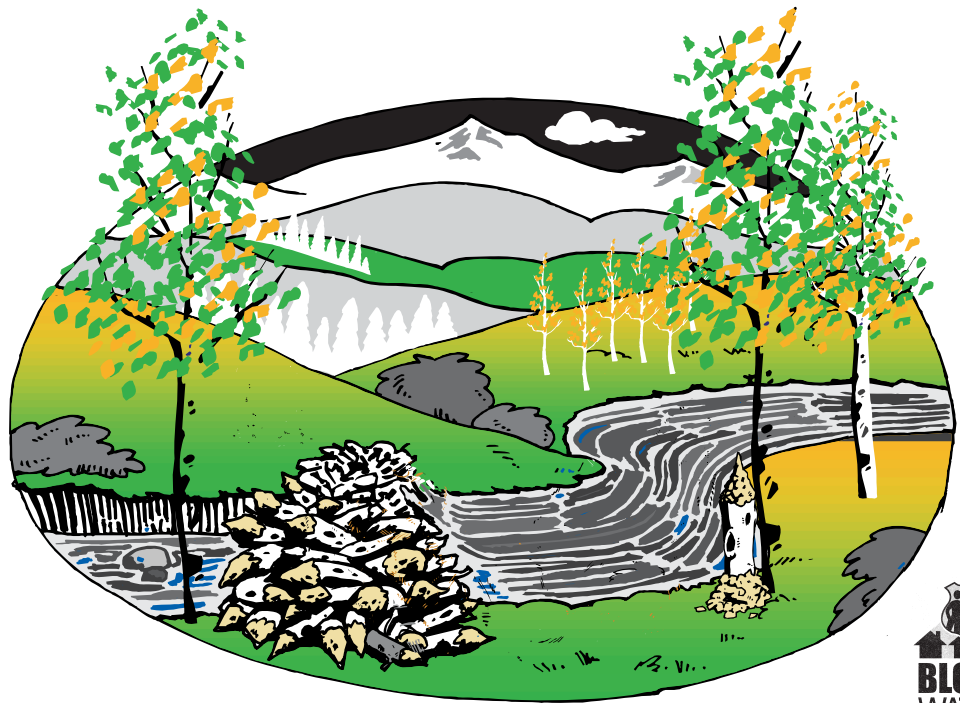


April 2013



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: MAY 2013

TARGET YOUR MARKET

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

Advertise in **SPECIFIC COMMUNITIES** that contain your potential customers and apply your valuable advertising dollars to only select areas that will produce a return on your investment. Most residents of a specific community have similar needs, so why waste your hard earned dollars with blanket city wide advertising? No-charge ad design is included in the price. You can also revise your ad and community placement(s) at no charge. Low delivered cost — less than 3 cents a home. Discounts are offered for 3 or more insertions.

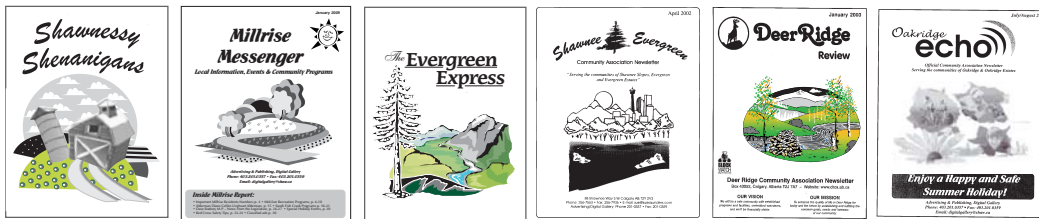
When asked why they advertise in community newsletters, a top realtor replied "Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month". With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters have excellent retention.

Our advertising content is limited to approx 50% of the publication. It's **not a flyer bundle**. Because space is limited, you'll need to call early to book your space. Our booking deadline is the 6th of every month prior to delivery (**with some exceptions... so call anyway, even if you're a little late!**).

We enjoy the attention of a high quality readership. The demographic of our publications is primarily young families with high disposable income; the communities we serve are all in the top 2% of income communities in Calgary. Remember, it's not about how many copies are printed for \$x — it's about how many qualified contacts are made, follow-ups received, and sales made.

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

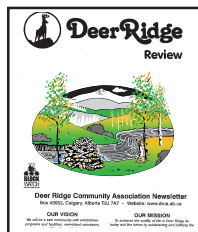
DIRECTORS AT LARGE

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

April has arrived and we are looking forward to the upcoming spring events in Deer Ridge. Get involved and enjoy your Community

NEW WEBSITE & BLOG

We need to thank our own **MS. MARGARET DAWKINS** for taking the lead in this project as well as **MS. LANIS ANDERSON** and **MS. KAREN STEVENSON** for all of their hard work in collecting, organizing, writing and editing all of the information for our new Website, Blog, Twitter and Facebook sites. You will be able to access all of the above from our New Website **www.deerridgecommunity.org**. Please visit often to see upcoming events. A very Special Thank You goes out to **MR. DON BURDEYNEY** who built our new website and has kept the rest of us on schedule and on task during this project. Thank you Don!

DEER RIDGE ICE RINKS

Again we need to thank **MR. GORDON MILLER** as he has done a fantastic job this year keeping the ice in great shape. We are always looking for volunteers to help with the Ice rinks so think about it for next winter. If you would like to volunteer in our community association and help Mr. Miller with the ice rinks next winter, 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 final details on the website and in the May edition of the Deer Ridge Review.

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. You will also see them on our blog site **www.DeerRidgeCA.com**. 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 via email to **DeerRidgeCA@gmail.com**.

DEER RIDGE HISTORY FROM 1980 TO PRESENT

We are also looking for Deer Ridge History to be included in our new Blog. 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, please call Bob Hall at 403-278-6817 or email: **DeerRidgeCA@gmail.com**

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 **DeerRidgeCA@gmail.com**

"INSIDE DEER RIDGE" - SPOTLIGHT ON BUSINESS/ 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 **DeerRidgeCA@gmail.com**

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.**

Programs to Inspire Healthy, Active & Vibrant Seniors!

Looking for a program to inspire you to be more active?

Acadia Aquatic Centre has a variety of programs that are suitable for seniors. There are many benefits to being active as you age including: reducing the risk of falls, stronger muscles and bones, improved mood, healthy weight control, better posture and balance, continued independent living, as well as many others.

All of our programs are taught by certified instructors that give lots of options so that everyone is able to exercise at their own pace and ability. You will love the value the City of Calgary offers, as our drop-in rates are very affordable.

Below are a few drop-in programs you may be interested in trying out:

BONE BUILDERS: Tuesdays 9:45-10:45am

Strengthen your bones and prevent fall related injuries in this strength, core and balance class.

AQUA ZEN: Mondays 3:00-4:00pm

A shallow water aquacize class that focuses on range of motion, fall prevention & relaxation.

WELLNESS YOGA: Fridays 2:45-3:45pm

Restore and relax in this yoga class that focuses on overall health & wellness.

ACADIA AQUATIC CENTRE, 9009 FAIRMOUNT DRIVE S.E.

SENIORS (65YRS) DROP-IN RATE \$2.80. Please contact 311 for more information.

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

Spotlight 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 April 2013 we acknowledge **Patricia Reilly, REALTOR® for CIR Realty.**



Selling In Today's Market

By Patricia Reilly, REALTOR® for CIR Realty

Select the right REALTOR®. Your home is one of the most significant asset you have - which is why it is vital to select a REALTOR® you can count on to deliver honest advice, up-to-date information, create a smooth experience, the know-how to get your home sold within your time frame, strong negotiation skills to sell at the highest possible price, and create customer satisfaction. I base my business on a customer centric model which means by serving my customers well, I will be the first Realtor my customer's think of when they need their next home or investment, and would whole heartedly refer me to their friends and family. I want my clients to feel like they are having a conversation with someone interested in understanding them and helping them succeed in the selling and buying process. Not only have I completed the education and licensing requirements to trade Real estate, but I went the extra mile and also earned the DULE designation from the University of British Columbia, Real Estate Division. Do I know the Deer Ridge market and everything Deer Ridge has to offer? Absolutely! I have happily lived in Deer Ridge with my 2 kids and husband for the past 12 years, and run my Real Estate business out of my Deer Ridge home office. Along with selecting the right REALTOR® here are some other important tips for selling your home in today's market:

Adjust your sights to today's market. Set aside what your home might have fetched in 2006 and focus instead on what homes are selling for today. These days, well-priced homes often sell in a week or two, while homes that languish for months are typically priced too high. Don't overreach. Given today's low inventories, it is tempting to overprice. But if you set the price too high, you are likely to wind up in a downward spiral. You are going to have your largest viewing audience in your first days on the market, when the house is the newest product on the shelf. If the price is too high, buyers and agents are likely to discard your property and move on. Properly priced homes are likely to get many showing in their first week with an offer coming soon after. If this doesn't happen, it is more likely that a price reduction is in order.

Be the best in show or at least the top two. Even in a market where inventories are low, a home isn't likely to sell quickly if it looks cluttered, and untidy. Inexpensive fixes with good payoffs include a fresh coat of paint, removing outdated window treatments or a carpet cleaning. Hire a good handyman to patch loose bricks and touch up the paint before putting it on the market. Remove some furniture so the home looks bigger. Put away magazines, knick knacks, fireplace tools, etc. Better yet, you are moving, so start the packing early by boxing anything that clutters up a room, put it in

storage or shelf it neatly in the garage. While I am on the topic of garages, de-clutter, add some shelving, and tidy up in there too. Size up the competition by going to other sellers' open houses to get a better sense of how buyers may view their home. It's a good way to see what works in terms of staging and presentation and what may not. Look at selling your home objectively and think about it from the viewpoint of the house hunter. Maybe hire a professional stager to come and arrange your furniture. Staging is about decorating your house for the buyers' taste, not yours.

Get them to want to come in. Research shows that increasing the curb appeal often returns the most value on your money. It's what gets buyers inside the house. One of the best and least expensive ways to add curb appeal to any home is with plants, shrubs, and trees. Find varieties best suited to our climate. Better yet, go to the local garden store and get advice. Update house numbers, mailbox, replace old light fixtures, add a new doormat, use containers and planters filled with plants and flowers in spring or evergreen branches in winter - two matching containers placed on either side of a front door really does the trick - to dress up the front. An investment in a single can of paint can do wonders to improve the look of your home. Add a splash of color to the front door, find a complementing color to enhance trim and details, or give the whole house a fresh new coat. The walkway to your house has a dramatic impact on overall curb appeal, rebalance or adjust those sidewalk blocks. Lastly, an easy inexpensive way to add more curb appeal is to tidy up the yard, the sidewalks, the windows, and the driveway.

Providing Easy Access for Showings. Potential buyers are usually looking at multiple homes at a time, if good access isn't provided to the property, the buyer will often not reschedule and go elsewhere, and may end up buying before seeing yours. If there's nowhere to park or it's difficult to get into, buyers may just skip it and look at someone else's property. Be as flexible as possible.

If you haven't received my Buyers Package with current Real Estate Market Information, and my Business Model, please get in touch and I will get it to you right away.



PATRICIA REILLY

REALTOR®

CIR REALTY SOUTH

DIRECT: 403-605-8904 | PREILLY@CIRREALTY.CA

WEBSITE: WWW.PATRICIAREILLYREALESTATE.CA

Because a Great Experience Begins with a Great Agent.

Disclaimer: The views, opinions and information expressed in this article are those of each organization submitting the information and in no way, implied or otherwise, reflects the views of the Deer Ridge Community Association or Digital Gallery

**ANIMAL & BYLAW
SERVICES**
Partnering with Calgarians
www.calgary.ca/animalservices

**ANIMAL & BYLAW SERVICES REMINDS
CALGARIANS TO AVOID ILLEGALLY PLACING
TEMPORARY SIGNS**

With the arrival of spring, Animal & Bylaw Services would like to remind Calgarians to consult the rules for posting temporary signs before placing them along city streets or in other public areas.

Complaints about temporary signs advertising everything from landscaping to garage sales tend to increase as the weather warms up. If illegally placed, they can cause a public safety concern by impeding the visibility of motorists and pedestrians. They can even cause traffic hazards. Since May 2012, bylaw officers have taken down over **7,500** illegal signs.

**There are proper areas and methods of legally placing signs.
To be legal, the bylaw states that temporary signs must be:**

- At least 30 metres away from an intersection.
- At least 10 metres away from a crosswalk.
- Two metres from the curb or edge of the road.

It is illegal to place signs:

- On a traffic island, centre median, or if the placement creates a potential traffic or pedestrian hazard.
- On a street light pole, traffic control device, fire hydrant, Plus 15 bridge or sound attenuation wall.
- By permanently affixing them or supporting them with string, rope, wire or metal stakes or if the placement causes damage to municipal property.
- That are larger than 0.6 square metres or 2X3 feet in size.

Calgarians are also reminded to be respectful and ensure that they are not placing signs on private property.

Temporary signs must list the name, address and phone number of the owner and date the sign was placed. The sign cannot be displayed for longer than 14 consecutive days or for more than 24 hours after the advertised event has ended.

Officers can impound any signs found in breach of the bylaw with a **\$100 fine per sign**. The Temporary Signs on Highways Bylaw 29M97 also includes a list of roadways where signs are prohibited or restricted. To read the bylaw, visit calgary.ca/bylawservices.

***Fish Creek Provincial Park
Spring Star Night
Saturday, April 13***



The Royal Astronomical Society of Canada and Fish Creek Provincial Park invite the General Public to our Fish Creek Environmental Learning Centre "Spring StarNight" and display by Fish Creek Provincial Park. At our annual Spring Star Night event members of the Royal Astronomical Society of Canada, Calgary Centre will have telescopes available for FREE public viewing of the Moon and Saturn, star clusters, nebulae and much more! The fun and discovery is on, "cloudy or clear!"

WHEN: Saturday, April 13, 2013 - 7:00 to 10:00 p.m. (clear or cloudy!)

WHERE: Fish Creek Environmental Learning Centre – 13931 Woodpath Rd. SW.

SPECIAL NOTES:

Free! Bring the whole family! Activities: Telescope viewing through telescopes provided by members of the Royal Astronomical Society of Canada (RASC), Astronomy Presentations, Presentation by the Park staff.

ADMISSION: Free! - Bring the whole family!

ACTIVITIES:

- Telescope viewing through telescopes provided by members of the Royal Astronomical Society of Canada (RASC)
- Astronomy Presentations
- Presentation by the staff of Fish Creek Provincial Park
- Light Pollution and Responsible Lighting display and information

PRESENTED BY: the Royal Astronomical Society of Canada and the Fish Creek Environmental Learning Centre – 13931 Woodpath Rd. SW.

For more information contact **Julia Millen at 403-297-7926** or Julia.Millen@gov.ab.ca

École Sam Livingston Elementary School News

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

JOYEUX ANNIVERSAIRE À L'ÉCOLE SAM LIVINGSTON!

Spring Break is over and students at École Sam Livingston Elementary are excited to announce that their school is 40 years old. We will be learning about the school's history over the past 40 years, making a time-line, creating a time capsule to be opened in 10 years, and hosting an open house for the community on **Thursday May 9th**. Please see the school's website <http://schools.cbe.ab.ca/b354/> for further details. Thank you to community members who helped us out with stories and memorabilia regarding our school's past.

April 9th at 7 p.m. in the school library is our School Council meeting. All parents are members and are welcome. In the past 2 months we have been working with Alberta School Council Association to fine tune our School Council. This was a great group and now it's even better! It's wonderful

to work within such a cooperative and supportive council. It's one of the things that gives our school such a strong foundation.

April will also see a special traffic safety meeting to be held at Sam Livingston School. Parents have researched the topic and held discussions with other school councils. It has become apparent that the issue of traffic safety around our schools is more than just a local problem.

We are inviting all stakeholders to attend this meeting including MLA's, Aldermen, AMA, City Police, School Boards, Trustees, School Administration, the Public, and any other interested parties. Please contact absafestreets@gmail.com for more information. You can also add your voice of concern to many others by signing the petition at tinyurl.com/9f4pb3zgoogle.

Have a great month and remember to drive safely around schools and playgrounds. As the weather warms, more and more children are playing outside again. MERCI!





Brian Muth, Owner
Deer Ridge Dogs – Dog Daycare

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

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

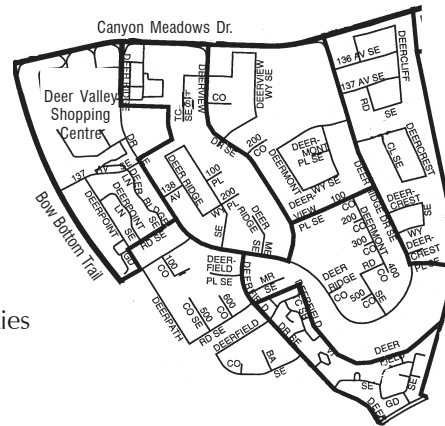


Deer Ridge Community Association Membership Renewal Form

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



Happy April and Happy Easter. I have a lot to say, so let's get to it!

First off, I will be holding another Aldertalk session on April 20th from 1pm to 3pm at the Deer Run Community Centre (2223 146 Avenue S.E.). Please feel free to join me there for some coffee, donuts, and a chat. You can find more information at www.calgary.ca/Aldertalk.

City Council will be having some very special guests on the morning of April 22nd. In the second edition of my *Ward 14 Wordsmith Awards*, one skilled writer will win their entire grade six class a tour of City Hall, a trip to the Zoo, and have their essay read in Council by me, on television! In December, I asked grade six students to answer the question "*Why should I care about Municipal Government?*" Since then we have doubled the number of participating Ward 14 schools, and each will be getting a visit from Yours Truly. It makes me very happy to see that so many Ward 14 students are taking an interest in municipal government.

While my team and I are busy reading grade six essays, the City of Calgary's *Waste & Recycling Services Unit* will be busy preparing to accept your yard waste at no charge. Between April 19th and June 2nd, all of the City's landfills will be accepting yard waste for free. Waste & Recycling Services will be composting the material and putting it to good use by recycling it into a useful product. Common Spring waste like leaves, branches, and plants will be accepted loose or in paper yard waste bags. For more information on the *Spring Yard Waste Drop-off Program* and landfills in general, you can visit www.calgary.ca/waste or contact 311.

Many Calgarians are budgeting and making sacrifices to get by, and that is why I am constantly pushing for taxation control at City Hall. Perhaps more than anyone, property-owning seniors are feeling the burden of taxation. I would

encourage any seniors looking for tax help to determine if they are eligible for the *Seniors Property Tax Deferral Program* by contacting the Alberta Supports Contact Centre at 1-877-644-9992 or by visiting www.SeniorsPTDP.alberta.ca. The program is new for 2013 and offers eligible senior homeowners a low-interest home equity loan to defer all, or some, of their property taxes.

So look for updates on the *2013 Ward 14 Wordsmith Awards* on www.calgary.ca/ward14 and keep an eye on City Council, if only to hear the winning essay. For any other topics you might want to discuss you can email at eward14@calgary.ca or dial (403) 268-1653. I will always make time to chat.

-Alderman Peter Demong

Aldertalk – April 20th

from 1p.m. to 3p.m.
at the Deer Run Community Centre
(2223 146 Avenue S.E.).

Please feel free to join me there for some coffee, donuts, and a chat. You can find more information at www.calgary.ca/Aldertalk.

Brushstrokes Art Club's Annual Art Sale



The artists of the FLC Seniors Club invite you to an exhibition and sale of their original art work at very reasonable prices.

**Saturday, April 13, 2013
10 a.m. to 3 p.m.
Willowridge Community Hall (680 Acadia Drive SE)**

There will be refreshments and a free raffle for an original piece of art. (Cash or cheques only, please.)

The 46th Annual Pathway and River Cleanup – May 5



The Pathway and River Cleanup event takes place in May each year with thousands of volunteers sharing the common goal of removing litter that accumulates along the riverbanks over the winter months. This year's event is being held on Sunday, May 5, 2013 from 10 a.m. - 1 p.m.

PATHWAY AND RIVER CLEANUP EVENT

The 2012 event saw the collection of over 5,700 kg (12,500 lbs) of waste from Calgary's pathways and river banks. We look forward to another successful cleanup this year. The volunteer appreciation breakfast will be held on Sunday, May 5 at 8:30 a.m. at a location to be announced.

Group leader orientation sessions will be held at the Inglewood Bird Sanctuary on Tuesday, April 16 & Thursday, April 18 from 6:30 - 7:30 p.m.

NOTE: return group leaders are required to attend an orientation session every three years. Return group leaders can pick up their equipment kits at the Inglewood Bird Sanctuary at the following times: (Equipment kits will not be available outside these times).

Tuesday, April 16, 4 - 6 p.m.

Wednesday, April 17, 5 - 7 p.m.

Thursday, April 18, 4 - 6 p.m.

If the cleanup is cancelled due to high water levels in the river or extreme weather conditions, an **alternate date of May 26** is scheduled. If the event is postponed, the breakfast will still be on May 5.

Please contact 311 with event inquiries.

HOW THE RIVER CLEANUP BEGAN

The first Pathway and River Cleanup began in 1967 by 12 year-old Sandra Crawford. While walking along the Elbow River bank in early spring, she saw an entire mattress lying in the river. She tried to haul the mattress out on her own, but failed. She wrote a letter to the Calgary Herald decrying the mess. Since then, thousands of Calgarians have shown their sense of community, spirit and pride by volunteering each year in this great cause.



Call today to learn more and book a tour!

WHO'S READY FOR SOMETHING DIFFERENT?

- Providing full day care for children 6 weeks to 6 years
- Providing before/after school care for children 6 years to 12 years
- Servicing Schools: Don Bosco, Haultain Memorial & Deer Run Elementary
- Educational Curriculum and Pre-School
- Nutritious Meal Plans
- Technology Integrated Classrooms
- Open 7:00 am - 6:00 pm

edleun 
education learning universe

DEER RIDGE LEARNING CENTRE & CHILDCARE

116 DEERVIEW DRIVE SE
403-271-4777

WWW.EDLEUN.COM/DEERRIDGE

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



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

April at the Fish Creek Library

COME FLY AWAY

It's never too windy to come to the library for kite-flying stories. Ages 6 to 8. Tuesday, Apr 02, 2:15 - 3:00 p.m.

ECO-YARDS

Learn how to make your yard eco-friendly with Laureen, landscaper, and author of *Eco-Yards: Simple Steps to Earth-Friendly Landscapes*. Wednesday, Apr 03, 7:00 - 8:30 p.m.

FRACTURED FAIRYTALES

Come enjoy some favorite tales with unexpected twists. Ages 6 to 9. Thursday, Apr 04, 2:15 - 3:00 p.m.

KINDER CUTIES

Join Tess of Kindermusik for a joyful and energetic half hour exploring music and movement. Ages 2 to 3 with a parent/caregiver. Monday, Apr 08, 10:15 - 10:45 a.m.

ESL TEEN TALK

ESL teens and pre-teens can practice English language skills and enjoy a variety of fun activities at the Library. 10 to 14+. Mondays, Apr 08 to May 06, 4:30 - 6:00 p.m.

EBOOKS: A LIBRARY ON THE GO

Are you curious about eBooks? Library staff demonstrates how to download an eBook using OverDrive. Friday, Apr 12, 11:00 a.m. - 12:30 p.m.

EDIBLE BOOKS FESTIVAL

Create your own "edible book". Share it with the library and you could win a prize! For contest rules, call 403-221-1445. Registration required for contestants only. No

registration required for spectators. Set-up begins 30 minutes before the program starts.

Saturday, Apr 13, 2:30 - 3:30 p.m.

FAMILIES CELEBRATE EARTH DAY

Eco-families are invited to celebrate the day with stories, songs, and fingerplays. Ages 2 to 5 + a parent/caregiver.

Monday, Apr 22, 10:15 - 10:45 a.m.

SINGLE IN THE SUBURBS?

Join us for candid discussions and light-hearted activities.

Wednesday, Apr 10, 7:00 - 8:30 p.m.

WHAT'S COOKIN' CLUB

Try a different cookbook monthly, eat tasty treats, and come discuss all things edible! For the food-lover at heart.

Thursdays, Apr 18, 2:00 - 3:30 p.m.

TEEN BOOK CLUB

Teen Book Club invites you to read and discuss the latest teen books. Call for book title; copies are available at the Library.

Ages 13 to 17. Sunday, Apr 28, 2:00 - 3:00 p.m.

STITCH AND CHAT

Drop in with your needlecraft projects for company and tea.

Wednesdays, Jan 09 to Apr 24, 1:30 - 3:00 p.m.

COMPUTER TECHNOLOGY COACHING

Computer Technology Coaching offers one-on-one, volunteer help on using the Internet and Microsoft Office products.

Wednesdays, Jan 09 to Apr 24, 6:30 - 8:30 p.m.

LEGO CLUB

LEGO Club is so much fun! Build, create, and explore! LEGO provided. Thursdays, Jan 10 to Apr 25, 4- 5 p.m.

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

www.calgarypubliclibrary.com



Summer Day Camp Volunteer Opportunities

Are you 12 years old or older? Do you want to build your resume this summer and have fun? Come volunteer with our children's camps and get hands on leadership experience.

Volunteers help City of Calgary leaders run kids' day camps (ages three to 12) and are offered throughout Calgary in:

- community neighbourhoods
- leisure centres
- pools
- art centres

Call 311 for more information on how to volunteer.

New Recreation Facilities Designs Revealed

The City of Calgary is inviting the public to view schematic designs of the Quarry Park and Rocky Ridge recreation facilities. This is the next step towards bringing four new recreation facilities to underserved areas – three in the S.E. in Seton, Quarry Park and Great Plains and one in the N.W. in Rocky Ridge.

"What you will be able to see is how the proposed amenities, such as pools, ice rinks and gymnasiums can be arranged to fit on two of the sites," says City project manager, Rob McAuley. "Being able to share this new level of detail with the public is an exciting milestone for us and I look forward to hearing the public's reaction."

Extensive research and community engagement helped form the list of what should go into each new facility and City Council approved that list in June 2012.

The City expects the design reveal for Quarry Park and Rocky Ridge to happen as early as March and will post details on www.calgary.ca/newreccentres. Check The City website often for other updates and information on each facility.

Design work for the Great Plains and Seton recreation facilities is also underway and will be shared once completed later this year.

Honouring their life with you.

For over a century, The City of Calgary Cemeteries has supported Calgarians with care and compassion.

Queen's Park Cemetery and Mausoleum offers burial space, cremation interment, and entombment options in peaceful, natural, park-like surroundings.

For more information visit

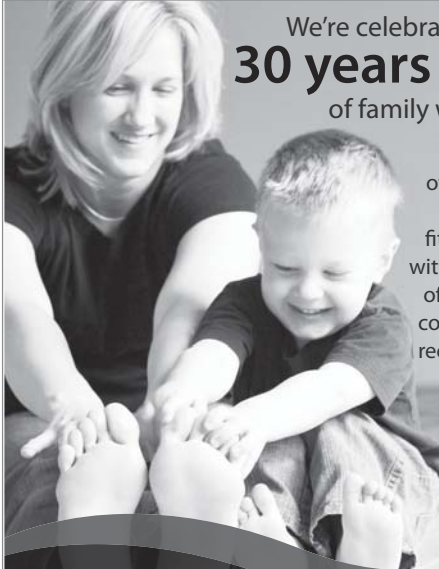
calgary.ca/cemeteries or call 403-221-3660.

2013-0264

calgary.ca | contact 311



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30
CELEBRATING 30 YEARS
OF FAMILY WELLNESS

“Aging-in-Place Gardening Safety”



‘In the spring, at the end of the day, you should smell like dirt.’
Margaret Atwood

With the groundhog indicating spring is on its way, we cannot help but think about getting outside and gardening! However, most thoughts are of planting flowers, getting the rhubarb uncovered and whether or not the apple trees need pruning, not on gardening safety.

Garden safety is paramount while aging in place – often it is overlooked and many accidents are easy to prevent.

The first thing that should be considered is your garden plan, and this can start right now while there is still snow on the ground! Planning your garden to be easy to maintain is the best time you can spend. Consider replacing many of the high-maintenance annuals and perennials with bushes. There are many bushes that offer flowers and vibrant colours that you get from annuals and perennials, but they are much easier to care for.

Also, consider getting raised beds for plants that require more maintenance, like vegetables, so that you can care for them while standing rather than needing to be down on your hands and knees. If you cannot build raised beds or get someone to help you with this, ensure you take a chair or gardening cart with you so you have something to hold onto when standing back up again. The ground will likely be uneven and it will be easy to lose your balance after kneeling for a while.

Gardeners often spend most of their time weeding. You might consider using mulch to cover the ground around your plants to reduce the amount of weeds that will grow; and once weeds

start to sprout up you can spray with a weed killer and then pull them, thereby killing the weeds and their roots, reducing the amount that will grow back. This will give you less work to do and more time to enjoy your garden.

After you have planned and planted your garden, you might want to consider planting an additional item to keep you safe – a bench! Having a sturdy place to sit while working in your garden is very important because it will provide a place to rest and relax so you can continue working or as a place to stop before you head all the way back inside your home. It will also serve as a lovely place to relax and enjoy your garden; maybe have a cup of tea in the morning or a cold beer on a hot day.

Gardening can be very relaxing and enjoyable. It is a healthy activity that is fun and rewarding. Gardening safely will allow you to continue this activity for many years to come.

Carla Berezowski,
Certified Aging-in-Place Specialist (CAPS)

Aging-in-place means remaining in one's home safely, independently, and comfortably, regardless of age, income, or ability level. It means the pleasure of living in a familiar environment throughout one's maturing years, and the ability to enjoy the familiar daily rituals and the special events that enrich all our lives. It means the reassurance of being able to call a house a "home" for a lifetime.

Fostering Safe Communities... Street Smart Safety

RECREATION

Hockey nets, ski/snowboard/skateboard ramps and basketball nets are not permitted on City streets, even temporarily.

OBSTRUCTION

Do not place electrical cords, hoses or chains over a sidewalk. Do not place any material in lanes, streets, sidewalks or City right-of-ways.

VEHICLES

Vehicles parked on driveways may not block sidewalks or boulevards.

Do not leave unregistered, uninsured vehicles on City streets or lanes.* A vehicle must be operable and moved within 72 hours or it may be considered abandoned and removed as such.*

*This regulation is a part of Alberta's Traffic Safety Act and is enforced by the Calgary Parking Authority.

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

ECONOMIC SUMMIT

On February 9th, I attended Premier Redford's Alberta Economic Summit in Calgary and was disappointed that once again the discussion of a sales tax was brought up without mentioning that the government has a spending problem. A PST (Provincial Sales Tax) would hit all Albertans with an instant means of raising funds for government. Increasing income or corporate taxes would hurt the economy and chase business out of our province. Alberta's competitive advantage has always been a low tax environment, which encourages economic growth and creates jobs, thus bringing in more people who pay taxes and increase our provincial revenues. I've spoken to many constituents and recall very few saying they want our taxes to be raised. Do you? Please let me know your thoughts. Once again, as I write this in February for the April newsletter, it's difficult to speak about the upcoming budget. I know we are facing a huge deficit and will address your comments and concerns in my next newsletter.

HEALTH INQUIRY

I was extremely disappointed with the recent health inquiry, and what I consider a waste of time. I can honestly say I've never heard so many "I don't remember" or "I can't recall" when being questioned from lawyers about what they knew about queue jumping! I have sent a letter to the College of Physicians and Surgeons outlining our concerns with queue jumping. Even Justice Vertes has commented on his rejected request for an extension of the Health Inquiry stating "Not only is such a rejection unprecedented, it borders on an interference with the independence of this Commission..."

Our health care system has arrived at a critical crossroad, and it's time to get serious about addressing the problems. The government's economic mismanagement puts our entire health care system at risk of further erosion. Something has to be done.

Doctors, nurses and health care professionals provide exceptional service despite these circumstances. They are the glue that keeps our health care system together. Funding needs to be directed to the front lines and away from the bloated and unproductive bureaucracy. The current ratio of managers to workers in the health care system is 4:1. This is an unacceptable burden with the limited funding available, and makes the work of our front line workers that much harder.

STEP PROGRAM (SUMMER TEMPORARY EMPLOYMENT PROGRAM)

I was disappointed to hear that the government has put the STEP program on hold and suspended the application process. The department said there will be no further comment until the budget. The suspension of this program would affect about



**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

3,000 summer jobs for students across this province. I have hired a STEP student every year since being elected and will be saddened if this program is dropped as it has been an incredible learning experience for both the student and me.

MLA FOR A DAY PROGRAM

This year's *MLA for a Day* program will take place May 6th and 7th. I am asking for your help in encouraging high-school students in the constituency to apply. Deadline to submit application is April 15th. This program gives students who have an interest in the parliamentary process develop a greater understanding of the role and responsibilities of an MLA. For more information you can e-mail MLA4aday@assembly.ab.ca

Or if you wish, please call the constituency office for more information.

As your MLA, I am always available to assist constituents. I can be reached at my constituency office in Bonavista Village at 1215 Lake Sylvan Drive SE; the phone number is (403) 278-4444. My e-mail address is: Calgary.fishcreek@assembly.ab.ca and my website is www.heatherforsyth.com

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
or E-MAIL**

COST: \$25.00 + GST

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

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Call 3-1-1 (24 HRS), or visit the website www.calgary.ca. For information on services specifically provided by The City of Calgary including:

Animal & Bylaw Services, Calgary Fire Department, Calgary Police Service, Calgary Transit, Urban Development, Parks & Recreation, Waste & Recycling, Roads & Transportation Planning, Water Services, Land Use, Community & Neighbourhood Services

Call 2-1-1 (24 HRS), or visit the website www.calgary.ca. For other Community, Government, Health and Social Service Information, including:

Aboriginal Services, Addiction Services, Child Protection and Welfare, Consumer Services, Legal Information/Services, Counseling, Health Services, Hospitals, Education, Income Support and Employment

Call 5-1-1 (24 HRS), or visit the website www.511.alberta.ca. Updates on highway conditions and travel problems provided by the Government of Alberta.

Bicycle Helmet Safety



Bicycle crashes are the leading cause of brain injury in school-aged children. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. Remember – it is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example: always wear your own helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side to side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

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

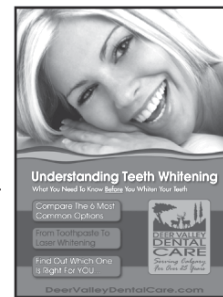
Toothpaste provides little or no whitening whatsoever and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front 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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403-271-6300

www.DeerValleyDentalCare.com

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