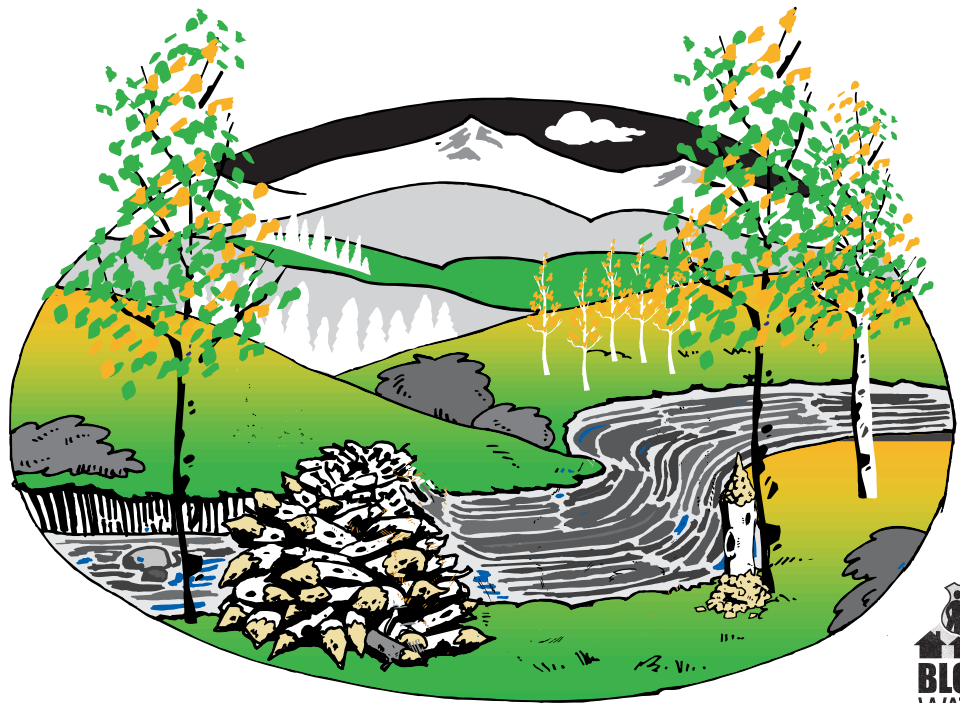


Summer 2013



# Deer Ridge

## Review



### Deer Ridge Community Association Newsletter

Box 43052, Calgary, Alberta T2J 7A7 – Website: [www.deerridgecommunity.org](http://www.deerridgecommunity.org)

#### 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: SEPTEMBER 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.

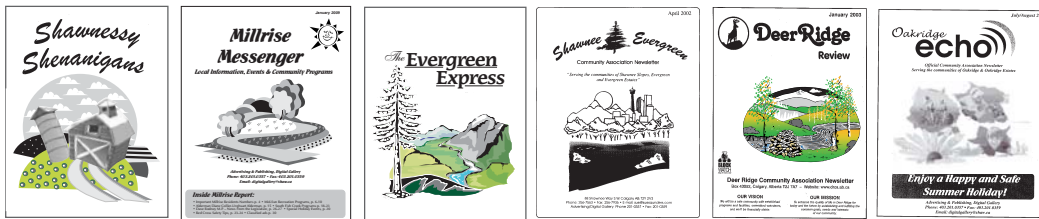
When asked why they advertise in community newsletters, a top realtor replied “Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month”. With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters 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](mailto:digitalgallery@shaw.ca)**  
**Deadline for the next issue: August 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 .....	403-285-9492

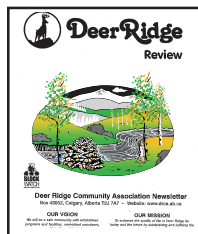
**DIRECTORS AT LARGE**

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 .....	403-285-9492
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**

Building Safe Communities .....	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

Visit our website at [www.DeerRidgeCommunity.org](http://www.DeerRidgeCommunity.org) If you have any questions or concerns,  
please contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)



***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](mailto: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*

Summer is here and we are looking forward to the upcoming summer events in Deer Ridge.

### **NEW WEBSITE & BLOG**

You will now be able to access all of the above from our New Website [www.deerridgecommunity.org](http://www.deerridgecommunity.org). Please visit often to see upcoming community events.

### **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.

### **DEER RIDGE YELLOW SLIDE PARK PLAYScape REPLACEMENT**

The playscape in Yellow Slide Park will be replaced this Fall. We will need volunteers to help with the replacement. If you are interested in helping with the assembly, please contact Bob Hall at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com). Please visit the website for updates.

### **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 33 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](mailto:DeerRidgeCA@gmail.com)

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

We are starting a Community Garden 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](mailto: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](mailto: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.

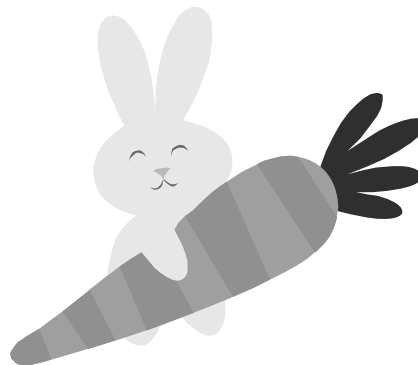
See you around the neighborhood.

**Bob Hall  
President**

**Deer Ridge Community Association.**

### **DEER RIDGE COMMUNITY GARDEN: Are you interested in a Garden Plot?**

Please contact Bob Hall at  
[DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)



**Deer Ridge Community Association  
presents**



**TWO DATES: SATURDAY, JULY 6 AND  
SATURDAY, AUGUST 10**

**AT THE YELLOW SLIDE PARK**

For current community news, keep  
watching for updates  
at our website:

**[www.deerridgecommunity.org](http://www.deerridgecommunity.org)**



## ***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 July & August 2013 we acknowledge the Deer Ridge Community Association.

### **Deer Ridge Community Association – Summer Events Movie in the Park**

Saturday July 6, 2013 & Saturday August 10 2013 – Deer Ridge Movie in the Park Held at Yellow Slide Park . Watch for times and Movie title.



### **Community Garden**

The Deer Ridge Community Garden is up and running. We have a waiting list for those who are interested. Please contact Bob Hall At [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)





## Deer Ridge Yellow Slide Park Playscape replacement

We will be replacing the Playscape at Yellow Slide Park this Fall and will be looking for volunteers to help with the assembly. Please watch for the signs and visit the website often.



The Deer Ridge Community Association is always looking for new members and if you would like to join the Community Association Please contact any director on the Deer Ridge CA Board.  
The Deer Ridge Community Association wish you and your family a safe and exciting Summer Holiday Season.  
See you around the neighborhood

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, reflect the views of the Deer Ridge Community Association or Digital Gallery

## Stay N' Play & Park N' Play Summer 2013 – Free!



**FREE** summer drop-in programs for children - brought to you by Community & Neighbourhood Services, in partnership with your local community association. Join in the fun with games, crafts and other activities!

**STAY N' PLAY** (3-5 yr olds) 10:00am - 12:00pm  
Children must be accompanied by an adult/guardian who joins in the fun. Free.

**PARK N' PLAY** (6-12 yr olds) 10:00 am - 3:30 pm. Free

**NEW "PLAY PASS"** process this summer. A quick and simple sign-in process to **PLAY FASTER** is made possible when you provide registration information in advance. Visit [www.calgary.ca/cns](http://www.calgary.ca/cns) or contact 3-1-1 after May 1st for more information.

### July 2-5:

**MCKENZIE LAKE:** 16198 McKenzie Lake Way SE

**WILLOW RIDGE:** 680 Acadia Dr SE

**SHAWNESSY:** 224 Shawmeadows Rd SW

### July 8-12

**MIDNAPORE/SUNDANCE:** 70 Sunmills Dr SE

**MCKENZIE TOWNE:** McKenzie Towne Dr & Elgin Est. View

**CKE:** 1015 73 Ave SW

### July 15-19

**WOODLANDS:** 1991 Woodview Dr SW

**CRANSTON:** Cranston Dr & Cranberry Way SE

**SOMERSET/BRIDLEWOOD:** 162 Ave/Bridlewood Blvd SW

### July 22-26

**CHAPARRAL:** Chaparral Dr & Chaparral Way SE

**QUEENSLAND:** 649 Queensland Dr SE

**HAYSBORO:** 1204 89 Ave SW

### July 29-August 2

**COPPERFIELD:** Copperstone Gt & Copperfield Blvd SE

**EVERGREEN:** Everridge Dr & Everridge Rd SW

**RIVERBEND:** 19 Rivervalley Dr SE

### August 6-9

**DEER RUN:** 2223 146 Ave SE

**CANYON MEADOWS:** 844 Cantabrian Dr SW

**AUBURN BAY:** 800 Auburn Bay Blvd SE

### August 12-16

**PARKLAND:** 505 Parkvalley Rd SE

**FAIRVIEW:** 8038 Fairmount Dr SE

**MILLRISE:** 14808 Millrise Hill SW

### August 19-23

**DOUGLASDALE-GLEN:** Douglas Park Blvd & Douglas Shore Close SE

**SILVERADO:** Silverado Dr & Silverado Range Cls SW  
Braeside, 11024 Braeside Drive SW

## Free Summer Youth Programs & Events Youth Days

Are you between the ages of 12 – 17 and looking for something to do this summer? Learn a new skill and have a blast while hanging out with your friends! Youth Days runs Tuesdays – Fridays, from 2 – 5pm, and focuses on a different activity each week. **Call 3-1-1 after June 1st, 2013** to register.

### July 9 – 12 OUTDOOR PURSUITS WEEK

Marquis de Lorne C.A. - 6 Copperstone Way S.E.

### July 30 – August 2 PHOTOGRAPHY WEEK

Chaparral R.A. - 225 Chaparral Dr. S.E.

### August 6 – 9 SPORTS WEEK

McKenzie Lake C.A. - 16198 McKenzie Lake Way S.E.

### August 13 – 16 PHOTOGRAPHY WEEK

Woodcreek C.A. - 1991 Woodview Dr. S.W.

### August 20 – 23 DISCOVER CALGARY WEEK

Kingsland C. A. - 505 78th Ave. S.W.

## Sedation Dentistry?

Call **403-DENTIST**

403-336-8478

**Open 7 Days A Week**

**DeerValleyDentalCare.com**

Deer Valley Marketplace  
Canyon Meadows Dr. SE & Bow Bottom Tr.

Multiple  
Sedation  
Options



## Babies and Books



Babies love books. There are many benefits to reading aloud to babies. An infant will not understand everything you're doing with that board book, but they are learning the sounds needed to communicate. The more stories you can read aloud, the more words the baby (and their older siblings too) will be exposed to. Have fun reading aloud! Read with excitement in your voice, talk about the pictures on the page and let baby put the book in her mouth. That's how she explores. Reading aloud every day will help baby love books too, plus it helps build that wonderful connection between the two of you.

With so many enticing new and classic children's books lining the bookstores, we thought we'd share some of our favourites that we think every kid should read.

**THE VERY HUNGRY CATERPILLAR** by Eric Carle

**CORDUROY** by Don Freeman

**GOODNIGHT MOON** by Margaret Wise Brown

**FIVE LITTLE MONKEYS JUMPING ON THE BED** by Eileen Christelow

**THE SNOWY DAY** by Ezra Jack Keats

This is just a small sample of some the books on our list of 50 Books to Read Before You Are 8. Find the rest of the list on our website at: <http://calgaryreads.com/reading-tips/50-books-to-read/>

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with a grade 1 or 2 child at school. We also host fun school reading parties, hold parent and teacher workshops and organize a massive yearly used book sale. Find out more at [www.calgaryreads.com](http://www.calgaryreads.com).

## PATRICIA REILLY, Realtor®



*When it's time to buy or sell your house, it's time to turn to a professional.*

*I deliver honest advice, provide up-to-date information, and negotiate strongly on your behalf.*

**Direct: 403-605-8904**

**EMAIL: [preilly@cirrealty.ca](mailto:preilly@cirrealty.ca)**

**WEBSITE: [www.patriciareillyrealestate.ca](http://www.patriciareillyrealestate.ca)**

**CIR Realty South**



**Because a Great Experience Begins with a Great Agent.™**

## Finding my STRENGTH WITH JAZZERCISE



**ONE MONTH FREE** (Some restrictions may apply)

- Queensland Community: Mon/Wed: 6:30 p.m.
- Canadian Legion (9202 Horton Rd. S.W.)  
Saturday: 8:45 a.m.

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](http://jazzercise.com)

**Call Patsy (403)225.4410  
or [ptjazz@telus.net](mailto:ptjazz@telus.net)**

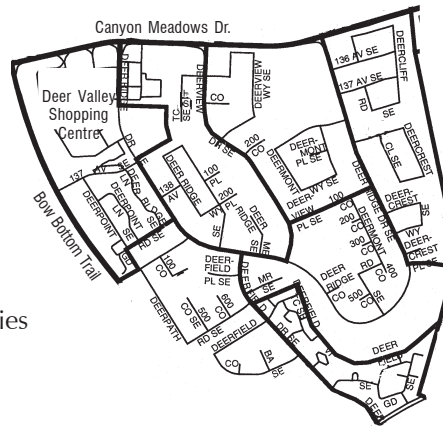


## Deer Ridge Community Association Membership Renewal Form

**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!



### "We Care" **DEERFOOT** Carpet & Flooring



#### CARPET

Permanent  
Stain Protection  
Revolutionary  
Cleanability  
Incredibly Soft

**MOHAWK**  
**SmartStrand**  
with DuPont "Sorona" renewable sourced polymer

Starting Under  
**\$1.99** PSF

#### HARDWOOD

**Tarkett**  
Stock  
Specials

**\$1<sup>59</sup>** PSF  
From

**CORK**

From **\$1<sup>99</sup>** PSF

100% Natural  
100% Renewable  
25 Year Warranty

#### CERAMICS

From **¢ 99** PSF  
Limited Quantity

#### Karastan!

Calgary's Newest  
Karastan Dealer

#### LAMINATE

From **¢99** PSF

**Congoleum**

Click Stock Arrived!  
**¢99** PSF  
25 Year Warranty

**Professional Installation Available**

IF YOU WANT ....

Complete Floor Covering Service  
Lowest Prices Guaranteed  
Peace of mind Guarantees

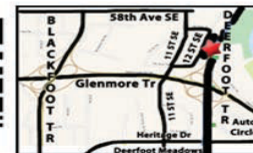
THEN...  
Call or  
Visit  
and Become ..



Morris

**\*Do Not  
Pay For Up  
To 12 Months**

\*On selected  
Products O.A.C.



**Another Happy Deerfoot Customer**

**6170 - 12 ST. S.E. 255-5880** **NEW HOURS:** Mon-Wed. 9-6 • Thursday Friday 9-8 • Saturday 9-5 • Sunday Closed

**Ideas - Style - Great Pricing - Happy Customers**

**www.deerfootcarpet.com**



## *Message From Peter Demong Alderman Ward 14*



Howdy (and a tip of the hat),

The next hundred years of the Stampede is soon to begin. Yahoo! I hope you get out and enjoy it, right after you read this tale of \$52 million.

Your property tax bill is broken into two parts: the city's property tax, and the education tax that the city collects and remits to the province. In March 2013, the Province decided they were going to give you a break on the education portion of your property taxes. This amounts to about \$52 million in total, or about \$126 annually for the average residential property owner. Two years ago, Council voted to automatically take any 'vacated' tax surplus from the Province (I voted against this).

That is how Council ended up with \$52 million, and it is not "one-time money". This will become part of the base property tax that you pay every year, onto which all future increases will be compounded.

It is my job to listen to what you have to say. There are five choices for how this money could be spent, and I URGE you to contact me with your opinion, because I AM listening. The issue will be coming to Council on July 22<sup>nd</sup>.

It is also my job to cast a vote on this issue, and it is no secret that giving it back to taxpayers is my current favourite. Some have said that this option would make no difference to Calgarians because \$126 dollars is such a small sum. Calling any sum of money irrelevant sets a dangerous precedent, but for now let's assume that an extra \$126 in your pocket is inconsequential because that is not really the point. The point is the \$126 is not *extra* for you; it's *extra* for the City! The point is that the Provincial government lowered taxes, so YOU could get the money back! If the city continued to charge 7% GST when it was lowered to 5%, I wonder how well that would have been accepted.

You can contact me anytime at (403) 268-1653, or [eward14@calgary.ca](mailto:eward14@calgary.ca), with any opinions you might have. For general City inquiries, you can now use your smartphone with the new 311 App. I'm proud to have played a part in the streamlining of 311, of which this new app is a result. See [www.calgary.ca/ward14](http://www.calgary.ca/ward14) for a history and details on how to get the 311 app.

Finally, don't forget to join me in the Southcentre Mall parking lot for the *Ward 14 Communities BBQ* on September 21<sup>st</sup>. We'll be celebrating Ward 14's Community Associations. See [www.calgary.ca/ward14/events](http://www.calgary.ca/ward14/events) for details.

-Alderman Peter Demong

## *Free! Community Mobile Skate Parks*



All ages welcome. Bring out your skateboard or in-line skates to one of our temporary parks. Helmets and signed waivers are required for all participants. Parent/guardian signatures are required for participants under 18 years of age. Waivers are available on-site and at [www.calgary.ca/skateparks](http://www.calgary.ca/skateparks).

**NOTE:** Parks are closed on statutory holidays (May 20<sup>th</sup>, July 1<sup>st</sup> and August 5<sup>th</sup>). For more information call 3-1-1 or visit [www.calgary.ca/skateparks](http://www.calgary.ca/skateparks)

**SUMMER PARKS:** 11 a.m. -7 p.m. weekdays and 10 a.m. - 6 p.m. weekends.

**JULY 3 - AUGUST 1:** Southland Leisure Centre  
(2000 Southland Dr. SW)

**JULY 8 - 21:** Douglasdale Glen  
(Douglas Park Blvd. & Douglas Shore Cl. SE)

**AUGUST 3-27:** South Fish Creek Recreation Assoc.  
(333 Shawville Blvd. SE)

**AUGUST 13 - 30:** Queensland Community Association  
(649 Queensland Dr. SE)



## Wagonstage Children's Theatre

Summer break means thinking of all the ways to keep children active, entertained and engaged. Wagonstage Children's theatre is a great choice. This year's play 'This Place is a Zoo' by playwright Nicola Elson, is all about a little girl with a wild imagination. Trying to cope with the world that just won't stop changing, Cynthia meets whooping cranes, elephants and gorillas as she sets out on her adventures.

Every summer since 1971, The City of Calgary partners with the University of Calgary's Drama Department to bring interactive, educational children's theatre to life. Wagonstage is a travelling theatre production written and directed by theatre professionals and designed and acted by graduate and undergraduate Drama students. Wagonstage has always been committed to new work produced by local artists. Approximately half of the plays produced for Wagonstage over the last 42 years have been commissioned from Calgary playwrights.

Each Wagonstage performance not only gives children a front seat at the performance, it gives them a leading role in the play, providing many opportunities to interact with the characters.

Wagonstage sets up in the great outdoor spaces in our city, so whether you're taking the kids to a swim lesson, experiencing one of the city's fabulous festivals or events or spending a day at the Calgary Zoo, there's bound to be a performance taking place near you.

### PERFORMANCE SCHEDULE:

July 1 Canada Day ..... Prince's Island Park  
July 3 – 5 ..... Cardel Place  
July 8 -12 ..... Southland Leisure Centre  
July 15 – 19 ..... The Genesis Centre for Community  
Wellness  
July 22 – 26 ..... Trico Centre  
July 29 – August 1 ..... Riley Park  
August 6- 9 ..... The Calgary Zoo\*  
August 12-16 – 9 ..... The Calgary Zoo\*

All shows are FREE **ALTHOUGH** admission to the **Calgary Zoo requires payment**. Visit [Calgary.ca/wagonstage](http://Calgary.ca/wagonstage) for a full listing of performance times.



**cornerstone** *music cafe*

139 - 14919 Deer Ridge Drive SE

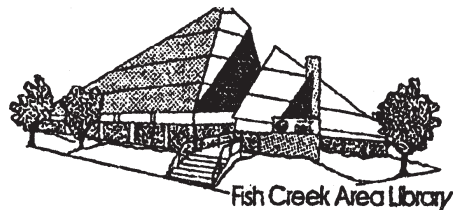
**FALL REGISTRATION ON NOW!**

**Cornerstone Music Cafe** features a variety of flavours from India to Alberta. Come enjoy an intimate **coffee house** environment with **comfort food** that will warm your heart!

Whether you're in for **music lessons** or just a place to **relax**, we will treat you and your taste buds right.



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



**FISH CREEK LIBRARY HOURS**  
**Monday through Thursday: 10 a.m. - 9 p.m.**  
**Sunday: 12 (Noon) – 5 p.m.**  
**Friday, Saturday: 10 a.m. - 5 p.m.**

July and August at the Fish Creek library

If you haven't joined **THE SUMMER READING CLUB** at the library yet, there's still time. Ask our library staff how. There is no age limit whatsoever, and, as every summer, reading really pays off. Preschool and school children will surely have fun with **GO!**, **THE TD SUMMER READING CLUB**, and they are all going for the grand prize. Teens can register for **YOUTH READ 2013**, the online summer reading contest, that is very generous in gift card prizes. Also adults are invited to join **SUMMER. READ. 2013** for a chance to win one of the five **NEXUS 7 (32 GB) tablets**.

### **SUPER SUMMER DROP-IN FAMILY STORYTIME**

Join us for a super-sized summer storytime, with 45 minutes of stories, songs and fun.

Ages 2 to 5 with a parent/caregiver.

Thursdays, July 4 to Aug. 22, 10:15 - 11 a.m.

### **LEGO Club**

Join us to build, create and explore! LEGO provided.

Thursdays, July 4 to Aug. 29, 2 - 3 p.m.

### **OFF SITE STORYTIMES:**

#### **BOOKS AND BIKES**

Join the Library in the amphitheatre at Hull's Wood in Fish Creek Park for a special Storytime; then, go off exploring on your bike!

Thursdays, July 4 to Aug. 29, 2:30 - 3 p.m.

#### **STORYTIME IN YOUR BACKYARD - LAKE BONA VISTA COMMUNITY ASSOCIATION**

Join us off-site to share favourite stories, rhymes and songs in this family Storytime.

Ages 2 to 5 with a parent/caregiver.

Mondays, July 8 to Aug. 26, 11 - 11:30 a.m.

(No program on Aug. 5)

Lake Bonavista Community Association is located at 1401 Acadia Drive SE. No registration required for this storytime.

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](http://www.calgarypubliclibrary.com)**

**WE'RE RENOVATING FISH CREEK LIBRARY TO SERVE YOU BETTER!** For additional details and construction updates, please visit this page:

**<http://calgarypubliclibrary.com/locations/fish-creek-library/fish-creek-renovation-news>**

Thank you for your patience!

## ***Crime Prevention Delivered To Your Inbox***

The Calgary Police Service is going digital with community crime prevention messages.

The Service is expanding the Police and Community Awareness Program (PCAP) to include e-mail and text capabilities, and is being rebranded "The Hub".

Starting March 1, 2013, Calgarians who want information about crime and other activity in their community can sign up to receive voicemail, email or text alerts as part of The Hub, the new CPS information headquarters.

The system, originally known as the Police and Community Telephone (PACT), has sent approximately 2,700 voicemail messages to Calgarians since 1993.

The Hub will alert citizens to important situations such as criminal activity or requests for public assistance in cases such as missing persons. The Hub will also be used for proactive community information such as crime prevention advice, and promotion of community events.

More than 64,000 households and nearly 6,500 businesses subscribed to PCAP. Current subscribers will be required to re-register with the new system in order to keep receiving alerts.

The Hub will also help deliver messages to Calgarians based on several factors including demographics and their geographic location.

To sign up, visit [www.calgarypolice.ca](http://www.calgarypolice.ca).

The Hub is proudly sponsored by Encana.





**We Can Do It!**  
**Gizella's**  
 Cleaning Services

- Weekly
- Bi-weekly
- Moveouts

**Free Estimates**  
**403.278-6824 • 403.809.5786**  
 Bonded & Insured

**Weekends WERE NOT MADE  
 For HOUSEWORK!**

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



**South**  
**403-252-1366**

**BBB**

**North**  
**403-239-9022**

**ABOUT PAINTING**

**Professional, Reasonable & Reliable**  
 20+ Years Experience - Free Estimates & Advice  
 Residential & Commercial  
 Interior & Exterior  
 Drywall Repair  
 Spray Painting - Wood Staining - Ceiling Painting

**ALL WORK FULLY GUARANTEED  
 2 YEAR WARRANTY**  
**www.aboutpainting.ca**



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

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

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

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

### **PERSONS WITH DEVELOPMENTAL DISABILITIES (PDD)**

Thank you to the many Fish Creek residents who've reached out to expressing concerns about the future of PDD programs. I appreciate you sharing your stories with me, and to have an opportunity to respond. I understand the anxiety you feel as the government transitions to a new model of funding and supporting our most vulnerable without telling families like yours what it will mean for their loved ones.

We in the Official Opposition have been challenging the government to explain and justify the cuts they have made to community access supports in this year's budget. Many of our MLA's have asked the Minister, although unfortunately the government and the minister have had very little in the way of details or information regarding the impacts these changes will have on clients, caregivers, families or service providers.

Below are the links to questions asked in the House. I encourage you to take a look and give us your feedback on any other issues of concern to you.

**Jeff Wilson, Response to Associate Minister Oberle:**  
<http://youtu.be/AAR5SpYqgCA>

**Danielle Smith, PDD Apology Tour:**  
<http://youtu.be/N2skIsZg64A>

**Danielle Smith, Cuts to PDD Funding:**  
<http://youtu.be/tKzPKJyoP5A>

**Jeff Wilson, Communication and Consultation:**  
<http://youtu.be/U1Hp013Klug>

**Jeff Wilson, Cuts to PDD Funding:**  
<http://youtu.be/goHrwgXHsjw>

**Jeff Wilson, PDD Supports Intensity Scale:**  
<http://youtu.be/SovAofSP9P4>

**Heather Forsyth, PDD Gag Order:**  
<http://youtu.be/fyAunhbP9pY>

**Heather Forsyth, Cuts to PDD Funding:**  
[http://youtu.be/EsKrKNIV\\_m4](http://youtu.be/EsKrKNIV_m4)

**Blake Pedersen, Cuts to PDD Funding:**  
<http://youtu.be/IDEQvGBdyW8>

We will continue to pressure the Premier and her government to extend the transition timeline beyond July 1<sup>st</sup>, to ensure proper consultation is done with each client and their support networks before any changes take place, and to reconsider their ill advised plan to cut \$42 million dollars in supports from community access.



**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](mailto:calgary.fishcreek@assembly.ab.ca)  
**Website:** [heatherforsyth.com](http://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](mailto:calgary.fishcreek@assembly.ab.ca)

### **PALLIATIVE CARE CUTS ANOTHER BROKEN PROMISE**

The government cuts to palliative care nurses are another broken promise that hurt Alberta's most vulnerable in their times of need. Their 2012 election campaign platform promised to "increase availability of both palliative and hospice care options through a multidisciplinary approach – one that ensures these services are available to Albertans on the ground and in their communities when they need them."

Instead of keeping its promise, the government callously cut 24 palliative care nurses, which will have a direct impact on the level of care available for palliative care patients when they need it. In typical government fashion, once again these cuts are directed at the most vulnerable, will hurt patients in their last days causing undue stress on families in these times, and hits the front lines. This is about dignity and compassion. Clearly, the government has once again let Albertans down.

### **OUR PRECIOUS RESOURCES**

Of course, it's our children. School's out for summer vacation. Please keep in mind the playground zone hours: 8:30 a.m. – sunset all year (hours are set by the province). Have a wonderful, safe, and happy summer!

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](mailto:Calgary.fishcreek@assembly.ab.ca) and my website is [www.heatherforsyth.com](http://www.heatherforsyth.com)

## *Leaving Your Cat or Dog With A Caregiver While Vacationing?*

Proactive planning will give you peace of mind while you are away and help ensure your pet's safe return should he become lost while you are gone.

### **ENSURE THAT:**

His City of Calgary licence is valid

Your contact information with Animal & Bylaw Services is up-to-date

His vaccines are up-to-date

Your caregiver is listed as a secondary contact with Animal & Bylaw Services

**CONSIDER PERMANENT IDENTIFICATION LIKE A MICROCHIP OR A TATTOO IN CASE HIS LICENCE TAG GETS LOST. LEAVE A FOLDER WITH INFORMATION AND DOCUMENTS SUCH AS:**

Licence tag number

Microchip and/or tattoo information

Recent colour photos showing your pet's unique features

Vaccination and veterinary records

Address and phone number of your veterinary clinic

Your contact information where you can be reached while you are away

**PROVIDE THE ADDRESS, PHONE NUMBER AND WEBSITE OF PLACES TO CONTACT IN CASE YOUR PET GOES MISSING:**

1. The Animal Services Centre (2201 Portland St. S.E. at [www.calgary.ca/animalservices](http://www.calgary.ca/animalservices) and 311)

2. The Calgary Humane Society (4455 110 Ave. S.E. at [www.calgaryhumane.ca](http://www.calgaryhumane.ca) and 403-205-4455)

3. Nearby veterinary clinics, 24 hour emergency veterinary clinics and rescue organizations

Spend Quality time with Family & Friends  
**TEE IT UP & TRY IT OUT, WITH OUR...  
SPECIAL EVENTS & GREAT DEALS!**

- Family Nights
- Special Offers
- Beginner Nights
- Take a Kid to the Course Week
- EJ Justice Junior Tournament
- Great Family golf rates anytime at McCall Par 3 and Richmond Green
- New! Ladies Golf Nights
- Lessons and so much more

**Richmond Green Golf Course is OPEN!**

6/9 holes are ready for play. Only \$10!  
Family of 4: \$22.50/\$27.50 with clubs.  
Visit [calgary.ca/golf](http://calgary.ca/golf) for more info.

[calgary.ca](http://calgary.ca) | contact 311

**Onward/** By 2036, 90 per cent of Calgarians will participate in recreational activities.

 **THE CITY OF CALGARY**  
RECREATION

**SUMMER MEANS**  
taking time to smell the...sunflowers

**day camps**  
getting active  
family time

Residents of partnered communities are eligible for a **20% discount** on Trico Centre memberships. That looks pretty good with summer around the corner.

From day camps to fitness programs, we've got your summer covered.

**Trico Centre for Family Wellness**  
11150 Bonaventure Drive SE  
403-278-7542 | [www.tricocentre.ca](http://www.tricocentre.ca)

 **CELEBRATING 30 YEARS**  
OF FAMILY WELLNESS

## 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](mailto: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**

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](mailto:digitalgallery@shaw.ca)

### PERSONAL & BUSINESS SERVICES .

**A SECOND SET OF HANDS** To help with those things which you know must get done, but just don't have the time or energy for. I can help with these (and more): organizing, cleaning, yardwork, relocation assistance, genteel senior care, errands, loving pet care, house sitting. I offer my services in a personal but professional manner. Please call Joanne at 403-238-3587. I will be happy to hear from you!

**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.

**FRENCH IMMERSION STUDENTS & PARENTS:** Individual or small group tutoring for students in French Immersion & Late French Immersion Programs. Also available for parents who would like to improve their French. Located in the south. For more information, call Madeleine at 403.212.8983.

**WATKINS HOUSEHOLD PRODUCTS** – Money-back guarantee on all 400 quality products; spices, extracts, cleaners & personal care. Call 873-1102 or email: [smpj33@telus.net](mailto:smpj33@telus.net)  
Stan & Joan – Independent Associates 36268

### SERVICES FOR YOUR HOME/HANDYMAN

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

**MILLSPAINING & DECORATING** – You can have you a **BRAND NEW LOOK** to your **STUCCO house**, with a refreshing paint job! We'll paint YOUR new or existing building or home, as well as renovations. We do it all! Painting, Spray Painting, Wood Staining, Cabinet, Drywall & Stucco Touch-Up, Power Washing, Eavestrough Cleaning. Contact us to get your free quote today! Phone: (403) 383-8956 or (403) 926-2283. Email: [dream.lane@shaw.ca](mailto:dream.lane@shaw.ca). Check out more of our work on Facebook! [www.facebook.com/MillsPaintingPowerWashing](http://www.facebook.com/MillsPaintingPowerWashing)

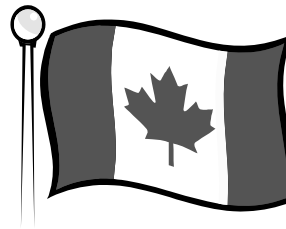
**Things Really  
Move in the Classifieds.  
To advertise, call 403-201-0357.**

the  
**Gutter Doctor®**

Gutter Clean & Fix / Fascia / Soffit  
info@gutterdoctor.ca

**(403) 714-0711**





**Monday, July 1<sup>st</sup>  
Happy Canada Day!**



## HEAT RELATED ILLNESS



With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### HEAT EXHAUSTION

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin

### HEAT STROKE

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

### FIRST AID

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### PREVENTION

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.



# Teeth Whitening: Which Methods Actually Work?

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

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

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

**The quick answer is: YES**

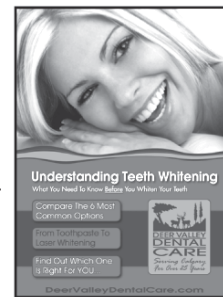
**Toothpaste provides little or no whitening whatsoever** and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front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

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

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

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

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



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

\*services provided by general dentists



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

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

**403-271-6300**

**www.DeerValleyDentalCare.com**

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

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

**Come see our NEW office**