like a Boy Scout, "Be Prepared!"

In cold weather, even a very minor car problem or flat tire can be deadly serious, or at the very least, miserable to deal with, unless you're well prepared.

Check home and outbuilding storage areas for hazardous materials. Discard (properly, please) any which are outdated, no longer used, or in poor condition. Move any which are within reach of kids or pets.

Check and discard expired medications - those dates really DO have meaning - some very common over-the-counter medications can cause serious problems due to change through aging.

AfterSchool Programs City of Calgary Recreation

The City of Calgary Recreation provides Calgary AfterSchool programs at eight recreation facilities with the following specific outcomes:

- Provide positive recreation experiences
- Foster positive adult/youth relationships

Programming is developmentally appropriate. Activities may include swimming, homework, book club, sports, Wii tournaments, card and board games, photography, dance, music, and art.

Community engagement projects and leadership opportunities are encouraged in this program. Special events and special guests are included in the programming and a snack is provided daily. Check out the programs located in the South Area of the city:

ACADIA AQUATIC & FITNESS CENTRE

9009 Fairmount Dr. S.E. **COST: FREE**

Ages: 11-15 years old

Days: Tuesday, Thursday and Friday, 3-6p

Visit www.facebook.com/AfterSchoolAcadia

SOUTHLAND LEISURE CENTRE

2000 Southland Dr. S.W. **COST: FREE**

Ages: 11-15 years old

Days: Monday to Thursday, 3-6p

Visit www.facebook.com/AfterSchoolSouthland

For more information about these programs please call 3-1-1, visit the Calgary AfterSchool website at www.calgary.ca/afterschool or drop by the facility during program hours!

FREE Family Nature Ramble at Ralph Klein Park

Gather up your family for this leisurely walk in Calgary's incredible new park. Stories and activities tell the tale of how Calgary's largest constructed wetland creates wildlife habitat and protects the Bow River. Dress for the weather. Hot beverages and cookies provided. Children must be accompanied by an adult.

WHERE: Ralph Klein Park, 12350 84th street SE.

WHEN: Saturday, November 17 from 2:00 – 4:00 p.m.

Pre-registration not required; however, if you email us at RKP@Calgary.ca to let us know you're coming, we'll know how many cookies to bring!

Birthday Parties at Ralph Klein Park

12350 - 84 St. S.E. Phone: 403-476-4350

Our birthday parties promise a WILD adventure that you won't soon forget. For kids, we offer hands-on nature experiences that are entertaining and engaging, as well as creative art activities to unleash the artist within. For parents, we offer a unique and memorable birthday party experience that aligns with your environmental and educational values. You provide the cake and refreshments, we'll provide the fun! **(UP TO 35 PEOPLE)**

CURRENT PARTY THEMES INCLUDE:

MYSTERIES OF THE MARSH – Become a Certified Nature Investigator and discover animal evidence all around you. Each CNI agent will learn the tricks and tips for identifying fur, tracks, and bones, and then test their investigation skills with real animal bio-facts.

Weird and Wonderful Wetlands

Discover a world of aquatic acrobats, ferocious floaters, and tiny transformers. The underwater-water world comes to life through a hands-on pond dip and animal study, a creative art project, and fun games.

BIRD DAY PARTY – Feathers, beaks and birthday fun, what more could you ask for? Discover the amazing flying creatures through this entertaining and interactive study of features of our fine feathered friends. This program includes a dramatic dress up, craft and guided nature walk.

Includes: 1.5 hour nature program, and 1 additional hour in the room where you provide refreshments and clean up (2.5 hours total). **Offered at:** Ralph Klein Park

Program length: 1.5 hr **Fees:** \$125/ program

ANIMAL & BYLAW SERVICES

Partnering with Calgarians

www.calgary.ca/animalservices

Responsible Gifting

Do you think a family member or friend would benefit from having a cat or dog in his or her life? Before you go ahead and buy that special someone a pet, consider a gift certificate instead!

Since cats and dogs are like people in that they all have unique personalities and needs, we suggest that you purchase a gift certificate from Animal & Bylaw Services. With gift certificates, the recipients can choose a pet that they and any other members of the household feel comfortable with. They enable the beneficiaries to choose cats or dogs that will fit with their lifestyle.

Potential pet owners need to find a pet that is the right size, whose activity level and personality complements the family's and whose needs can be met in terms of time and costs.

All the cats and dogs for adoption at The City of Calgary Animal Services Centre have been vet-checked, spayed or neutered, have received their first set of vaccinations (excluding rabies), are licensed and have a microchip. Animal & Bylaw Services' gift certificates come in any denomination and can also be used for licensing fees.

If you choose to buy a gift certificate toward the purchase of a pet elsewhere, ensure that the provider is reputable and treats its animals humanely. There are many reliable rescue organisations offering cats and dogs for adoption in Calgary.

For more information on our gift certificates or adopting an animal, contact **311**, visit calgary.ca/animalservices or visit the Animal Services Centre at **2201 Portland Street S.E.**, during regular business hours.



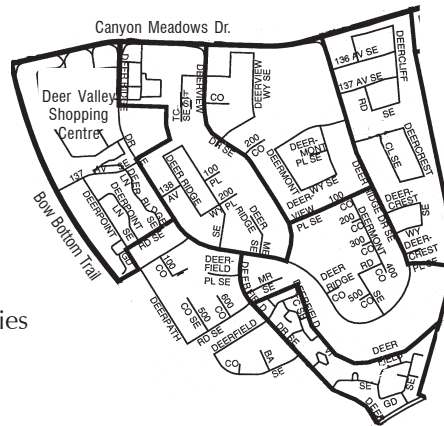


Deer Ridge Community Association Membership Renewal Form

Your membership expires August 31st. It's time to purchase or renew your membership. To support your community association, please fill out the form below and send it along with your cheque for \$15.00 made payable to the Deer Ridge Community Association. Thank you in advance for your support because without the support of the community at large we cannot operate successfully. Are you wondering if you live in Deer Ridge? If you have received this newsletter in your mailbox then you live in Deer Ridge! (see map).

WHAT DOES YOUR MEMBERSHIP PAY FOR? WHAT ARE YOUR BENEFITS?

- Community Tennis Courts
 - Children's Playground
 - Queensland Soccer
 - Two Skating Rinks
 - Community Safety/Block Watch
 - Planning & Development
 - Community Newsletter
 - Social Events
-
- Fundraising to construct, operate & support community facilities such as the Soccer Fields and Playgrounds.
 - Your Deer Ridge membership saves 20% on a membership at the Trico Centre and discounts on many programs at this great facility.
 - Your Community Association is your voice of the community to the City of Calgary on important issues.



Membership Application Form – Just fill in the form below and mail with a \$15 cheque payable to Deer Ridge Community Association and mail to: DVPO Box 43052, Calgary, AB T2J 7A7 Or give to any current Member of the DRCA Board.

| | |
|---|--------------------|
| FAMILY NAME: _____ (Surname) (Him) (Her) | |
| ADDRESS: _____ | POSTAL CODE: _____ |
| HOME PHONE: _____ | BUSINESS: _____ |
| CHILDREN - NUMBER | |
| 0-6 Years _____ 7-12 Years _____ 13-16 Years _____ 17 & Older _____ | |



Deer Ridge Community Association

Support Your Community!
Buy a Membership Today!



*Deer Ridge Community Association Memberships
can be purchased for only \$15 from the Trico
Centre.*

*Your Deer Ridge membership saves 20% on a
membership at the Trico Centre and discounts on
many programs at this great facility!*

BASEMENT WINDOWS R-US

*New or Larger Openings
Complete Installs – Year Round!*

403.201.0317

or Jerry at 403.660.0612 (Cell.)



Date: Thursday November 15th
Time: 9:15am — 10:30am
Place: The Rancho Restaurant
at the Historical Bow Valley Ranch
Fish Creek Provincial Park

Event: Open House

Join us to learn about the opportunity to
create your legacy in the Artisan Gardens and
Branded Patio; view completed artworks and
our progress to date.

Once completed the gardens will honour the
First Nations people and the history of the Fish
Creek Valley through an art gallery in nature
that will showcase 175 original works of art by
60 Canadian artists.



Please reserve your spot by email at: bowvalleyranche@gmail.com
RSVP by: Tuesday, Nov 13th. www.bowvalleyranche.com

Everyone welcome! Enjoy complimentary coffee and muffins!

PLUMBOB

For All Your Plumbing Needs



- ✓ Hot Water Tank Specialist
- ✓ Unbeatable prices!
- ✓ Free Estimates

Cell: 403.461.3490 Ph: 403.257.3465

Fish Creek Library ***11161 Bonaventure Drive SE***

FISH CREEK LIBRARY HOURS
Monday through Thursday: 10 a.m. - 9 p.m.
Sunday: 12:00 p.m. - 5 p.m.
Friday, Saturday: 10 a.m. - 5 p.m.



ONE BOOK, ONE CALGARY! This November, at the Fish Creek library, a series of programs and events will engage you in exploring new ideas and creating stronger communities:

HAPPINESS IS A STORYTIME
Ages 2 to 5 with a parent/caregiver
Friday, Nov 02, 10:30 - 11:00 a.m.

AMAZING LANDS - AFGHANISTAN - TRAVELLING THE SILK ROAD
Wednesday, Nov 07, 7:00 - 8:30 p.m.

PARENTS AND TOTS MAKE MUSIC TOGETHER with Julie Lowry, Clear Music Therapy.
Ages 2 to 6 with a parent/caregiver
Friday, Nov 16, 10:30 - 11:30 a.m.

THE SCIENCE OF HAPPINESS AND YOU with expert Dr. Patrick Finn.
Tuesday, Nov 20, 7:00 - 8:30 p.m.

TAG! YOU'RE IT! is presented by Scrapbooker's Paradise.
Saturday, Nov 24, 12:00 - 2:00 p.m.

MUSICAL MUSES with Songwriter and Poet Cort Delano.
Monday, Nov 26, 7:00 - 9:00 p.m.

CYBERSENIORS CONNECT Learn from youth volunteers in this self-paced program about the Internet, including Facebook and YouTube, Microsoft Office, and more. Basic computer skills required. Ages 50 and up.
Saturday, Nov 03, 10:30 a.m. - 12:30 p.m.

LEGO Contest Come and see the spectacular LEGO creations that entered the contest this year and cheer for the prize winners.
Nov 10, 10:00 a.m. - 12:00 p.m.

KINDER CUTIES Join Tess Mandin of Kindermusik for a joyful and energetic half hour exploring music and movement.
Ages 2 to 3 with a parent/caregiver
Monday, Nov 12, 10:30 - 11:00 a.m.

SINGLE IN THE SUBURBS? You're welcome to join us.
Wednesday, Nov 14, 7:00 - 8:30 p.m.

LOVE AND DUTY: CANADIAN RED CROSS WOMEN IN WWII Watch an inspiring tale of the 641 women who traveled overseas to serve with the Canadian Red Cross in World War II. A short presentation will follow the film.
Wednesday, Nov 14, 7:00 - 8:30 p.m.

WHAT'S COOKIN' CLUB - LET'S TALK CUPCAKES WITH SPECIAL GUEST CRAVE CUPCAKES Try a different cookbook monthly, eat tasty treats, and come discuss all things edible! For the food-lover at heart.
Thursday, Nov 15, 2:00 - 3:30 p.m.

GAMES GALORE! - JENGA Join us for an afternoon of fun and games. Everyone welcome.
Sunday, Nov 18, 2:00 - 4:00 p.m.

EBOOK DOCTOR Drop in for one-on-one help with your eBook and E-Reader questions.
Monday, Nov 19, 7:00 - 8:30 p.m.

A valid library card is required to register for any program. For more information you can visit your local library, call **403-260-2620**, or go online at:
WWW.CALGARYPUBLICLIBRARY.COM

November is Family Violence Prevention Month

It is hard to know what to do? What happens in their relationship is their business, right? Will I be meddling if I say anything or call for help? So often the victims of domestic violence, including children, are silenced and they do need your help. You could be the person that makes the difference and stop the cycle of abuse.

This November's **FAMILY VIOLENCE PREVENTION MONTH** campaign encourages Albertans to call the Family Violence Info Line at (403) 310-1818 and help those affected by family violence. The 24-hour line is toll-free, available in 170 languages and available seven days a week.

Let's encourage a community standard in which family violence and bullying are wrong. Learn more about abuse, what can you do, warning signs, and where to get help. Information & resources can be found at **www.familyviolence.alberta.ca**

Message from Heather Forsyth – M.L.A. Calgary Fish Creek

November has arrived, and so has the fall session in the legislature. October 23 marked the first day back in the Assembly. It also meant for the first time since May, I had the opportunity to question the government directly about some of the issues brought to me by constituents of Calgary-Fish Creek.

Since my last update, I've heard from more of you concerned about the state of health care in Alberta. Weeks have passed since the expense scandal of Allaudin Merali came to light, but phone calls, emails, and letters to my office have not let up. I share your concerns about the blatant abuse of taxpayers, and the government's unwillingness to expose the full truth. Just a few weeks ago, Alberta Health Services promised to audit the expenses of all former executives, and already they have broken that commitment.

They said it would be too expensive to find out just how much money was wasted. They have complained about the cost of fulfilling Freedom of Information requests. But, unfortunately for Albertans, our government doesn't seem too concerned about the \$113,000 wasted on empty hotel rooms during the Premier's trip to the London Olympics. Or that the total cost was well over half a million dollars, when initially we were told it would be around \$80,000. So, I apologize if I am less than sympathetic when government complains about the cost of transparency.

In my last letter, I told you of the news that a recently defeated minister had taken a newly created, untendered job, with the ministry he used to run. Since then, we've heard from the Ethics Commissioner on why he didn't uphold the conflict of interest law that prevents such blatant patronage. His rationale was that the former Minister was a part of the "government family." The sense of entitlement among this government seems to know no bounds.

Closer to home, the doors to the new South Campus hospital were finally opened, sort of. A few services are now up and running but unfortunately the big ones like emergency and acute care will have to wait. Despite multiple assurances that staff would be in place, they aren't.

As the government moves forward on its proposed 140 FCC's (Family Care Clinics) it is important to note that the Auditor General pointed out the importance of evaluating the current three pilot FCC's. I have questioned the government on the cost of the FCC's and they are \$3-5



**HEATHER
FORSYTH**

M.L.A.

CALGARY FISH CREEK

Constituency Office Hours Monday to Friday 10 AM to 4 PM

- **Constituency Office 278-4444**

Bay 7, 1215 Lake Sylvan Dr. S.E. T2J3Z5

Email: calgary.fishcreek@assembly.ab.ca

Website: heatherforsyth.com

- **Legislative Office (780) 415-0058**

502A Legislature Annex

When calling Edmonton, please dial 403.310.0000 and ask for 415-0058. This is a free service.

Email: calgary.fishcreek@assembly.ab.ca

Million each. We currently have very successful PCN's (Primary Care Networks) up and running, and when asked why not strengthen and expand these I have not received an answer from the government. On your behalf I will continue to question the government on health care as you have made your priorities very clear.

There is no shortage of questions that must be asked of this government during the legislative session. As your MLA, I welcome all ideas on what you would like to see addressed. Please call, email, or write to me with your concerns. It's my job to make sure your voice is heard loud and clear in the Legislature and I'm committed to doing that.



FRENCH IMMERSION STUDENTS & PARENTS

Individual or small group tutoring for students in French Immersion & Late French Immersion Programs. Also available for parents who would like to improve their French. Located in the south.

For more information, call Madeleine at **403.212.8983**



Local Christmas Craft Fairs and Bake Sale 2012

SHAWNESSY COMMUNITY CHRISTMAS CRAFT SALE NOV 23 (3 -9 P.M.) AND NOV. 24 (10 A.M.-4 P.M.)

LOCATION: 224 Shawmeadows Road SW. For more information and to book a table, call Hannah at: newsletter@shawnessy.ca

CEDARBRAE ANNUAL CRAFT AND BAKE SALE

Fabulous Gifts, Baked Goods, Supervised Playroom, Sport Swap, Concession.

Location: Cedarbrae Community Centre

When: Saturday, November 3, 2012 at 11 AM-4 PM

Contact: Brenda, 403-251-2101

Cedarbrae Community Centre

11024 OAKFIELD DRIVE SW, Calgary, AB

LAKE BONA VISTA ANNUAL CHRISTMAS CRAFT FAIR – NOVEMBER 17 & 18

LOCATION: 1401 Acadia Drive SE

The sale is held each day from 11 a.m.-4 p.m. There is a variety of vendors each day.

CARDINAL NEWMAN CHRISTMAS CRAFT FAIR

Cardinal Newman School-16201 McKenzie Lake Blvd.

When: Saturday, November 17, 2010 at 10 a.m. - 4 p.m.

Over 100 tables of crafts.

Lunch concession and tea room.

Contact: Jill, 403-695-5740

DOUGLASDALE COMMUNITY 20TH ANNUAL CHRISTMAS CRAFT FAIR

Saturday December 1st from 9:00 till 3:00 PM

Come and join us at our craft fair located at Mosignor Smith School, 2919 Douglasdale Blvd. The scouts will be selling hotdogs and refreshments and the Girl Guides will be selling baked goods. Many talented and original crafters...sure to be a great day!!! Bold signs will be put up in Douglasdale, for two weeks prior to the Craft Fair. Posters will be distributed in many locations. Advertising in community local newspapers We will put up small poster boards in

along the boulevard in Douglasdale and in front of the school prior to the fair. Everyone involved with the show is a volunteer, your help and ideas will enhance the fair.

SCANDINAVIAN CHRISTMAS BAZAAR & BAKE SALE

Location: Scandinavian Centre 739-20th Ave NW, Calgary

When: Sunday, November 3, 2012 at 10:30 AM - 3:00 PM

WebSite: www.scancentre.ca

"Scandinavian Christmas Bazaar & Bake Sale Sunday, Nov 3, 2012 at the Scandinavian Centre 739 - 20th Ave NW, Calgary Tables showcase unique cultural items, crafts and homemade baking from the Scandinavian Countries. We welcome the public and still have a few Bazaar Tables available for vendors to rent. Come to get in some early Christmas shopping or join us downstairs for a delicious Scandinavian lunch of authentic open faced sandwiches, coffee, teas and of course a few sweets.

SPRUCE MEADOWS International CHRISTMAS MARKET presented by TELUS. TWO WEEKENDS! NOVEMBER 16- 18 AND NOVEMBER 23-25.

Six great shopping days - one great venue. Plunge into the warm atmosphere that Christmas at Spruce Meadows evokes. It's easy! You only have to visit the International Christmas Market once to discover a magical world of scents, colours and light and feel the energy associated with the anticipation of Christmas.

Enjoy 200 vendors spreading Christmas Spirit in the indoor comfort of the Spruce Meadows Marketplace, Equi-Plex and Gallery on the Green. Our outdoor courtyard also features additional vendors as well as ice carving demonstrations, fire pits to warm your toes and holiday entertainment. Joyful and lively entertainment will add to the special atmosphere at the International Christmas Market. Get into the spirit and listen to choir and instrumental performances, and view magical dance displays. Adding to the Christmas spirit are over 74 kilometres of Christmas lights strung around the grounds, creating a true wonderland.

HOURS: Friday: 10 a.m. - 8 p.m., Saturday: 10 a.m. - 7 p.m., Sunday: 10 a.m. - 5 p.m.

TICKETS: General Admission: \$10, Seniors 65+ : Free
Children (12 & under): Free

PARKING: Free

RED ARROW SHUTTLE BUS: Shuttle bus is complimentary.

Service is to and from the Somerset/Bridlewood LRT Station to Spruce Meadows. Friday: 10 a.m. - 8 p.m., Saturday: 10 a.m. - 7 p.m., Sunday: 10 a.m. - 5 p.m.

CANMORE CHRISTMAS ARTISANS MARKET 2012

Location: Canmore Collegiate High School

When: Saturday, November 24 and Sunday, November 5

Time: 10 a.m. - 4 p.m.

Location: Canmore Collegiate High School, 1800 - 8 Avenue
Join over 85 artisans and artists from the Bow Valley and surrounding areas, for the Valley's premier market of handcrafted beauty. We have just what you've been looking for, for everyone on your shopping list, including you. We'll have blown and stained glass, pottery, fine wood work and hand crafted knives. Indulge in jewellery, silks, chocolates, lotions and handmade paper. Redecorate with furniture, photography, paintings and wreaths. Snuggle up with cozy hats and fleeces and a hand bound journal, or slip on a one of a kind scarf or handbag. We've got tempting treats, gifts for the chef and the cutest things for baby.

ADMISSION IS \$2, in support of the Canmore Preschool. Kids free. A variety of savory snacks, sweet treats and hot and cold drinks will be available. **For exhibitor information** please contact Karen at kantrabus@yahoo.com

BRAGG CREEK ARTISANS CHRISTMAS SALE!
NOVEMBER 17 & 18. TIME: 10 a.m. to 5 p.m.
LOCATION: 23 WHITE AVE BRAGG

Over 65 local artists exhibiting their original fine art and unique handicrafts including pottery, jewelry, paintings, woodwork, fiber arts, country crafts and much more! Admission and parking is free and our country kitchen cafe will be serving home style lunch and snacks. We invite you to escape the hustle and bustle of the city and relax for a picturesque drive in the country. Watch for our signs as you drive a short **20 minutes west of Calgary on Hwy #8** and follow on Hwy 22 south to Bragg Creek.

FESTIVAL OF CRAFTS

WHERE: BMO Centre Stampede Park

DATES: November 29 - December 2- 5

SHOW HOURS: Thursday and Friday 10 a.m. - 9:30 p.m.

Saturday: 10 a.m. - 6 p.m. Sunday 10 a.m. - 5 p.m.

ADMISSION: \$7.00. Seniors and Youth (13-17) \$5.00. Children under 12, free. One time admission fee – pick up your free re-entry at the show! www.festivalofcrafts.ca

ART MARKET ART AND CRAFT SALE

THURSDAY, NOVEMBER 15 - SUNDAY, NOVEMBER 18.

The Art Market featuring over 200 professional artisans offering the finest in Christmas shopping and personal collecting.

HOURS: Thursday, November 15: 10 a.m. - 9 p.m.

Friday, November 16: 10 a.m. - 9 p.m.

Saturday, November 17: 10 am - 6 p.m.

Sunday, November 18: 10 am - 5 p.m.

THE ADMISSION FEE to the public is \$10.00. A \$2.00 coupon is available at: www.artmarketcraftsale.com/. A weekend pass is available at no additional cost. The Calgary Telus Convention Centre has underground parking and is on the city rapid transit line.

ABOUT PAINTING



Residential & Commercial INTERIOR PAINTING

20+ yrs. Experience



SAME DAY SERVICE
PROFESSIONAL YET REASONABLE

ALL ASPECTS OF PAINTING

- Wall Painting
- Cabinet Painting
- Drywall Repair
- Spray Painting
- Wood Staining
- Ceiling Painting

Licensed & Insured "Free Estimates & Advice"

ALL WORK FULLY GUARANTEED

2 YEAR WARRANTY

SERVING CALGARY & ALBERTA

SOUTH
252-1366



NORTH
239-9022

Our website: www.aboutpainting.ca



We Can Do It!

Gizella's Cleaning Services

- Weekly
- Bi-weekly
- Moveouts

Free Estimates

403.278-6824 • 403.809.5786

Bonded & Insured

**Weekends WERE NOT MADE
For HOUSEWORK!**

www.Gizella.ca e-mail: Gizella@shaw.ca

Message From Peter Demong Alderman Ward 14



It's November, and now I can truly confirm that my Ward 14 Communities BBQ was a huge success. September 22nd was a gorgeous, sunny, fall day. Those of us who were on our feet, moving around, can certainly attest to how warm it was. In fact, it was the first day of fall and it was a great one to start the new season off on. Congratulations to David Woo, Walt Matthies, Nicolle Tokarek, Lenore Wilson, and Joan Corcoran who were all Ward 14 Communities Prize Draw winners.

By my calculation, we had almost 1500 people attend on that beautiful day. Spirited line dancers entertained us with their performance, classic car owners came for a Show & Shine, MLAs Jeff Wilson, Rick Fraser, and the Honourable Jonathan Denis came to mingle with their constituents, and there was even an appearance by the Mayor of this amazing city. There were fourteen City of Calgary Business Units, the Calgary Public Library, the Police on horseback, in a squad car, and on motorcycles, and a HAWCS helicopter fly-by. Thank you so much to everyone who took time out of their day to attend.

All those people needed to be fed, and although I've mentioned it before, those who provided and cooked the food made such a substantial sacrifice I think they deserve a second mention. *M&M Meat Shops* - with two locations in Ward 14 (in Willow Park Village, and Deer Valley Shopping Centre) - provided delicious burgers and yummy peach juice for everyone in attendance. They did the bulk of the cooking and serving. *Cobs Bread* of Willow Park Village and *Calgary Co-op* of Deer Valley Shopping Centre donated all the fresh buns we needed, and they were delicious too. Finally, the *Safeway* (located right in the *Southcentre Mall* complex) donated a variety of beverages for everyone to enjoy. I can't thank these local businesses enough for ensuring that we were all fed!

The point of the Ward 14 Communities BBQ was to get more people aware of and involved with their local Community Associations. Each Community Association was able to give away memberships for free on the day of

the BBQ because of funds donated by generous, community-minded businesses. *Southcentre Mall* not only provided the location, but also funding. *Canyon Creek Toyota*, *Jack Carter Chevrolet Cadillac*, and *Southgate Chevrolet Buick GMC* were all major sponsors of the event. I hope you were able to meet them and have a look at their fine products. *Frontier Project Management*, *Genstar Development Company*, *Totem Building Supplies*, *Trico Homes*, and *United Communities* also stepped up as sponsors. Ward 14's Community Associations were able to increase their membership and put we put *thousands* of *NON-taxpayer* dollars to their benevolent work because of these corporate sponsors.

Again I would like to leave off by thanking the volunteers from Ward 14 Community Associations. From the management of community facilities, to the watchful eye they keep on local development, to the sense of community they provide, Community Associations deserve our thanks.

I have used a lot of ink talking about the Ward 14 Communities BBQ over the past few months. That is because I feel very strongly about the communities that make up Ward 14, but I want you to know that if there is any other issue that you would like to speak with me about, I am always here to listen. I can be contacted by phone at (403) 268-1653 or by email at eaward14@calgary.ca. For those social media users out there, I can also be contacted on www.facebook.com/PeterDemong or www.twitter.com/peterdemong.

Until next time!

ALDERMAN PETER DEMONG

Fostering safe communities...

With the onset of winter and impending snow and ice concerns, please consider the safety of older adults, those with mobility issues, parents wheeling strollers or walking with young children and our service providers.

Property owners are responsible for clearing all snow and ice from adjacent sidewalks within 24 hours of the snow being deposited. Sidewalks must be cleared down to the bare concrete. Snow from private property cannot be put onto a road or boulevard. For hard to remove ice, take a container to a fire hall or Roads depot for a sand and salt mixture. Keep extension cords and other obstructions off the sidewalk. Help to ensure everyone's safety this winter!

Thank you!

The City of Calgary Animal & Bylaw Services

Yielding to Emergency Vehicles



Time is the enemy in any emergency. You can help; EMS, police and fire get to the scene quickly and safely by following the rules of the road. It's important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

Classified Ads



**** NO PHONE-IN'S WILL BE ACCEPTED.**
CHANGES TO ADS MUST BE DONE IN WRITING/E-MAIL

COST: \$25.00 + GST

For additional lines, the fee is \$5.00 more - up to a maximum of 50 words. There is no charge for lost and found items. We will not print any ad that has not been paid for prior to the deadline. All the ads will run on a monthly basis.

The cut-off date is 5:00 p.m. of the fifth day of the month prior to the issue month. For advertising, call **Carole: 403.201.0357** or e-mail: **digitalgallery@shaw.ca**

**** NO PHONE-IN'S WILL BE ACCEPTED.**
CHANGES TO ADS MUST BE DONE IN WRITING/E-MAIL

COST: \$25.00 + GST

For additional lines, the fee is \$5.00 more - up to a maximum of 50 words. There is no charge for lost and found items. We will not print any ad that has not been paid for prior to the deadline. All the ads will run on a monthly basis.

The cut-off date is 5:00 p.m. of the fifth day of the month prior to the issue month. For advertising, call **Carole: 403.201.0357** or e-mail: **digitalgallery@shaw.ca**

PERSONAL & BUSINESS SERVICES

NURSING ATTENDANT: I am available for minimum 3 hour shifts @ \$20/hr.; also up to 5 days/week live-in or 7 days/week vacation accompaniment @ \$200/day; also 24-hr care @ \$300/day. 15 yrs full-time experience. Resume & excellent references available. Arlene 403-278-6880.

IS CHILD CARE IMPORTANT TO YOU? Mature, reliable mom will provide quality care for your child or children in your home (full or part time). References upon request. Call Bonnie at 254-5833. from grade 1 to grade 9.

FINANCIAL INDEPENDENCE, specializing in Insured Retirement Plans, and financial evaluations to make sure you are on track towards your retirement goals. For a **FREE** personal financial review call Paula Kendrick at 403.254.4484. Do yourself a favour, and own your own Mortgage Insurance, instead of the bank, for the same or **LESS** cost, with more options for your loved ones.

TOPS; Take off pounds sensibly is a nonprofit weight control support group with weekly meetings in or near your community. You may attend a meeting free of charge. For more information call Sandra at 932-4662 or phone 1-800-932-8677. Look for TOPS on the internet at **www.tops.org**.

WATKINS HOUSEHOLD PRODUCTS – Money-back guarantee on all 400 quality products; spices, extracts, cleaners & personal care. Call 873-1102 or email: **smj33@telus.net**

Stan & Joan – Independent Associates 36268

SERVICES FOR YOUR HOME/HANDYMAN

ALL TYPES OF DRYWALL: Boarding, taping and texturing. Licensed and insured. **COMPLETE BASEMENT DEVELOPMENTS.** References. Call Austin Construction at 403.852.2785.

TUTORS, CLASSES & LESSONS

FREE ESL CLASSES – The Church of Jesus Christ of Latter-Day Saints is offering free ESL classes on Wednesday evenings at 7:30pm at 10923 24th St SW and on Thursday evenings at 7:00pm at 30 Evergreen Blvd SW. All languages welcome. For more information, please contact the Mandarin Elders at 403-617-3058.



**Things Really
 Move in the Classifieds.**
To advertise, call 403.201.0357.



Buy with me ~ List for FREE!

Keep more equity by paying less commission!

☆☆☆ SELLING & BUYING PLAN ☆☆☆

If I list your home and you purchase another home with me - **NO LISTING FEE!!!**

To encourage other Realtors to bring buyers, I recommend offering a 3.5% on the 1st \$100K + 1.5% on the balance of the purchase price.

| | MY PROGRAM | | YOU CAN SAVE |
|--|-----------------|----------------------------|--------------|
| If you pay a typical 7% on the 1st \$100K + 3% on the Balance | | | |
| On the sale of a \$400,000 home | \$8,000 | Listing Realtor Fee \$0 | 100 % |
| | \$8,000 | Buying Realtor Fee \$8,000 | |
| | \$16,000 | \$8,000 | |
| On the sale of a \$500,000 home | \$9,500 | Listing Realtor Fee \$0 | 100 % |
| | \$9,500 | Buying Realtor Fee \$9,500 | |
| | \$19,000 | \$9,500 | |

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

**Some conditions apply*

☆☆☆ SELLING PLAN ☆☆☆

Listing your home only

Flat Listing Fee of \$3,000 to list your home.

| | MY PROGRAM | | YOU CAN SAVE |
|--|-----------------|-----------------------------|--------------|
| If you pay a typical 7% on the 1st \$100K + 3% on the Balance | | | |
| On the sale of a \$400,000 home | \$8,000 | Listing Realtor Fee \$3,000 | 62.5 % |
| | \$8,000 | Buying Realtor Fee \$8,000 | |
| | \$16,000 | \$11,000 | |
| On the sale of a \$500,000 home | \$9,500 | Listing Realtor Fee \$3,000 | 68.4 % |
| | \$9,500 | Buying Realtor Fee \$9,500 | |
| | \$19,000 | \$12,500 | |

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.

*My mission is to provide **exceptional service.***

*Did you know that **commissions are negotiable?***

*Ask me about my **outstanding marketing program.***

*My success is directly related to **your complete satisfaction.***



ROCK REALTY

Trust the Rock

Results
Outstanding Service
Competence
Knowledge



Barbara Chapman | Broker, Owner

rockrealty@shaw.ca

David Chapman, Realtor

403 266 9100

www.rockrealtycalgary.ca

Teeth Whitening: Which Methods Actually Work?

More and more people today are considering getting their teeth whitened to keep that youthful bright smile. Let's face it, first impressions are vastly important in this day and age. When we first meet someone, their face makes a huge impression on us. A radiant smile automatically registers feelings of trust.

But confusion can set in when you look at the toothpaste shelves in your local grocery or drug store, it seems everyone has whitening toothpaste. Add to this the huge influx of over the counter paint on gels and tape strips and you get more confused than ever.

With so many over the counter options, is it really worth the extra cost to go to a dentist for professional whitening?

The quick answer is: YES

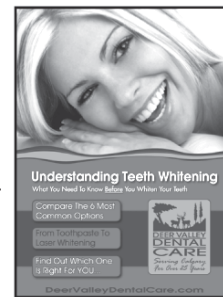
Toothpaste provides little or no whitening whatsoever and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front teeth and only if they are perfectly straight. **Strips will not whiten between teeth either**, leaving you with dark stripes that become more obvious the

whiter your teeth get. You may even end up spending more on strips than you would at the dentist for similar results because professional whitening is more than 3 times stronger.

The bottom line: For sparkling white teeth see your dentist. With options like take home trays, laser whitening and even Deep Bleaching for those with hard to whiten teeth, your dentist can ensure you get the results you want in a much shorter period of time.

Compare 8 Of The Most Common Teeth Whitening Methods To Find Out Which One Is Right For You.

Request your FREE Teeth Whitening Guide "Understanding Teeth Whitening". This guide includes an easy to read chart that compares the prices and benefits of everything from toothpaste to Deep Bleaching and even permanent whitening.



Request yours online at:
DeerValleyDentalCare.com
or call 402-271-6300.

*services provided by general dentists



DIRECT BILLING TO YOUR INSURANCE
Same day appointment available for Urgent Care

30-1221 Canyon Meadows Drive S.E.
(Deer Valley Shopping Centre)

403-271-6300

www.DeerValleyDentalCare.com

Mon - Fri: 7am - 9pm Saturday: 9am - 5pm Sunday: Noon - 4pm

Dr. Dave Robertson
Dr. Tobin Doty
Dr. Loreen Wong
Dr. Preeti Bachan
Dr. Neville Headley
Dr. George Spencer
Dr. Henry Lam
Dr. Ali-reza Givehchian
Dr. Don Robertson
Dr. Mohamed Soliman
Dr. Erin McKenzie

Come see our NEW office