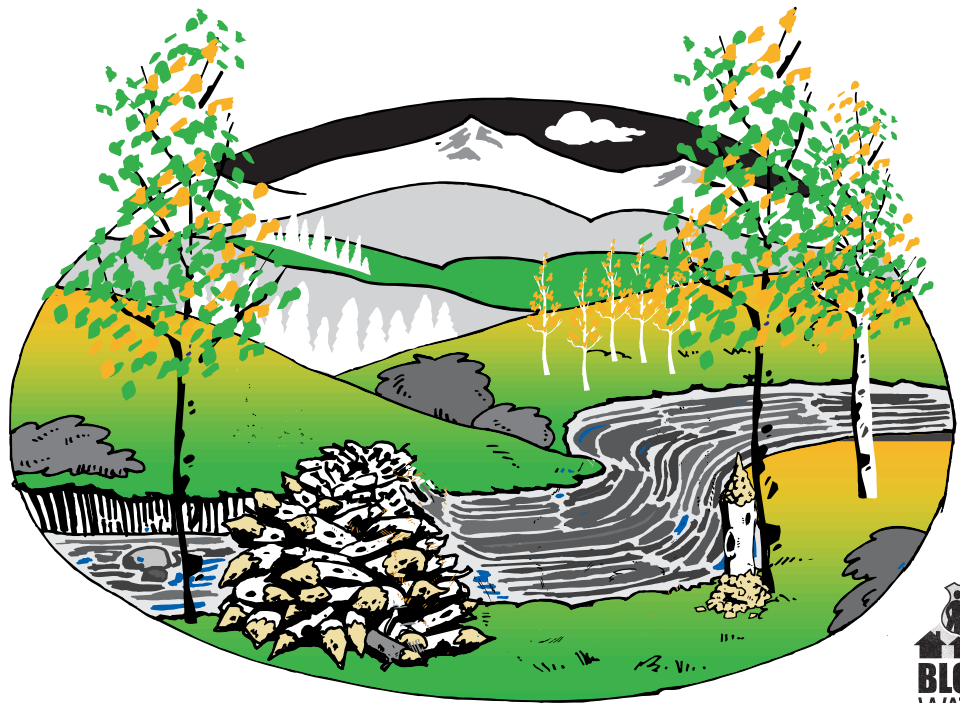


October 2012



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

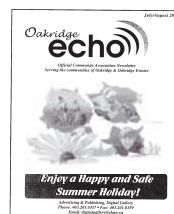
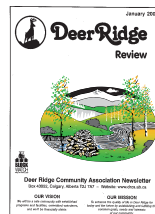
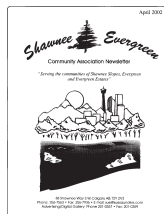
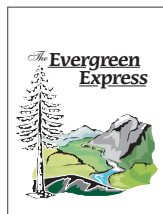
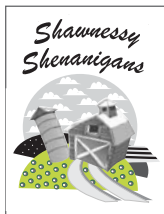
To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.

NEXT ISSUE: NOVEMBER TARGET YOUR MARKET



TAKE THE FIRST STEP!
Call Digital Gallery: 403-201-0357
E-mail: digitalgallery@shaw.ca
Deadline for the next issue: October 10

Our Publications:





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

EXECUTIVE

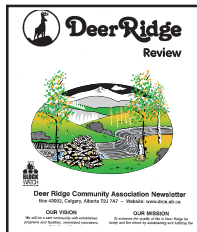
President	Karen Stevenson	403.278.3353
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2nd Vice President	Gordon Miller	403.278.3353
Treasurer	Laura Rivero	
Secretary	Barb Chapin	-----

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Director	Bob Hall	403.278.6817
Director	Kelly St. Vil	-----
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Casino Coordinator	Bob Hall	403.278.6817
Facilities/Rink Maintenance	Gordon Miller	403.278.3353
Membership	Bob Hall	403.278.6817
Newletter Advertising	Digital Gallery	403.201.0357
Tennis Court	Larry Lemieux	403.278.2199
Queensland Community Centre	Linda Brown	403.278.3366



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



As the summer months come to an end and we move into fall we would like to remind you to renew your Deer Ridge Community membership. The membership fee is still \$ 15.00 per household and you can mail in your membership using the membership form within this edition of the Deer Ridge Review.

Your membership fee helps the DRCA support the maintenance on the tennis courts and the ice rinks as well as provide 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 the maintenance of our facilities.

Please start or renew your membership today!

On June 16, 2012, Karen Stevenson organized our Community Clean up this year and partnering with Queensland Community Association, had a very successful day. We are always looking for volunteers for this event so contact the Deer Ridge Community Association if you are interested in helping next year.

Our Movie in the Park at Yellow Slide Park on Saturday August 11, 2012 was a great success. We had many volunteers who helped put on this event and we would like to thank them for all of their hard work. Roy Franco did a wonderful job organizing and implementing this event and we appreciate all of the hard work that he put in to ensure the success of Movie in the Park.

We would also like to thank the following volunteers for all their help. **Greg Glenn, Brian Lind, Gord Miller, Brent & Margaret Dawkins, Barb Chapin, Laura Rivero, Karen Stevenson, Larry Lemieux, Collette Quinn-Hall, Eamonn, Josh and Blaine.** We would also like to thank all of our sponsors for the donations of food & beverages and the prize donations for the Raffle. Please see the next page for a list of our Movie in the Park Sponsors.

Happy Thanksgiving Day!
Monday, October 8



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**

THANK YOU THANK YOU THANK YOU THANK YOU THANK YOU

The Deer Ridge Community Association would like to thank the following Sponsors for their donations to “Movie in the Park” at Yellow Slide Park on August 11, 2012.

Thank you from the Deer Ridge Community.

Maple Leaf	Foods Fortified Fitness	Phamtastic Nails & Spa
Canada Bread	Tim Hortons	Great Clips
Old Dutch Foods	Deer Point Liquor	Star Bucks
Sobeys	Subway	CO-OP Grocery Store
Davids Tea	Donair Hut	Filos
Deer Ridge C.A.	Pang Pang Restaurant	The Winkin Owl
Alderman Peter Demong	Corner Stone Music & Café	Karen Stevenson, Deer Ridge
Dairy Queen	City of Calgary, Comm. Services	Deer Valley Barber Shop
Kentucky Fried Chicken	Deer Valley Vision Centre	Jubilee Restaurant
Nem Delight	M & M Meats	Royal Bank



“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

Fall Fun at Ralph Klein Park

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

NATURE IN THE CITY offers exciting nature programs at any of our facilities or a site of your choice! One of our knowledgeable educators will present one of our four hands-on experiences that are not only entertaining and engaging, but are customized to your group needs. These programs are geared towards Scouts, Cubs, Beavers, Guides, Brownies, Sparks, Junior Forest Wardens, day camps, church groups, homeschoolers and community or youth groups.

WHERE THE WILD THINGS LIVE – Even in the city, wild animals may be just around the corner...do you know how to see the signs? Learn to decode the evidence that animals leave behind and become one with the wild things. Interactive activities will have participants sharpening their observation skills, examining examples of animal evidence (tracks, fur, bones, and scat), and then exploring in a natural area to apply their new found skills.

POND PONDERERS – Dive deep into a local wetland, and discover the secrets of the water world without even getting your feet wet. Participants will learn to identify wetland plants and animals on a wetland walk, discover unusual insect adaptations during the hands-on pond study, and become empowered to be part of the pollution solution for clean water.

PINPOINTING PLANTS – This fun and interactive session will show your group how to identify native and non native plants and the important role they play in our ecosystem. Learn how humans have relied upon plants for food and medicine along with the creative ways plants survive and reproduce.

BUILD A BIRD FEEDER – Create your own backyard restaurant for the birds! This interactive course will review the different types of feeders and seeds and which combinations to use to attract your favourite birds. Participants will leave with their own pinecone suet feeder. Course offered from November to March only.

GUIDED NATURE WALKS – Join one of our nature educators to explore one of Calgary's fabulous parks or green spaces. An educator will guide your class through your favourite natural area in any season of your choice. You pick the dates! Activities include nature discovery walks, art, flora and fauna identification, tracks and signs, and many more surprises!

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



Deer Ridge Review – Page 6

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).

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

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

Starts September 25th

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

Starts September 24th

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!

Get Paid To Play! Start A Career As A Recreation Leader

Want to be a positive influence in a youth's life? We're looking for you! Apply to become a recreation leader today! Calgary.ca/careers. Apply today for a Recreation Leader Position with the City of Calgary. We have flexible hours to suit your schedule at various locations throughout the City. Start a career as a Recreation Leader; the opportunities are endless. Check out Calgary.ca/careers to apply



Leaf & Pumpkin

composting program

Sept. 28 – Nov. 11, 2012

Nature's way of recycling. Bring your bagged leaves and pumpkins to any of the seasonal Leaf & Pumpkin drop-off locations. No sod or rocks please.

Brown bag it this year! The City encourages you to bring your leaf and pumpkin waste to drop-off locations in large paper yard waste bags.

Visit calgary.ca/waste to find a location near you.

calgary.ca | call 3-1-1

 Protecting what's precious. Land. Air. Water.

Onward! By 2020, per capita waste sent to City of Calgary landfills is reduced from 2007 levels by 80 per cent.

 THE CITY OF
CALGARY
WASTE & RECYCLING SERVICES

2012-1545

Friends of Fish Creek October Speaker Series



BATS – Presented by Cindy Kam, Bat Specialist and Keeper at the Calgary Zoo. **THURSDAY, OCT. 18, 7 – 8 P.M.**
Fish Creek Environmental Learning Centre
(access via 130 Ave. S.W. and 37 St. S.W.)

Fish Creek Provincial Park makes the perfect home for bats. The creek provides water and a food source, and the variety of natural and manmade structures provide them with a place to roost. There are 9 species of bat in Alberta and the smallest and most widespread of these is the little brown bat. Come to this presentation and learn about some of the myths surrounding bats, current issues facing these animals, their behavior, habits and anatomy. Preserved bat pups and bat skulls will also be used to show their physiology. Learn how to attract bats to your yard with bat houses.

COMMUNITY INFO SESSION - PROTECTING THE FISH CREEK WATERSHED: THURSDAY, OCT. 4, 7-9:30 P.M.
Canyon Meadows Community Centre
(848 Cantabrian Dr. S.W.)

Do you enjoy visiting Fish Creek Provincial Park? Do you ride or walk the trails, photograph wildlife, study the parks' flora and fauna, or just enjoy being surrounded by nature in this unique area? The creek that runs through the park is part of the Fish Creek watershed, which includes areas upstream of Fish Creek Provincial Park as well as the park itself. At this Community Info Session fun and engaging speakers from a variety of environmental and conservation organizations, including Dr. Hamid Habibi, U of C, Faculty of Science and Faculty of Medicine, Bernard Amell, Engineered Wetland Consultant, and Brian Meagher, Provincial Biologist with Trout Unlimited Canada, will speak about issues concerning the Fish Creek watershed. We invite you to take this opportunity to learn about environmental preservation and share ideas and solutions to issues facing the park. For more information call **403-238-3841** or email: **info@friendsoffishcreek.org**

The Watershed Stewardship project made possible through grants from the Alberta Real Estate Foundation, Brookfield

Residential and the Alberta Conservation Association, This project was funded in part through the Watershed Stewardship Grant, a program of Land Stewardship Centre.

MEMBERSHIP SHOWS YOU CARE!

Members are what define the Friends of Fish Creek as an organization and make it possible for us to fulfill our mission. Membership year runs from Oct. 1, 2012- Sep. 30, 2013 and the rates are **Individual: \$30, Family: \$40 Senior (+60 years of age): \$20, Family: \$25**

For more information visit www.friendsoffishcreek.org or email chris@friendsoffishcreek.org

Fish Creek Provincial Park Fall Star Night - Free Event Saturday, October 20



At our annual Fall Star Night event, **Saturday October 20, from 7 to 10 p.m.**, members of the Royal Astronomical Society of Canada, Calgary Centre will have telescopes available for **FREE** public viewing of the Moon and Jupiter, star clusters, nebulae and much more! The fun and discovery is on, "cloudy or clear"! Inside the Environmental Learning Centre will be slide shows, astronomy and Provincial Park displays for all ages. Bring your questions about planets, space probes, stars and comets, using telescopes, plus whatever you want to know about the Park. Our astronomy members and Park staff have lots of useful information.

Dress warmly for outdoor telescope viewing (coats, hats and boots as you will standing still, not moving around to keep you warm). The indoor events will happen regardless of weather (clear or cloudy). The Learning Centre is accessed from 130th Avenue off 37th Street S.W. More information is available at <http://calgary.rasc.ca>

PRESENTED BY: the Royal Astronomical Society of Canada and the Fish Creek Environmental Learning Centre.

October is Heritage Month!

The City of Calgary Recreation invites Calgarians to participate in Heritage month this October as part of the 100 year celebrations underway in 2012. Special events are planned to celebrate the pioneering citizens who made 100 years of accessible, affordable and quality sport, fitness, arts and culture and leisure time activities for Calgarians possible.

EVENTS IN OCTOBER

Celebrate Recreations' Heritage with a senior's appreciation day, and events at Southland and Village Square Leisure Centres.

A special art exhibition celebrating the month long artist in residence program at Renfrew Aquatics & Recreation Centre, in conjunction with Calgary 2012 will feature collective works created by seniors.

Calgary AfterSchool is supporting Recreation's 100 year anniversary by running special REC 100 themed event. Check out www.Calgary.ca/afterschool for specific ages, locations and times for these free of charge; drop in programs operating between the hours of 3-6 p.m. on school days.

100 FACES OF RECREATION

Tell us how recreation has enriched your life or made a difference in your community, and you could be featured as one of the 100 faces of Recreation in 2012. There are prizes to be won. Make a video, take a picture or simply write down your story and send it to us online at www.calgary.ca/rec100 or email us at Rec100@calgary.ca

To learn more about participating in the REC 100 celebrations, visit www.calgary.ca/rec100. The City of Calgary Recreation – a century of achievement and a future of possibilities.





Brian Muth, Owner
Deer Ridge Dogs – Dog Daycare

H: (403) 269-6107
C: (403) 969-3690

Email: Brian@DeerRidgeDogs.com
Website: www.DeerRidgeDogs.com

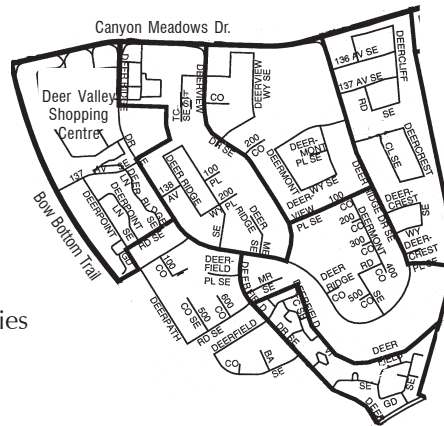


Deer Ridge Community Association Membership Renewal Form

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 To-



*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!*



You're Invited!

Date: Thursday October 18th
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, Oct 16th. www.bowvalleyranche.com

Everyone welcome! Enjoy complimentary coffee and muffins!



**FRENCH IMMERSION
STUDENTS &
PARENTS**

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

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Message From Peter Demong Alderman Ward 14



October is upon us. Those of you who read my monthly column on a regular basis will recall mention of my Ward 14 Communities BBQ. As you read this edition, the Ward 14 Communities BBQ has also come and gone. I must submit my column weeks in advance, so I can't tell you whether or not September 22nd (the date of my BBQ) was a warm, sunny day because as I write this, it hasn't happened yet. What I can tell you is that I am certain the BBQ was successful in its objective – supporting and raising awareness of Ward 14 Community Associations – because of the support of some very generous sponsors.

I want to thank those sponsors, starting with Southcentre Mall for providing us with a location and financial support. A BBQ wouldn't be much good without food, so I also want to thank those who provided nourishment. M&M Meat Shops (with locations in Deer Valley Shopping Centre and Willow Park Village) provided the burgers and cooked them up for free. Thanks to Cobs Bread (in Willow Park Village) and Calgary Co-op (in Deer Valley Shopping Centre) for providing the buns. Safeway of Southcentre Mall donated the beverages. These businesses all gave up their time and resources so that those in attendance could have a free lunch.

There were a number of businesses who helped out in other ways. Thank you to **Canyon Creek Toyota, Jack Carter Chevrolet Cadillac Buick GMC, Genstar Development Company, Totem Building Supplies, Trico Homes, and United Communities** who all chipped in to make the BBQ possible. The Trico Centre also helped out with spreading the word and some goodies to give away.

Finally, I want to extend a special thanks to the Community Associations of Ward 14, the volunteers who gave their time, and all of the City of Calgary employees who represented their respective business units. Thanks to everyone who participated.

If you came to the BBQ you may have noticed a table set up there with blocks of **Lego** on it. It might have brought

you back to your childhood, but was actually set up by the City of Calgary's **Land Use Planning & Policy (LUPP)** unit to educate Calgarians about a type of development called **Transit Oriented Development (TOD)**.

Those of you in Willow Park and Maple Ridge may be familiar with this concept since Anderson station was designated as a TOD priority station by Council in 2007. You may have also attended the **Anderson TOD** Community Workshop on June 16th. If you didn't, or want to investigate further, I strongly suggest visiting www.calgary.ca/andersontod to read up on the TOD concept to get an idea of how future plans may impact the surrounding communities.

I would also encourage those in the surrounding communities to attend the fall public engagement session that is scheduled for November. The exact date will be posted shortly and can be found at www.calgary.ca/andersontod as well.

If you ever have concerns about **Anderson TOD** or anything else that has to do with the City of Calgary, I am always here to listen. I can be contacted at (403) 268-1653 or by email at eaward14@calgary.ca.

Have a wonderful October!

-Peter

Free Family Skate Thanksgiving Day



DATE: Monday, October 8, 2012
TIME: 1 – 2:30 pm
LOCATION: Rose Kohn / Jimmie Condon Arenas
502 Heritage Drive SW
AGES: ALL

Come and join us. Bring your families! Face painting, arts and crafts, on-ice games, hot chocolate & cookies.

****Please bring your skates and helmet.****

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

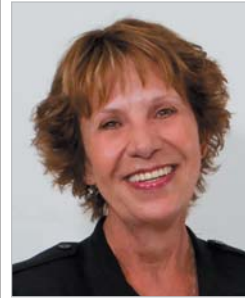
The leaves are changing but the general concerns of constituents in Calgary Fish Creek seem to be constant. Most of you have indicated to me that improving health care continues to be your number one priority. I can also tell you as the Health Critic that this is true for many people across the province. From every corner of Alberta, I have been told that issues of health care remain a top concern. In September, I asked for your feedback on health concerns and the response was overwhelming. Thank you, to each one of you who provided your stories, good and bad. It is very gratifying hearing from you with concerns, suggestions and how you think our health care system can be fixed. The information you've provided will be extremely valuable going forward.

The Alberta government has several different initiatives it is currently undertaking: a so-called national energy strategy, the social policy framework, establishing 140 Family Care Clinics, and ongoing negotiations with the province's doctors and teachers. Through all of this, it is important to remember that we need to keep our eyes on their spending problem.

You managed to keep us busy in the constituency after the Allaudin Merali news story broke. Mr. Merali was hired as the Chief Financial Officer for Alberta Health Services (AHS) this past spring. In August, a CBC reporter uncovered, through a Freedom of Information request, that Merali had charged and was reimbursed over \$346,000 in expenses while working as CFO for Capital Health in Edmonton. Details of the expenses were, quite frankly, outrageous. Repairs to his Mercedes, membership at a golf course, fine dining at high-end restaurants and top shelf wines were all charged to you, the taxpayer. All of this on top of his half million dollar annual salary. Once the story broke, Merali was fired but many questions remain unanswered by the government. Remember, none of this would ever have come to light without the digging and prodding of a CBC reporter.

Just weeks after that, we learned government had hired a former cabinet minister, who was just defeated in April's election, as an advisor to his own former deputy. It was clear that the lack of transparency on his hiring, as well as the Ethics Commissioner waiving the one year cooling off period for former ministers, had many of you riled up.

I want to thank all of you who have called to express how appalled you are about the food that our seniors are/were being fed at facilities. Because of the outrage expressed,



**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

government decided to stop feeding seniors this disgusting food from the 21-day menu, at some, but not all, provincial facilities. As your MLA and opposition Health Critic, I will continue to watch this issue very closely as our office received numerous complaints.

On October 23, MLAs from across the province will head back to Edmonton for the fall session. As an opposition MLA, I am not privy to what bills and legislation will be introduced. But know that I will always ensure your voices are heard. Please continue with your calls and emails and tell me what questions you would like to have asked of the government or any other issues I can bring to the floor of house.

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Pergolas / Wood Decks / Fences**

The Royal Astronomical Society of Canada (RASC) Calgary Centre - Youth Program



Do you have a passion for space? Do you have a telescope that you want to learn how to use? Have you ever wondered what a bright star may be called or where in the night sky you can find the planets? Are you curious about how space works and wonder why it looks like the way it does? Then if you answered yes to any of these questions then the RASC Youth Group is for you!!! Parents are encouraged to participate too!

Amateur astronomy is a great activity for the whole family!!! You can observe from your backyard or when you are camping or travelling abroad. If you join the Royal Astronomical Society of Canada as a youth member, you earn the privilege to use the club's Wilson Coulee Observatory site anytime you wish plus many other rewards! It is a great dark site to learn and sharpen your skills as an amateur astronomer.

Visit this link <http://calgary.rasc.ca/resources.htm> to learn more about the benefits of membership.

SO WHO IS THE YOUTH PROGRAM FOR?

The program is designed for students in grades 5 through 12 that have a desire to learn more about space and explore the universe using binoculars or a telescope.

WHAT WILL THEY LEARN?

The program will teach them:

- How to identify constellations
- The names of the brightest stars
- Phases of the moon
- Create log books of their observations
- How to draw or photograph the night sky
- How to observe with binoculars or a telescope

The program is designed to help you earn observing certificates from the RASC starting with simple objectives and progressing to the tougher fainter objects thousands and thousands of light years away!

WHEN WILL THE MEETINGS BE HELD?

The program will run from October to May with meetings to be held on the second Wednesday of each month. The start time will be 7:00 PM. The first meeting for this year is scheduled for Wednesday October 10th, 2012.

WHERE WILL THE MEETINGS BE HELD?

The group will be meeting at the RASC Calgary's Wilson Coulee Observatory located only minutes south of the city. Directions to the observatory will be provided when you are registered.

HOW TO REGISTER?

You can register by contacting Doug Thorp via email at rascyg@shaw.ca.

The Royal Astronomical Society of Canada (RASC) Calgary Centre Telescopes For Rent Program



Our club has a fabulous program renting out telescopes. This is a significant **membership benefit** in our club, so please take advantage of it! Scopes rent for \$2 per inch of aperture per month. Therefore a 6" telescope would rent for only \$12 per month. We have a variety of types, focal lengths and sizes, all the way up to a 13.5" truss tube Dobsonian.

Visit this link <http://calgary.rasc.ca/resources.htm> to learn more about the benefits of membership.

To rent one of these scopes contact Greg King at 403-239-5685, or via e-mail at wgking@shaw.ca

Free and/or Low Cost City of Calgary Programs/Events

SONICS BASKETBALL - A City of Calgary youth program located at Deer Park United Church. Come out and play some ball with us... for FREE!!

Cost: Free **Ages:** 12 – 17

Location: 77 Deer Point Rd. S.E.

Day: Wednesdays Sept 5th – Sept 26th **Time:** 7– 8:30pm

MIDPARK YOUTH - A City of Calgary youth program located at Midpark Christian Assembly. A youth driven, drop in program that provides an opportunity for youth to identify their recreation and social needs through various activities!

Cost: Free **Ages:** 12 – 17

Location: 260 Midpark Blvd. S.E.

Day: Wednesdays, Sept 19th – Dec 5th **Time:** 4– 6pm

DEER RIDGE YOUTH - A City of Calgary youth program located at Deer Park United Church. This youth-driven, drop-in program provides an opportunity for youth to identify their recreation and social needs through various activities.

Cost: Free **Ages:** 12 – 17

Location: 77 Deerpoint Rd. S.E.

Day: Wednesdays, Sept 19th – Dec 5th **Time:** 4:30 – 6pm

MCKENZIE LAKE YOUTH. A youth driven, drop in program that provides an opportunity for youth to identify their recreation and social needs through various activities!

Cost: Free **Ages:** 12 – 17

Day: Thursdays, Sept 20th – Dec 6th **Time:** 4– 7pm

Location: McKenzie Lake Community Association (16198 McKenzie Lake Way S.E.)

CANYON MEADOWS POOL PARTY

A pool party for youth with a DJ and Pizza! A chance to meet youth in your area!

Cost: Free **Ages:** 12 – 17

Day: Saturday, September 22 **Time:** 3– 5:30pm

Location: Canyon Meadows Pool (89 Canova Rd. S.W.)

THANKSGIVING DAY FAMILY SKATE - FREE

Bring the whole family for an afternoon of face painting, arts & crafts, on-ice games, hot chocolate & cookies! Please bring your skates and helmet. Brought to you by Community & Neighbourhood Services, working together with Recreation!

Cost: Free **Ages:** The whole family

Day: Monday, October 8, 2012 **Time:** 1– 2:30 pm

Location: Rose Kohn / Jimmie Condon Arenas - 502 Heritage Drive SW

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City Safe – EMS

Halloween Safety Tips

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips as October 31st approaches. As a member of the Calgary's Child Magazine *Partners for Safety*, ambulances, along with Calgary police, fire, bylaw, transit, and Shaw Cable vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

HOMEOWNERS – Turn on outdoor lights and keep your yard clear of debris or obstacles that children could trip over. Keep lit candles away from trick-or-treaters. Use battery powered jack-o-lanterns where possible. Because some children have food allergies, you may want to consider giving treats other than candy, such as stickers, erasers, or yo-yo's. Keep pets inside and away from trick-or-treaters and lit candles. They may become frightened or over-excited in the presence of strangers.



Parents

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit and do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.
- Advise your children not to eat anything until they get home. Examine their treats carefully. Dispose of any items that appear as though they may have been tampered with, or are not properly wrapped.

Trick-or-Treaters

- Don't criss-cross back and forth across the street. It is best to work your way up one side of the street, and then start on the other. Cross at marked crosswalks or well-lit corners only.
- Stay away from houses that are not well lit. Never go inside a stranger's house, or accept a ride from a stranger.
- Let your parents know where you're going to be at all times and advise them if you will be late returning.

Drivers

- Use extra care on the roads.
- Children are excited and may forget safety rules. Slow down and proceed with caution when driving.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility. Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant. All costume accessories, such as sticks, rods or wands, should be soft and flexible with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair vision or breathing.
- Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

Creating a Supportive Workplace Culture

Did you know that mental health is the number one cause of disability in the workplace? Mental health currently accounts for 30% of all disability claims in Canada and is estimated to cost the economy upwards of \$50 billion a year.

So why is talking about mental health still very much taboo at work? Burnout, anxiety and depression are common ailments in the workplace, but they are often still overlooked. Perhaps this is due to negative attitudes and stigma towards mental illness remaining prevalent at work, which in turn prevents open and honest discussions about the topic. This leads to the uncomfortable scenario where managers feel they are being supportive, while employees feel differently, and a quiet tension persists as no one talks openly about mental health issues or concerns.

The responsibility of creating a supportive workplace usually falls upon management. Management surely has a leadership role to play in creating a healthy culture in the workplace, but every employee has a responsibility to contribute as well. This is especially true if management isn't as involved or knowledgeable about inclusion as they

could be. A supportive culture in the workplace that is driven by employees, rather than management, may also have the benefit of not feeling manufactured or forced upon employees. Changing perceptions of mental health at work is possible if each person in the workplace individually commits to creating a healthy work environment.

There are many ways you can help build a more supportive culture in the workplace: Don't be afraid to ask a coworker who missed time due to a mental health concern how they are doing. Take a mental health day if you need it. Be on the lookout for coworkers who may need support.

Making the effort to personally exhibit the behaviour required to create a supportive culture at work is an important part of changing attitudes towards mental health. It encourages each of us to be part of the solution!

Submitted by Lisa Moon, Executive Director, Champions Career Centre

We focus on abilities within disabilities, providing innovative and realistic career and employer services to Calgarians. www.championscareercentre.org

Champions Career Centre
Suite 650, 839 – 5 Ave SW Calgary AB
403-265-5374



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/Glenarry
Community Association.*

**Killarney/Glenarry 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

calgary.ca | call 3-1-1

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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**

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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**
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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.



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	\$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	

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**Some conditions apply*

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	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.

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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

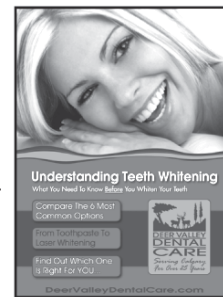
Toothpaste provides little or no whitening whatsoever and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front 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.



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or call 402-271-6300.

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