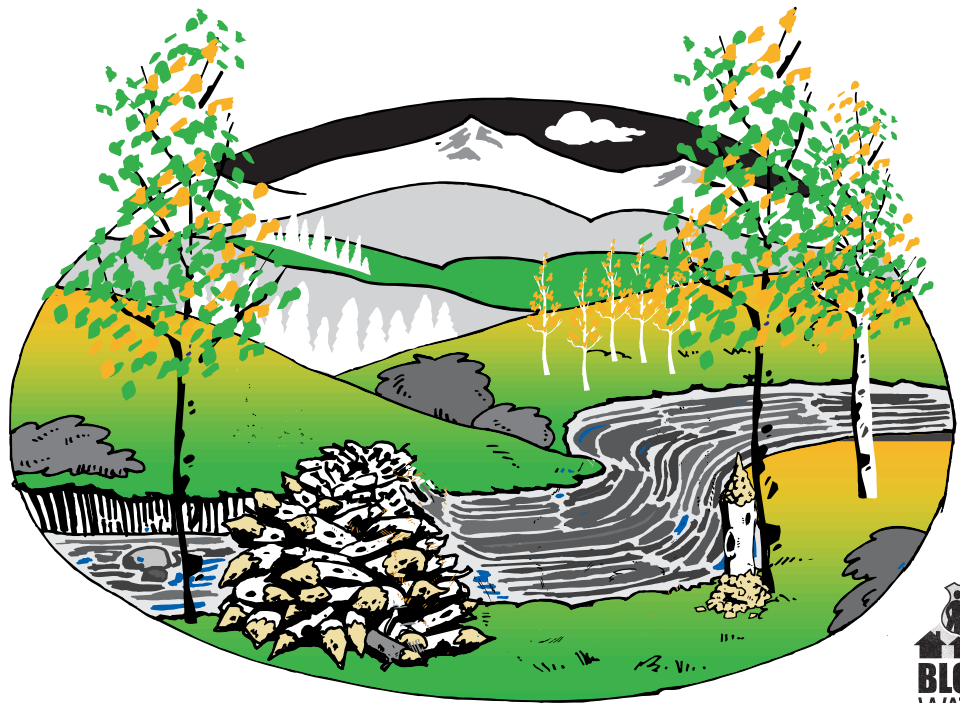


February 2013



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: MARCH 2013

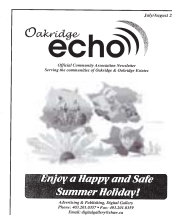
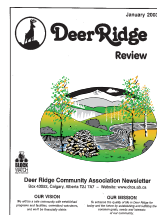
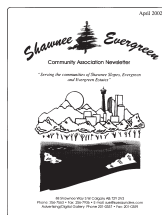
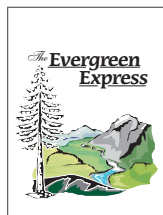
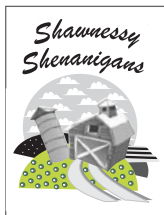
TARGET YOUR MARKET

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: February 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	Gordon Miller	403-278-3353
2nd Vice President	Margaret Dawkins	403-251-7098
Treasurer	Laura Rivero	403-452-0181
Secretary	Barb Chapin	-----

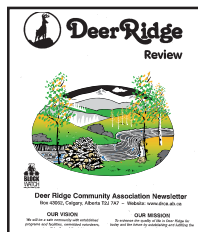
DIRECTORS AT LARGE

Director at Large	Roy Franco	403-278-1187
Director at Large	Lannis Anderson	-----
Director at Large	Dawn Wallace	-----
Director at Large	Yvonne Bergmann	-----
Director at Large	Barb Chapin	-----
Director of Communications	Margaret Dawkins	403-251-7098
Director of Facilities	Gordon Miller	403-278-3353
Director of Casino Coordination	Laura Rivero	403-452-0181
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
Newsletter Advertising	Digital Gallery	403-201-0357
Tennis Court Coordinator	Larry Lemieux	403-278-2199
Trico Representative	Karen Stevenson	403-278-3353

**OUR WEBSITE IS CURRENTLY UNDER CONSTRUCTION, IF YOU HAVE ANY QUESTIONS OR CONCERNS,
PLEASE CONTACT BOB HALL AT: HALLBC@SHAW.CA**



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



President's Message

We are already into February and looking forward to the upcoming events in Deer Ridge. Get involved and enjoy your Community.

DEER RIDGE WINTER SKATE – THANK YOU!

We would like to thank all of those that attended the Deer Ridge Winter Skate on January 12, 2013. It was a great afternoon at the Deer Ridge Community Ice Rinks and the weather was almost perfect. Those who attended enjoyed free hotdogs and hot chocolate along with the two wonderful ice surfaces (compliments of the great work done by Mr. Gord Miller). We need to also thank the volunteers who helped out; Karen Stevenson, Gord Miller, Dawn Wallace, Lanis Anderson, Margaret Dawkins, Laura Rivero, Roy Franco, Yvonne Bergmann & Bob Hall. Thank you all for making the Deer Ridge Winter Skate a wonderful afternoon.

HELP WITH THE ICE RINKS

With five to six weeks of ice making left we are always looking for volunteers to help with the Ice rinks. If you would like to volunteer in our community association and help Gord Miller with the ice rinks, please contact Gord directly at 403-278-3353.

MOVIE IN THE PARK

We are running two dates for the Deer Ridge Movie in the Park in 2013. Tentatively, Saturday July 6, 2013 and Saturday August 10, 2013. Keep watching for updates in the Deer Ridge Review.

QUEENSLAND/DEER RIDGE COMMUNITY CLEAN-UP

We are partnering again this year with Queensland Community Association on May 4, 2013. Bring all your Spring Clean up refuse and garbage to the Queensland Community Centre and get rid of your junk. We will also be walking the parks and the ridge, cleaning up the paper and garbage left from the winter season. Watch for more details in upcoming Deer Ridge Reviews.

TELL US YOUR STORY

We would like you to tell your story living in the City of Calgary and specifically in Deer Ridge. When accepted, we will publish them unedited, just the way you write them. We are looking for real stories within the community, whether it be from a historical point of view, it could include milestones in the neighborhood, a story about a good deed or a good neighbor or a special event. You can include pictures or other published memorabilia to enhance your story. Please keep your stories to a maximum of 1,000 words. Please submit your story to Bob Hall at hallbc@shaw.ca

DEER RIDGE HISTORY FROM 1980 TO PRESENT

We are also looking for Deer Ridge History to be included in our new website. If you have been a long time resident of Deer Ridge, we need your help. We are working on a historical timeline of the Deer Ridge Community. We are specifically looking for information and pictures from 1980 to 1990 but if you have any information from the past 32 years it would be appreciated. If you have any information that you can forward, or you would like to meet with one of the directors, please call Bob Hall at 403-278-6817 or email: hallbc@shaw.ca

DEER RIDGE COMMUNITY GARDEN: ARE YOU INTERESTED IN A GARDEN PLOT?

We are starting a Community Garden in the spring 2013 and we are looking for interested gardeners to get involved. Since we are in the planning stages, you can get involved at the ground level. We are looking to start with 20 plots and we will have the ability to expand to 60 plots. The Community Garden will be located by the ice rinks behind Don Bosco School. To join the gardening group and reserve a Garden Plot, please contact Bob Hall at hallbc@shaw.ca or any one of the Deer Ridge Community Association directors and get involved.

INSIDE DEER RIDGE – SPOTLIGHT ON BUSINESSES/ ORGANIZATIONS IN THE DEER RIDGE.

Do you own or manage a business or organization in Deer Ridge. Let us do a free 2 page feature and introduce your business to the 1500 households in the community of Deer Ridge. If you have any interest, please contact Bob Hall at hallbc@shaw.ca

Again, thank you for your support and if you can spare a few hours a month, please get involved and join the Deer Ridge Community Association Board.

See you around the neighborhood.

Bob Hall
President
Deer Ridge Community Association.

February is Heart Month!



Too many Canadians risk death or disability by not calling 9-1-1 at the first sign of stroke.

WHAT ARE THE FIVE SIGNS OF STROKE?

Stroke can be treated. That's why it is so important to recognize and respond to the warning signs.

WEAKNESS – Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

TROUBLE SPEAKING – Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

VISION PROBLEM – Sudden trouble with vision, even if temporary.

HEADACHE – Sudden severe and unusual headache

DIZZINESS – Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, call 9-1-1 or your local emergency number immediately. If a person is diagnosed with a stroke caused by a blood clot, doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.* That's why it is very important to be able to recognize the 5 warning signs of stroke and immediately call 9-1-1 or your local emergency number.

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



"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. S.W.) – 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

Inside Deer Ridge

The Deer Ridge Community Association presents this monthly feature to highlight the many businesses, organizations and services within the Deer Ridge Community. For the month of February 2013 we acknowledge the **Deer Ridge Learning Centre**.

Deer Ridge Learning Centre

The Deer Ridge Learning Centre is an integral part of the Deer Ridge and Deer Run communities and has been that way for the past few years. The building is located at 116 Deerview Drive SE and has been known in the community as a daycare for the past 28 years. Previously called Deerview Kindercare, Edleun (Education Learning Universe) purchased the centre in August of 2010 and immediate changes were noticed. Complete renovations both inside and out were conducted and the centre was brought back to life. Most noticeable to parents driving by would be the brand new play yard with large, colorful play structures while inside boasts new flooring and paint. The centre became more physically appealing to families in the surrounding communities while the staff inside the building have helped build the reputation to a centre offering high quality care and early education.



The centre is home to 114 children Monday to Friday, from 7:00 am to 6:00 pm. Age groups range from as early as 6 weeks old to children up to 12 years old in our before and after school care program. Servicing 3 nearby schools (Don Bosco, Haultain Memorial and Deer Run Elementary), safe and secure transportation is provided in the morning and after school. The centre is known for providing a nutritious meal plan to all of its children, having had the menu certified by a Registered Dietician to eliminate unnecessary fats, sugars and salts. The menu is comprised of freshly made meals prepared daily by an on-site cook and offers children 85% of their recommended daily nutritional intake.

The Deer Ridge Learning Centre also houses an incredible full day pre-school program for children 3 to 5 years old. The curriculum was designed by leading global professionals in varying academic focuses and offers play based learning in a themed environment. Children learn basic principles of respect, responsibility and friendship all while having their academic potential ignited for future success. Lastly, Deer Ridge Learning Centre invested heavily into integrating technology into their classrooms. Educational, touchscreen computers are present in the pre-school, Kindergarten and before/after school rooms and allow the teachers to evaluate the children's progression and development through individualized profiles and software.



The computers offer a different dimension to the delivery of learning as it allows children to develop new skills through the application of the educational games.

As the Deer Ridge Learning Centre was born through acquisition of a previous childcare centre, the staff tenure and reputation have remained constant. For example, children that attended the centre 28 years ago might still recognize Winnifred. All of the Early Educators at the centre have been employed within the

centre for a number of years and continue to positively influence the lives of many children in the community. The Director of the centre, Samantha Keiver is especially ambitious to make a positive impact on Deer Ridge. She has organized litter pick up and ice rink maintenance with the community association along with contributions to the upcoming community garden in the spring. Samantha also recently arranged a fund raiser for the Ronald McDonald House of Southern Alberta selling chocolate bars, raising over \$650 and teaching her children a valuable lesson in giving back to the community in which they live. Community is a big word for the children, staff and families at the Deer Ridge Learning Centre, frequently hosting family spaghetti dinners, summer BBQ's, Christmas concerts and Stampede breakfasts – all to allow people to feel a part of their centre.

The Deer Ridge Learning Centre always welcomes new families to come and visit the centre. Visits can be arranged throughout their opening hours and can be made by either calling the centre or sending an email directly. You can learn more about this great centre by visiting their website at www.edleun.com/deerridge or dialing 403-271-4777.

Samantha Keiver
Director - Deer Ridge Learning Centre



Office – 403-271-4777
Fax – 403-297-4210
Cell – 403.463.3085
116 Deerview Drive SE
Calgary AB, T2J 0A5
www.Edleun.com
www.EdleunGroup.com



Alberta Parks And Protected Areas – A Five Part Presentation Series

Delve into a behind the scenes look at some of Alberta's most stunning and extraordinary protected areas. Beautiful images and captivating stories from presenters with deep ties to these special places will provide you with a unique insight as to why they're worth protecting. From wilderness and wildlife to hidden geographical wonders, this armchair tour to some of Alberta's most valued landscapes will entice you to pack your bags and head out to explore them for yourself!

FOURTH PRESENTATION: LOIS HOLE CENTENNIAL PROVINCIAL PARK – A NEW URBAN PARK IN OUR SYSTEM. One of Alberta's newest provincial parks, Lois Hole Centennial Provincial Park was established in April, 2005. The park was named to honour the memory of the beloved former Lieutenant Governor and to create a lasting legacy of Alberta's centennial. It contains the former Big Lake Natural Area and additional undeveloped crown land covering a total of nearly 1800 hectares on the edge of St. Albert. Join Travis Sjøvold, Manager - Conservation and Recreation Planning, Alberta Parks to hear more about the future of our urban park to the north.

WHEN: Wednesday, February 13th 2013

TIME: 7:00 p.m.

PRESENTER: Travis Sjøvold, Manager - Conservation and Recreation Planning, Alberta Parks.

WHERE: Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. S.W. Shannon Terrace Area, West end of Fish Creek Provincial Park. (Access via 37St. S.W. at 130th Avenue S.W.)

ADMISSION: \$6.00 per person (payable at the door cash or cheque only)

REGISTRATION: Phone (403)297-7927 or email roland.kirzinger@gov.ab.ca

SPONSORED BY: Alberta Tourism, Parks, and Recreation, Fish Creek Environmental Learning Centre and The Friends of Fish Creek Provincial Park Society. For more information, please check our website at www.fish-creek.org or contact: **Roland Kirzinger, Environmental Education Coordinator Fish Creek Environmental Learning Centre (403) 297-7927 or toll-free 310-0000, then (403) 297-7927.**

The Link Between DHA and Memory

For some time now, nutritionists have recommended that we eat fish on a regular basis in order to get sufficient amounts of omega-3 fatty acids (specifically DHA and EPA). Not only are these nutrients good for the circulatory system, but they have also been proven to boost brain function, including both cognitive function and memory. Until fairly recently, scientists have not understood the mechanism by which omega-3 provides these effects.

A study to be published in the journal *Applied Physiology, Nutrition, and Metabolism* by researchers at the Center for Neuroscience at the University of Alberta in Edmonton, Canada found a specific link between docosahexaenoic acid (DHA) and memory.

The researchers fed one group of mice a diet supplemented with DHA and fed a second group a normal, healthy diet with no DHA supplementation. When the mice that received DHA supplements were examined later, it was found that the part of their brain responsible for short-term and long-term memory, the hippocampus, contained levels of DHA nearly 30 percent higher than their counterparts in the control group. The cells in the hippocampus communicated better with each other and relayed messages more efficiently in the mice supplemented with DHA.

Yves Sauvé, co-author of the study, said the researchers were interested in learning what it was about fish intake that improved memory. He remarked, "What we discovered is that memory cells in the hippocampus could communicate better with each other and better relay messages when DHA levels in that region of the brain were higher. This could explain why memory improves on a high-DHA diet." This study and others have noted that the body stores DHA in the brain, which is likely the reason why an increased intake of omega-3 is associated with a lower risk of Alzheimer's disease. The early stages of the disease first affect the hippocampus. Researchers have discovered that DHA is vital to the brain development of fetuses and young children. It then seems to become important again as we age—brains with lower amounts of DHA have been shown to be smaller in volume.

Since the body does not produce its own DHA, experts recommend that people eat oily fish (such as salmon, sardines, herring, mackerel and anchovies) twice a week and that they consider taking a fish oil supplement containing DHA and EPA once a day. By getting enough DHA as an adult, it's possible that you'll be able to enjoy your later years a bit more and have an easier time remembering where you left your car keys!

Sam Livingston Elementary School News

12011 Bonaventure Drive S.E.
Grades K-4 French Immersion
Ph: 403-777-6890 Email: SamLivingston@cbe.ab.ca

Toujours l'amour! It's that time of year again for valentines and chocolates. It's also still quite cold and icy out. Our movie night on January 25 was a success again. It's a fun time to spend with the family and get to see all the other "Sam" families that you may or may not have met. We are looking forward to some exciting times **March 4 – 8** when we will host "**Sound Kreations**" and enjoy some African dance enrichment for our students. Of course in Quebec they are celebrating the Carnival de Quebec this month. We will have our own "**La Semaine de la Francophonie**" also in **March from the 11 to the 15th**. It's a wonderful opportunity for the students to experience some other aspects of French culture which fosters understanding and appreciation. That is where tolerance and love are born. Wishing you a happy Valentine's day and warmth in your heart even if there is none yet outside!

Sam Livingston Elementary School.

Queensland Family Fun Fair

Join us for Games, Food,
Raffles and Fun

**Queensland Community Hall
649 Queensland Drive**

**Saturday, February 23,
10 a.m. – 2:00 p.m.**

Proudly supporting
Queensland Scouts attending
Canadian Jamboree 2013



**Brian Muth, Owner
Deer Ridge Dogs – Dog Daycare**



H: (403) 269-6107



C: (403) 969-3690



Email: Brian@DeerRidgeDogs.com

Website: www.DeerRidgeDogs.com



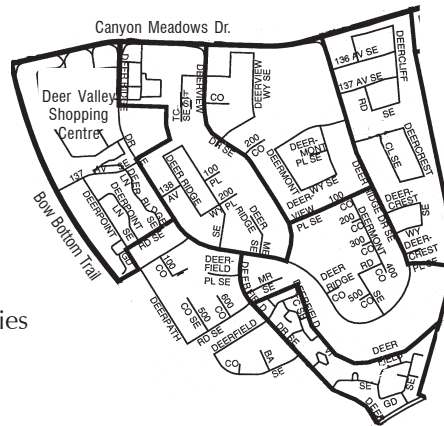


Deer Ridge Community Association Membership Renewal Form

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 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!*

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Message From Peter Demong Alderman Ward 14



After the frantic months of December and January, February might seem bland. But this couldn't be further from the truth. You might sit down with some friends to watch the Super Bowl, or sit down to a Valentine's Day dinner with your sweetheart, or spend a long weekend with your family, and hopefully you will see a groundhog emerge from his den on a *cloudy day*.

Hopefully you will also take some time to join me in some meaningful dialogue at ALDERTALK this February. We are getting good crowds out, as usual, and January was no exception. The next edition of ALDERTALK will be held at the Lake Bonavista Recreation Centre (1401 Acadia Drive SE) from noon to 2pm on February 16th, 2013. You can always visit www.calgary.ca/Aldertalk to get a description of the event, and to view the schedule of upcoming ALDERTALK sessions.

While you are checking out the ALDERTALK page of my new website, have a look around at the other pages too. This upgraded version of the Ward 14 Aldermanic site is much more comprehensive than its predecessor, and I still have a few tricks up my sleeve for the future. Along with a ton of information on Aldertalk, Ward 14 communities, and yours truly, there will be constantly updated posts consisting of everything from these monthly newsletter columns, to Notices of Motion, to urgent news. The official address is www.calgary.ca/Ward14, but the City of Calgary (www.calgary.ca) website always makes it easy to find things using the search tool. I hope you find the content of this new website useful.

I've mentioned the Lake Fraser Gate Pilot Project in the past. It was a trial run of some restrictions on left turn signals at the intersection of MacLeod Trail and Lake Fraser Gate S.E. There are about 4800 vehicles/hour that pass this intersection during the morning rush hour, and the project was an attempt to alleviate some of this congestion.

By the time you read this, your opportunity to give feedback on this pilot project via the 3-1-1 call centre will likely be

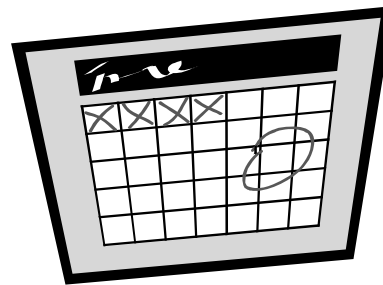
over, but I encourage you to contact me if you have any other feedback to share. So far, the comments have been mostly positive with regards to the changes made at the intersection, but it is of critical importance that we have all the information possible in the decision making process, because ideas such as these have the potential to very inexpensively alleviate traffic woes all around Calgary.

The Lake Fraser Gate Pilot Project illustrates the most cost effective option to reducing commute times that the City has in its arsenal. The turn lane restrictions cost roughly \$30,000, in comparison to the roughly \$30 million cost of an interchange. It's a promising solution at 1% of the cost of an interchange with much less construction headache. Obviously, I would love to take the idea and roll with it, but as I mentioned before – the more feedback the better. Thank you to everyone who has already given their input, and special thanks to the businesses of Lake Fraser Drive for their patience and understanding.

I can always be contacted at (403) 268-1653, by email at eaward14@calgary.ca, and through the online contact form at www.calgary.ca/Ward14.

That's it for February. Look for another edition in March...

-Alderman Peter Demong



ALDERTALK

will be held at the
Lake Bonavista Recreation Centre
(1401 Acadia Drive SE)
from noon to 2pm on
February 16th, 2013.

You can always visit
www.calgary.ca/Aldertalk

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

It's February and we are well into the New Year. I am looking forward to returning to Edmonton and going into session. As Official Opposition we plan to continue to question government on behalf of all Albertans to account for spending Alberta into a possible \$6 Billion dollar deficit.

FISCAL RESPONSIBILITY

As the Official Opposition we continued to oppose government's assertion that they would deliver on their lavish election promises and balance the budget in 2013 without tax increases. We warned Albertans revenue projections were not prudent given the current volatile global climate. The government at the end of 2012 finally admitted that not only will next year's consolidated budget not be balanced but the operational budget will also not be balanced. This will be the first operational deficit in Alberta since 1994.

For months, the Official Opposition and I challenged the government to review their priorities and make budget adjustments to account for lower revenues. We have opposed all motions by government to increase MLA pay and have continued questioning the government and government officials' excessive expenses. We criticized spending on corporate welfare projects, new MLA offices, and AHS bonuses, executive expenses, and severance packages. All were rejected as being petty and unfounded.

Now the reality of the government's billions of dollars in election promises has turned into a fiscal shortfall that Albertans will be paying for years and years to come. The election promises of 140 family care clinics, stable funding for school boards are no longer feasible and the promise to Alberta's most vulnerable has been broken with the government's decision to reduce home care time by 25%. Almost all of the spring election promises are gone. Will a tax increase be next?

Please pay close attention at budget time when the Wildrose Official Opposition will release a series of proposals to solutions to help Alberta climb out of the fiscal hole.

WHISTLEBLOWER LEGISLATION

Last session we put forward 21 amendments to the Government's Bill 4, the *Public Interest Disclosure Act*. All of the amendments were voted down. So, it's on to Plan B. This spring I will introduce a Private Member's Bill that if passed will provide the strongest protection for



**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

whistleblowers in the country. The bill will incorporate the "Five Essentials" listed by the Federal Accountability Initiative for Reform (FAIR). These are: The right to call out wrongdoing anytime, anywhere and to anyone; the right to disclose all illegality and misconduct; no harassment of any kind; access to the courts with realistic burden of proof and appropriate remedies; and mandatory corrective action.

QUEEN'S DIAMOND JUBILEE

I would like to congratulate Mr. Al King and Mr. Jim Adamson on being awarded the Queen's Diamond Jubilee Medal for their dedication to service to their community.

MOVING FORWARD

With our new fiscal realities in the forefront it is now more important than ever that we all pay close attention to what is occurring in Alberta today. As MLA for Calgary-Fish Creek I look forward to hearing from you on these issues as well as any other issues of your concern. Contact my office located at Bay 7, 1215 Lake Sylvan Dr. SE. Monday to Friday between 10:00 am to 4:00 pm (**403.278.4444**); follow me on **Twitter @HeatherMLA**, find me on Facebook or visit my website www.heatherforsyth.com.

Learn Something New! Friends of Fish Creek Speaker's Series 2013

The Friends of Fish Creek presents A Taste of Spring – Wine and Beer Tasting & Silent Auction!

This Valentine's Day treat your special valentine to tickets to a Taste of Spring! Tickets are now on sale for The Friends of Fish Creek's "A Taste of Spring - Annual Wine and Beer Tasting & Silent Auction." Savour a variety of beers, fine wines and delicious appetizers and bid on fabulous silent auction packages. As a fundraiser, this event will support the Friends' programs that help to preserve the ecological integrity of Fish Creek Provincial Park - a natural retreat that means so much to so many.

When: Friday, March 8, 2013, 6:30 p.m. – 9:30 p.m.

Where: Willow Park Wines & Spirits
(10801 Bonaventure Dr. SE)

Cost: Tickets are only \$40.00, including GST. To purchase tickets, please visit www.friendsoffishcreek.org, call 403-238-3841, email chris@friendsoffishcreek.org, or come down to the Cookhouse at the Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Tr.)

Thursday, February 28, 2013

7:00 - 8:00 p.m. at the Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (access via 37 St. and 130 Ave. SW).

CREATURES OF THE NIGHT - THE CONSTELLATIONS VISIBLE FROM CALGARY – Presented by John McFaul, Owner and Guide of Alpenglow Nature Hikes

Come to this presentation and learn about the constellations that are visible from Calgary. As the last of the alpenglow leaves the mountain peaks and the velvet darkness descends, the creatures of the night prepare to strut across the celestial stage. Learn how the Bears and the Dragon dance about the pole, see how the beautiful Swan and the starry Eagle sweep across the Milky Way, and watch the magnificent Pegasus carry Perseus to his heroic deed. This program is designed to introduce you to the mythology surrounding these creatures and more. Registration required.

Free to Friends' Members and \$5.00 to non-members. To register, call **403-238-3841** or e-mail: chris@friendsoffishcreek.org
Thursday, February 28, 2013
7:00 pm - 8:00 pm at the Fish Creek Environmental Learning Centre, Shannon Terrace,
Fish Creek Provincial Park
(access via 37 St. and 130 Ave. SW)

The Friends of Fish Creek Presents "A Taste of Spring - Annual Wine and Beer Tasting & Silent Auction"



Friday, March 8, 2013

6:30- 9:30 p.m.

Willow Park Wines & Spirits

(10801 Bonaventure Drive SE, Calgary, AB)

Tickets only \$40.00! GST included!

For tickets visit www.friendsoffishcreek.org call **403-238-3841**, email chris@friendsoffishcreek.org, or come down to the Cookhouse at the Bow Valley Ranch, Fish Creek Provincial Park. (must be 18 or older to buy tickets)

Have you had enough of winter? The Taste of Spring fundraiser is the perfect way to unwind just days before the Spring equinox. Get your tickets to A Taste of Spring and help support the Friends of Fish Creek! The Friends are dedicated to protecting and preserving Fish Creek Provincial Park so that future generations will have a chance to enjoy this treasured area as much as we do today.

Sample a variety of beer and wine, enjoy delicious appetizers, enter your name for great door prizes and bid on an exclusive selection of silent auction items and packages including:

- dinner and theatre tickets
- luxury goods and services
- sports tickets and memorabilia
- art collectibles
- numerous local services

Factors Influencing Optimal Bone Health



Maintaining strength and vitality does not have to come at a cost. We don't have to reach for the next over priced supplement to preserve stability and bone health.

Osteoporosis is a disorder that does not discriminate although it is most commonly associated with older adults, postmenopausal women, and those with a history of long-term steroidal use. The pathology describes bones becoming brittle and porous; therefore lacking strength and making them subject to fracture more easily.

Although peak bone mass is reached between the ages of 25-30, maintaining optimal bone density through education is also required to minimize further deterioration. Calcium and Vitamin D are well known contributors in upholding bone integrity, however, many discard exercise as a form of building or maintenance due to the fear of physical impact and fracture.

By exerting muscles through weight-bearing exercise, the ligaments and tendons that attach muscle to bone and muscle to muscle will impose a good "stress" to our bone structure. Since our bodies are designed in such a manner that we must "break it down" in order to "build it up", weight bearing exercises aid in increasing bone density. When you perform exercises, you are also fostering balance and coordination. The psychological and physical gains enable people to enjoy further activity.

Calcium also plays an important role in muscle contraction, adding to our bone health. It is a mineral mostly stored in our bones and released when our bodies do not have enough from our daily nutritional needs, thereby *decreasing* bone density. Rich sources of calcium include cheese, milk, yogurt, which may be more difficult to obtain for those who are lactose intolerant or vegetarians. In order to maintain adequate calcium levels, our bodies require vitamin D to aid in absorption. Researchers at the University of Arizona determined we can get enough Vitamin D from


just 10-15 minutes of sunlight per day, although best guaranteed from a daily multi vitamin.

From low impact to more advanced weight bearing exercises, many individuals can incorporate several bone building activities throughout any given day.

While it is essential to recognize the importance of lifestyle on bone health, other factors such as genetics, race, or gender cannot be overlooked in their sizeable roles in developing osteoporosis. It is valuable to seek the help of a qualified professional if you are unfamiliar with the mechanics of any exercise.

Trico Centre for Family Wellness is located at 11150 Bonaventure Drive SE (just east of Southcentre Mall) and is partnered with your community. Residents of partnered communities receive great membership rates at Trico Centre. Support your community and be active, healthy and well.

By Amanda Hierath
Group Fitness Team Lead
Trico Centre for Family Wellness



We're celebrating
30 years
of family wellness!

A tradition
of providing
affordable
fitness to all,
with residents
of partnered
communities
receiving our
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Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca

30
CELEBRATING 30 YEARS
OF FAMILY WELLNESS

Be A Snow Angel This Winter!

Winter's first snowfall and the rest that follow can create challenges for some Calgarians to keep their sidewalks clear and avoid falls. Calgary's older adults in particular need extra help in the winter, keeping their sidewalks shovelled, ice-free and safe. Snow Angels is a campaign that encourages Calgarians to be good neighbours and help older adults, and other neighbours in need, with snow removal this winter. It is not a snow clearing program for older adults.

WILL YOU BE A SNOW ANGEL?

All you have to do to be a Snow Angel is simply adopt an older adult's sidewalk this winter, and keep it clear. Watch for people in your neighbourhood who could use help removing snow from their sidewalks and driveways and ask if you can lend them a hand.

Alternatively, if you and your neighbours or other members of your community would like to develop a more organized snow clearing program, call the Seniors Services Division at 3-1-1.

SNOW ANGELS CAN HELP SAVE LIVES

Calgary Paramedics say that being a Snow Angel is not only being a good neighbour, but could save a life! Emergency Medical Services typically sees a dramatic increase in calls for cardiac illness and arrest on days with heavy snow falls.

Winter weather often promotes a less active life-style. Sudden exertion like shoveling heavy snow causes your heart muscle to work extra hard. Everyone, but especially the elderly, are susceptible to cardiac injury or arrest due to over exertion. Cardiac injury may manifest itself in obscure ways like heart burn or indigestion. Early recognition and treatment of cardiac illness is the key! **REMEMBER, DON'T GUESS, CALL EMS!**

Calgary's older adult (65+) population in 2009 was 98,572 of whom an estimated 90 percent are living independently in the community. Recent projections report that there will be about a 66 percent increase in older adults (65+) in Calgary over the next ten years.

For some Calgarians, a winter stroll may result in dangerous falls and slips due to the ice lying underneath uncleared sidewalks. Other people may give up on their walk due to frustration with struggling through the knee-deep snow left on some sidewalks. Whether the situation is hazardous or just simply annoying, both can be avoided.



Please be a good neighbour this winter and remember to clean the snow from all the sidewalks adjacent to your property. Your neighbours will appreciate the ease at which they can negotiate the sidewalks and those people who deliver City services to your property will also appreciate your efforts.

Not only is it neighbourly to clear the walks, but there are bylaws regarding the matter of snow and ice removal. - According to City Bylaws, property owners are responsible for removing ice and snow from city sidewalks adjacent to their property within 24 hours after the snow has stopped falling.

So be a Snow Angel and ensure that everyone can safely get out and enjoy winter!

Snow Angels is proud to have CTV Calgary and the Calgary Sun as partners in this important Community Development Initiative.

NOMINATE YOUR SNOW ANGEL

Call 3-1-1, tell us your story and nominate your Snow Angel. We're asking for people who've had their sidewalk 'adopted' to send their stories to us and recognize their snow angel officially. Nominated Snow Angels are entered into a draw to a variety of prizes. Snow angels will also be recognized by Mayor Nenshi for their contribution to the community.

ALTERNATIVELY, MAIL US YOUR STORY. SEND YOUR STORIES TO:

The City of Calgary
Community & Neighbourhood Services
Attn: Snow Angels
#104, Box 2100, Station M
Calgary, Alberta T2P 2M5



Emergency
Medical
Services

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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
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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: smpj33@telus.net
Stan & Joan – Independent Associates 36268

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☆☆☆ 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.***



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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

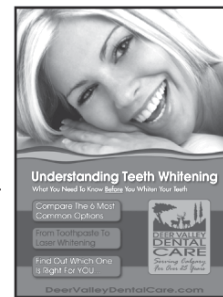
Toothpaste provides little or no whitening whatsoever and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front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



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www.DeerValleyDentalCare.com

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