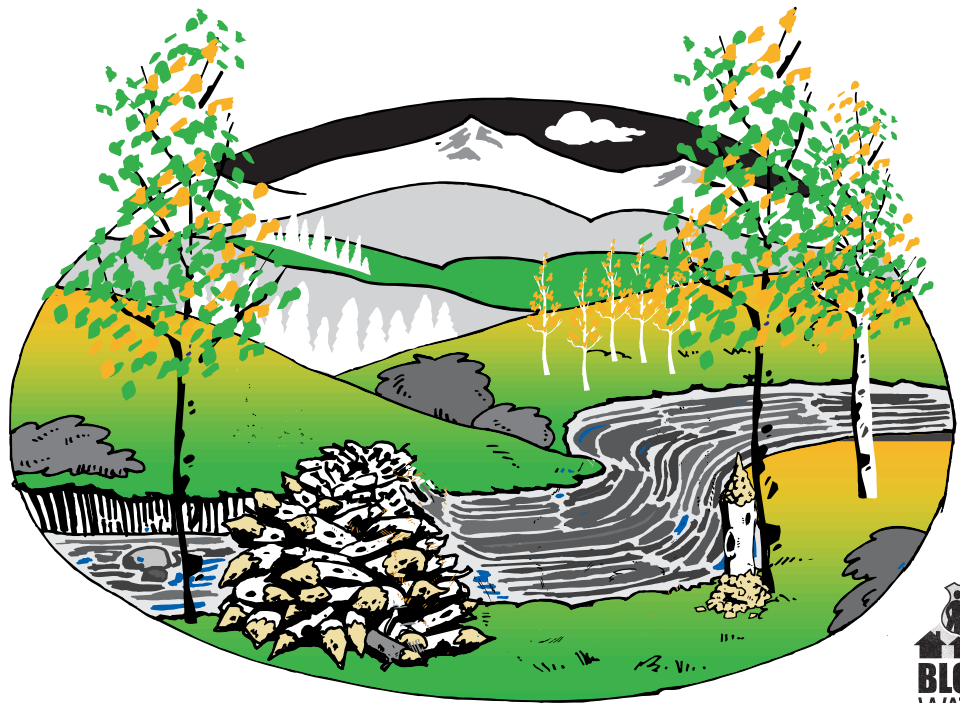


October 2013



# 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.*

# ARE YOU LOOKING?

## 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.

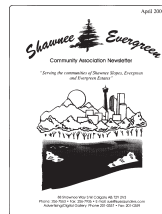
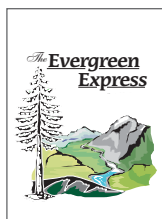
When asked why they advertise in community newsletters, a top realtor replied “Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month”. With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters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

**Next Issue: November**  
**TAKE THE FIRST STEP!**  
**Call Digital Gallery: 403-201-0357**

**E-mail: [digitalgallery@shaw.ca](mailto:digitalgallery@shaw.ca)**  
**Deadline for the next issue: October 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

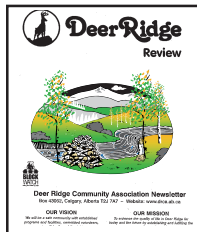
**DIRECTORS AT LARGE**

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*

We wish everyone a Happy Thanksgiving on Monday October 14 and a safe Halloween night on Thursday October 31, 2013.

### **NEW WEBSITE & BLOG**

You will now be able to access all of the updates on our New Website [www.deerridgecommunity.org](http://www.deerridgecommunity.org). Please visit often to see upcoming community events. Also follow us on twitter @DeerRidgeCA and our blog [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com)

### **ALDERMAN DEMONG'S WARD 14 BBQ**

The Deer Ridge Community Association would like to thank Alderman Demong for the opportunity to raise community awareness and sell community membership at the Ward 14 BBQ.

### **MOVIE IN THE PARK**

We had two very successful "Movie in the Park" features this summer. "The Croods" in July and "The Avengers" in August. Both were well attended at Yellow Slide Park and we would like to thank all of the businesses that supported the two "Movie in the Park"

Features. See the next page for a list of all of the businesses that supported the two movies this summer.

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

The playscape in Yellow Slide Park was replaced September 19-21 2013. We would like to thank all of the volunteers who helped with the replacement. At the time of submission, the playscape had not been completed. We will list all of the volunteers in the November Issue.

### **MEMBERSHIP DRIVE**

Your current membership ends August 31, 2013. Your 2013 - 2014 membership starts Sept 1, 2013. Memberships application forms are available in this Deer Ridge Review and on our Blog and website. Please mail the completed forms in with a cheque for \$ 15.00 to Deer Ridge Community Association Box 43052, Calgary, Alberta T2J 7A7

### **DEER RIDGE HISTORY FROM 1980 TO PRESENT**

Please see the feature "Looking back at Deer Ridge" inside this edition of the Deer Ridge Review.

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**



Our first year and what a huge success! We will be harvesting now till the end of the month. We would like to expand the garden for next year so if you have any interest, please contact Bob Hall at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) We will get an early start to next season with the City of Calgary supplying water lines to the Garden. I would

like to thank all of the Garden Group for your patience and dedication to this very successful year!

### **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 1 or 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.**



## *Thank you from the Deer Ridge Community*

*Deer Ridge Community Association would like to thank the following Sponsors  
for their donations to “Movie in the Park” at Yellow Slide Park  
on July 6, 2013 and August 10, 2013.*

Maple Leaf Foods

Pepsico

Old Dutch Foods

Sobeys

Woody's

Pet Value

Deer Valley Florist

Dairy Queen

Kentucky Fried Chicken

Nem Delight

Fortified Fitness

Tim Hortons

Deer Point Liquor

Subway

BBQDonair Hut

Pang Pang Restaurant

Corner Stone Music & Café

Bow Bottom Vet

Deer Valley Vision Centre Jubilee Restaurant

M & M Meats

Phamtastic Nails & Spa

Lighthouse Pub

Star Bucks

CO-OP Grocery Store

Filos

The Winkin Owl

Bank of Montreal

Deer Valley Barber Shop

Royal Bank



The Queensland Scouts will be out in your community with their annual popcorn drive in October.

Beavers, Cubs and Scouts will be going door-to-door this month taking orders for Scout Popcorn. If we miss you and you'd like to place an order, please email [qsa172@gmail.com](mailto:qsa172@gmail.com) or call Scouter Sherrie at 403-467-5978 before October 20<sup>th</sup>.



## *Friends of Fish Creek October News*

### **BECOME A PARK PROTECTOR!**

Help change the face of conservation in your community and help benefit nature in Fish Creek Provincial Park! As a Park Protector, you will be part of an extraordinary group that is helping the Friends tackle our most complex challenges and long-term projects.

In addition to receiving a valuable tax receipt and the newsletter *Voice of the Friends*, as a Park Protector, you will receive regular updates on how your investment is making a substantial difference to Fish Creek Provincial Park.

For more information, please visit:

**[www.friendsoffishcreek.org/park-protector-signup](http://www.friendsoffishcreek.org/park-protector-signup)**

### **MEMBERSHIP SHOWS YOU CARE!**

Members are what define the Friends of Fish Creek as an organization and make it possible for us to fulfill our mission: to engage the community through education and awareness to conserve a truly unique naturalized urban park. For many of you, this natural retreat is an extension of your own backyard.

We work to enhance the experience of all park visitors by providing a variety of programs, courses, events and activities throughout the year. Our goal is to create a community of informed park users to help preserve the ecological integrity of this park. We continuously strive to increase efficiency and keep our administrative costs down, and Membership fees are essential in helping us deliver quality programs to you. Your support is critical to ensure that we can continue to work with our volunteers to preserve the park for future generations to enjoy. The Membership runs from **Oct. 1, 2013 – Sep. 30, 2014** and the annual rates are:

\$35.00 – Individual

\$45.00 – Family

\$25.00 – Senior (over 60)

\$30.00 – Senior Family

For more information, please visit

**[www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup](http://www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup)**

### **MINIBUS TOURS IN FISH CREEK**

A spin on the Minibus is a wonderful way to enjoy the diversity and natural splendor of Fish Creek Provincial Park. These park tours also provide people with reduced mobility a way to become familiar with this breathtaking natural

urban oasis. Great for families, friends, employees, clubs or just about any group to enjoy Fish Creek! Space is limited to 8 individuals. \$250 for a 2.5 hour tour. Please register at least 3 weeks in advance.

To Register contact the Friends of Fish Creek at **[katie@friendsoffishcreek.org](mailto:katie@friendsoffishcreek.org)** or **403-238-3841**.

## *Fish Creek Provincial Park Fall StarNight - Free Event Saturday, October 19*



At our annual Fall Star Night, **Saturday October 19 from 7 to 10 p.m.**, members of the Royal Astronomical Society of Canada, Calgary Centre will have telescopes available for **FREE** public viewing of the Moon, also Venus, star clusters, nebulae and much more! The fun and discovery is on, "cloudy or clear!" Inside the Environmental Learning Centre will be slide shows, astronomy and Provincial Park displays for all ages. Bring your questions about planets, space probes, stars and comets, using telescopes, plus whatever you want to know about the Park. Our astronomy members and Park staff have lots of useful information.

Dress warmly for outdoor telescope viewing (coats, hats and boots as you will standing still, not moving around to keep you warm). The indoor events will happen regardless of weather (clear or cloudy). The Learning Centre is accessed from 130th Avenue off 37th Street SW.

More information is available at **<http://calgary.rasc.ca>**

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



# 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)**

## BRIDLEWOOD EYE CARE

YOUR NEIGHBOURHOOD VISION CENTRE

- Comprehensive Eye Examinations • Contact Lenses
- Quality Frames & Lens Products



**LAFONT**  
Frame Collection Now  
Available

- ❖ Best Prices ❖ Quality
- ❖ Fashion Forward

Our Optometrists:



Dr. David Blaine



Dr. Shikha Garg



Dr. Anthony Luliano

**We Direct Bill to Blue Cross, Great West Life, Greenshield, Sunlife & Standard Life. Earn Airmiles Points! We can apply your purchases to your Aeorplan Miles account.**

**Call Today to Book Your Appointment 403.873.2123**  
315, 2335-162nd Ave. S.W. (beside Sobeys)

# DEER RIDGE DOGS

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

**H: (403) 269-6107**

**C: (403) 969-3690**

**Email: [Brian@DeerRidgeDogs.com](mailto:Brian@DeerRidgeDogs.com)**

**Website: [www.DeerRidgeDogs.com](http://www.DeerRidgeDogs.com)**

## *Furry Ears Come In All Shapes And Sizes*



Veterinarians see a lot of patients with various problems of the ear canal and the pinnae or external structure of the ear. The worst victims tend to be dogs with trailing ears like Bassets or Poodles with hair-filled ears, but similar problems extend to all pets.

Puppies, kittens, and ferrets frequently have ear mites. The mites are discovered incidentally when the pet is examined for first vaccinations. The ears are full of black crusty material and mites are visible with a microscope. There may be only one patient in a household of pets with the parasite or everyone may have mites. Now, instead of medications instilled into the ear canal over weeks, veterinarians prescribe a single dose of an anti-parasitic applied to the skin, with possibly a few follow-up treatments.

Clinical signs of an ear infection include head shaking, scratching or rubbing at the ears. The ears may appear red, stinky, and may or may not have a discharge. In the worse cases I can smell the pet's ears from 10 feet away as I enter the exam room.

Causes include parasites, fungal or yeast infections, bacterial infections, and allergies. Veterinarians will frequently treat the animal topically with a broad spectrum medication after examining the ear with an instrument called an otoscope, and possibly looking at a smear under the microscope or sending a smear for culture.

If ear problems persist or reappear chronically, more extensive testing may be required to isolate the causes. Ear problems can be primary such as a persistent bacterial or yeast infection in that floppy-eared Cocker Spaniel. Diagnostics may be necessary to find the right antibiotic or antifungal medication and to rule out resistant infections. The infections also may be persistent because they are secondary to allergies or endocrine diseases such as hypothyroidism. Appropriate treatment options may only be reached following diagnostic procedures including blood work and biopsies or food trials to eliminate allergens. In elderly pets a warty structure or growth inside the ear may start persistent ear problems. There may be a foreign object in the ear such as a grass seed.

Prevention of chronic ear problems can include plucking the hair from a pet's ears, grooming to prevent matting of

the hair, and regular cleaning with ear cleaners. Ear cleaners are far more effective than alcohol which stings and dries the skin.

Severe ear infections and inflammations are not only painful for the pet but may affect the pet's relationship with its owner. An otherwise sweet dog may lash out if inadvertently the painful ear is touched or the odor may be so bad you don't want to be in the same room as the pet.

A different type of problem of the ear flap is called an aural hematoma. This is when the external part of the ear is traumatized by shaking, fighting, or even accidentally cracking the ear and head against a hard surface. A blood vessel is ruptured and the ear develops a bubble of blood between the two skin layers. This problem may be easily solved with draining the blood but more often surgery is necessary. Hematomas are common in long-eared dogs but I have seen a few in cats.

For most of us furry velvety ears are one of our favorite parts to rub, scratch, or adore on our companions. Seek early medical attention for your pet if you suspect an ear problem.

Jennifer L. Scott, D.V.M.

**From Drop-in Fitness Classes  
to Registered Programs to  
Personal Training Services,  
Trico Centre is committed  
to creating a culture  
of well-being.**

**Wellness Series**

**CROSSCORE®**

**FIT 101 – For the Absolute Beginner**

**DATE NIGHT**

**FIT 201 – The Refresher**

**HOOP FITNESS**

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

See our 2013  
Fall Guide for  
full details on  
these programs  
and much more!

**30**  
CELEBRATING 30 YEARS



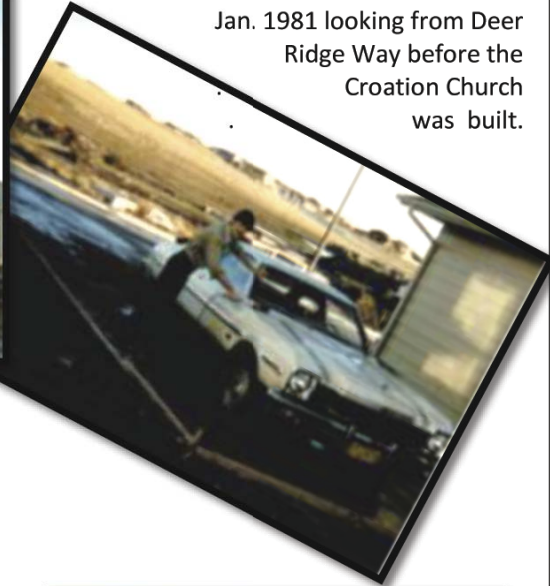


## ***Looking Back in DeerRidge***

A look back at the way we were in Deer Ridge. Pictures, articles and comments from the residents of Deer Ridge. Thank you to Jennifer Baas and her family for submitting these family pictures from the 1980's in Deer Ridge. Visit [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com) for full colour prints.



Jan. 1987-Deer Ridge Mews onto Deer Ridge Way



Jan. 1981 looking from Deer Ridge Way before the Croation Church was built.



May 1983- View from Deer Ridge Way to Deer Ridge Mews.



June 1986- Jennifer at Yellow Slide Park

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

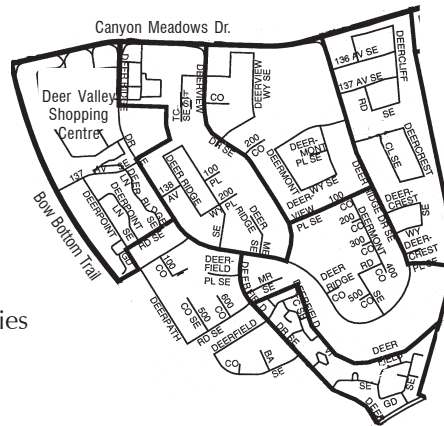


## Deer Ridge Community Association Membership Renewal Form

**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

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 ..



**\*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**



## *Be a Reading Role-model*



Does your child, grandchild or other little-person in your life love reading and think there is nothing finer than to escape into a book? Or perhaps they need to be coaxed into any sort of reading? Help your child become a more confident and joyful reader and turn that reluctant reader into a voracious book-fiend. By sharing your joy of reading you can encourage your child to pick up this healthy habit. Here are a few simple tips:

- Be a role model. Most kids see their parents reading on screens all day long, and mom and dad don't read books or newspapers when the kids are around. Instead, get caught reading and talking about what you have read. Don't wait until after bedtime!
- Read aloud together and discuss the book. Ask questions about it.
- Have a weekly Screen-Free Day, where books and magazines replace computers and televisions. Make sure to have lots of enticing books and perhaps a few new magazines or comic books for SFD. Don't forget to turn off your own screens.
- Make your local library a regular destination. For fun, try a different library than usual to see what's different. Make sure everybody gets to pick some materials to take home.
- Tell your child what your favourite book was when you were their age. Read that book together if you can.
- Make books a really big deal. Put your favourites on the fireplace mantle, use the pretty ones as centerpieces on the table. Give gorgeous hardcovers or boxed sets as gifts and write a personal note inside. If you show that books are special, kids will think so too.

Calgary Reads helps kids learn to read. Hundreds of our trained volunteers tutor young children at schools, others help out at our annual book sale and companies and community groups can help out too! Find out more at [www.calgaryreads.com](http://www.calgaryreads.com)

## *Fall Cleaning and Maintenance Tips*

Fall is the season of change and as the weather gets colder, the trees start changing color and we start spending more time inside, thus it is important to prepare your home for the change of seasons. Fall cleaning should always begin with a full house cleaning so that your home is fresh and clean as you will be spending more time inside as the weather cools. Here are five house cleaning and maintenance tips to help you get ready for the fall and winter!

### **WINDOWS:**

Fall is the perfect time to clean your windows! As debris and leaves fall from trees your windows will become more dirty over time. Window cleaning will also save you money on your heating expenses as the weather cools because clean windows let in more sunlight.

### **GUTTERS:**

Falling leaves and debris get trapped inside your gutters which can cause your gutters to overflow. When gutters overflow the water can cause your windows to become dirty and can even cause water damage and possible flooding. Protect your windows and home by cleaning your gutters.

### **CHECK HOLES AND CRACKS:**

Areas around window fixtures, doorways and garages should be inspected for holes and cracks. Not only will cold air find its way into your home and increase draftiness, critters will take advantage of the openings to stay out of the cold.

### **HOSES:**

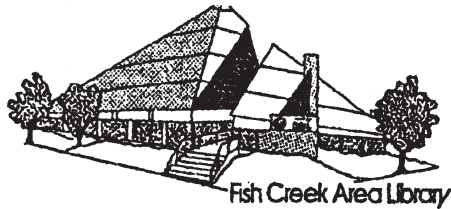
During the fall, night time temperatures can reach below freezing. It is important to drain the water out of hoses, sprinkler systems and drain systems. When water freezes it expands which can cause water lines to break and flood.

### **PATIO FURNITURE:**

The Fall is best time to clean and store your patio furniture. Exposure to outdoors during winter can damage patio furniture and decrease its longevity. By cleaning and storing your outdoor patio furniture in the winter you will have clean usable furniture in the spring!



## ***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.**

October at the Fish Creek library

### **COMPUTER TECHNOLOGY COACHING**

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.  
Tuesdays, Sept. 3 to Dec. 17, 6:30 - 8:30 p.m.

### **STITCH AND CHAT**

Drop in with your needlecraft projects for company, tea and advice from other crafters.  
Wednesdays, Sept. 4 to Dec. 18, 1:30 - 3 p.m.

### **LEGO CLUB**

Join us to build, create and explore! No registration required. LEGO provided.  
Thursdays, Sept. 5 to Dec. 12, 4 - 5 p.m.

### **BABY PLAY DATE**

Bring your baby to the library for a relaxing hour of mixing and mingling with other babies and caregivers. Ages up to 23 months with a parent/caregiver.  
Wednesdays, Sept. 11 to Dec. 11, 11:30 a.m. - 12:30 p.m.

### **TEEN BOOK CLUB**

Read and discuss the latest teen books. Call for book titles; copies are available at the Library. Ages 13 to 17.  
Sundays, Oct. 20, Nov. 17, and Dec. 15, 2 - 3 p.m.

### **WHAT'S COOKING? - CHEF JUDY WOOD — MEEZ FAST HOME CUISINE**

Calling all foodies! Join us each month as we explore all things edible!  
Thursday, Oct. 17, 2 - 3:30 p.m.

### **SPANISH CONVERSATION CLUB**

Join volunteer coaches and practise Spanish speaking and listening skills through conversational exercises. This

program is for learners with intermediate Spanish language skills. Ages 16 and up. Mondays, Oct. 21 to Dec. 9, 6:30 - 8 p.m.  
(No program on Nov. 11)

### **READING BUDDIES**

Teen volunteers and Library staff provide one-on-one reading support and fun literacy activities for readers who are in Grades 1 through 3. Ages 5 to 8.  
Tuesdays, Oct. 22 to Dec. 10, 4:30 - 5:45 p.m.

### **ESL CONVERSATION CLUB (INTERMEDIATE)**

Practise your English listening and speaking skills in this eight-week program.  
Wednesdays, Oct. 23 to Dec. 11, 6:30 - 8:30 p.m.

### **DROP-IN FAMILY STORYTIME**

Drop in for stories, songs and finger plays the whole family can enjoy.  
Ages 2 to 5 with a parent/caregiver.  
Thursdays, Oct. 24 to Nov. 28, 10:15 - 10:45 a.m.

### **ESL TEEN TALK**

ESL teens and tweens can practise English language skills and enjoy a variety of fun activities at the Library. Ages 10 to 14.  
Mondays, Oct. 28 to Dec. 2, 4:30 - 6 p.m.  
(No program on Nov. 11)

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)



## **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



# *The Royal Astronomical Society of Canada (RASC) Calgary Centre/Youth Program*



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

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

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

## **SO WHO IS THE YOUTH PROGRAM FOR?**

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

## **WHAT WILL THEY LEARN?**

The program will teach them:

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

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

## **WHEN WILL THE MEETINGS BE HELD?**

The program will run from September 27 to May 2014. For more information, please contact Doug at: [rascyg@shaw.ca](mailto:rascyg@shaw.ca).

## **WHERE WILL THE MEETINGS BE HELD?**

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

## **HOW TO REGISTER?**

You can register by contacting Doug Thorp via email at [rascyg@shaw.ca](mailto:rascyg@shaw.ca).

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



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

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

To rent one of these scopes contact Greg King at 403-239-5685, or via e-mail at

[wgking@shaw.ca](mailto:wgking@shaw.ca)

## *Alberta Parks And Protected Areas*

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

**NOVEMBER PRESENTATION: Ammonites, Death Lodges, and Effigies: Exploring Plains Archaeology**

This November, journey back in time to discover a world of Aboriginal cultures, rituals and the treasures left behind. Learn how leading scientists uncover the secrets of the past and map heritage in Southern Alberta. Join Trevor Peck as he explores the fascinating history of the Blackfoot through ammonites, death lodge medicine wheels and effigies.

**WHEN:** Wednesday, November 13th, 2013

**TIME:** 7:00 p.m.

**PRESENTER:** Trevor R. Peck is the plains archaeologist with the Alberta government. He received his MA from the University of Alberta and his PhD from the University of Calgary. The author of numerous articles and monographs, Dr. Peck's research interests include the prehistory of the Northern Plains, public archaeology, and archaeological theory.

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

**ADMISSION:** \$6.00 per person

**REGISTRATION:** For more information or to book your seats in advance, **phone (403) 297-7827 or email Shalane.Degruyter@gov.ab.ca**

**SPONSORED BY:** Alberta Tourism, Parks, and Recreation, Fish Creek Environmental Learning Centre and The Friends of Fish Creek Provincial Park Society. For more information, please check our website at [www.fish-creek.org](http://www.fish-creek.org) or contact:

**Shalane DeGruyter, Facility and Program Assistant**  
Fish Creek Environmental Learning Centre  
**Email:** [Shalane.Degruyter@gov.ab.ca](mailto:Shalane.Degruyter@gov.ab.ca)  
**(403) 297-7827 or toll-free 310-0000, then (403) 297-7827.**

# ABOUT PAINTING

**BBB** *Professional,*  
**Reasonable & Reliable**

20+ Years Experience - Free Estimates & Advice

## Interior Painting

- Cabinet Spraying
- Wood Staining
- Spray Painting
- Ceiling Painting

**ALL WORK FULLY GUARANTEED  
2 YEAR WARRANTY**

# 403-239-9022

[www.aboutpainting.ca](http://www.aboutpainting.ca)



## We Can Do It!

### Gizella's

Cleaning Services

- Weekly
- Bi-weekly
- Moveouts

### Free Estimates

**403.278-6824 • 403.809.5786**

**Bonded & Insured**

**Weekends WERE NOT MADE  
For HOUSEWORK!**

**[www.Gizella.ca](http://www.Gizella.ca) e-mail: [Gizella@shaw.ca](mailto:Gizella@shaw.ca)**

## *Southland Leisure Centre City of Calgary Recreation*



### **CALGARY AFTERSCHOOL**

A FREE supervised drop-in program for youth ages 11-15 during the school year. Come use the pool on Tuesdays and Fridays, and the Sport Hall and Youth Room are open each day! New activities are always introduced and daily snacks are available. For details, call our centre at 403-648-6550 or online at [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) or [calgary.ca/afterschool](http://calgary.ca/afterschool).

Cost: Free

Ages: 11 – 15

Day: Monday to Thursday, 3-6 p.m. and Fridays, 1-5 p.m.

Location: Southland Leisure Centre

### **SOUTH CALGARY YOUTH COUNCIL (SCYC)**

An exciting opportunity for youth ages 12 – 18 years to become active participants in their community. Learn how to be an influential leader, have a voice in community projects while having a great time and meeting lots of new friends. SCYC is offered in partnership with Community & Neighbourhood Services, South Area Office and the Southwest Community Resource Centre. Meetings are held once a month, October – June, along with additional volunteer opportunities.

### **VOLUNTEER OPPORTUNITIES**

Southland welcomes volunteers, 13 years old to seniors, to assist in a variety of programs and activities throughout the year. Opportunities may include Babysitting, Day Camps, Fitness (Disability and Weight Room), Special Events, Skating, Sport Programs and Youth Programs. Please call 403-648-6550 for more information.

### **DROP-IN PLAYSCHOOL**

Want to sample some of our Playschool activities including educational play centres, gym time, arts/crafts and circle time based on a variety of themes? We have Drop-in Kinderschool for 3-5 year olds on Wednesdays from 1-3 pm. Pre-book your space by the day prior by calling 403-

648-6558. Cost is \$12.50 per time slot (\$7.50 for passholders). Call the centre at 403-648-6550 for more information.

### **DROP-IN PRESCHOOL PROGRAMS**

Check out some of our drop-in preschool programs including Kinder Room, Funtime, Kinderschool and Tot's Gym Time. See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for more information and schedules.

### **DROP-IN CLIMBING AND GYMNASTICS**

There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you. See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for schedules and more information.

### **BABYSITTING ROOM**

Treat yourself to some 'me time' to workout or take a class. Book your children into our Babysitting Room Mon – Wed. 8:30am – 8:15 pm, Thurs 8:30am-8:00pm, Fri 8:30am-6pm, Sat & Sun 8:30 am – 12:30pm. Reasonable rates for a well deserved break!

### **DAY CAMPS**

Register your children for some fun in Southland Leisure Centre's day camps. Check out the City of Calgary Recreation program guide on stands or online at [www.calgary.ca/recreation](http://www.calgary.ca/recreation) for lots of great day camp programs over the Christmas break and even for some December Stop, drop & Shop Day Camp dates!

### **PD SCHOOL DAYS**

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Check out the City of Calgary Recreation program guide on stands or online at [www.calgary.ca/recreation](http://www.calgary.ca/recreation) for more information on our School's Out Day Camps. Fall 2013 School's Out Day Camps are Oct. 4, Nov. 8 & Nov. 29. Hours of School's Out Day Camps are 7 am – 6 pm. Cost is \$57.75/day.

### **FITNESS**

Give yourself an early Christmas gift – the gift of fun and fitness! We have Water, Step, Cycle, Zumba, Yoga, Pilates, Conditioning, Cardio, Strength and 50+ Drop-in fitness classes. So many choices to choose from!

Group classes not your thing? Our weight room offers plenty of weight training and cardio machines. Need a little help? We also offer personalized program designs just for you!

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

Summer is well behind us and it's now time to look forward to celebrating Thanksgiving with friends and family and greeting those little ghosts and goblins that will be gracing our doors. I also am looking forward to returning to Edmonton at the end of the month for the Fall Sitting in the Legislature. Since the last session there have been new issues arise that greatly concern you and all Albertans.

### **SHAPING THE FUTURE OF EDUCATION – ALBERTA EDUCATION'S REGULATORY REVIEW**

In 2012 the Government passed the new Education Act, to replace the School Act of 1988. Their next step is to review and revise the education regulations that correspond with the Education Act.

You can share your thoughts on regulations relating to school fees, transportation, school closures and many other important aspects of the education system. Your input is important and you are encouraged to take part in the online consultations, at [education.alberta.ca/engage.aspx](http://education.alberta.ca/engage.aspx). You can choose to complete the whole survey or to only complete the sections that are relevant to you.

### **DISASTER 2013**

For current information on the June flood situation, please visit [Alberta.ca](http://Alberta.ca).

### **HEALTH INQUIRY REPORT DIAGNOSES A BROKEN HEALTH SYSTEM**

In a recent Official Opposition News Release, findings of *the Health Services Preferential Access Inquiry report* point to a broken health care system and the Premier's broken promise to expand the terms of reference to include issues such as the bullying and intimidation of health professionals.

Among the 12 recommendations from Justice John Vertes, he outlines how many systemic issues exist in Alberta's health care system whether it be unreasonably long wait times or several instances of improper preferential access. Vertes concludes his report by asking, "are there simply too many holes to plug" to eliminate improper preferential access altogether.

The inquiry was also limited by the quality of testimony from leaders in the health care system with Vertes saying, "many witnesses... exhibited a regrettable failure to recollect events and activities that should not have slipped so easily from memory."



**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)

As Health Critic I commented that the report, though limited in its terms of reference, offers important recommendations, several of which have been put forth by our Opposition party in the legislature.

Additionally I stated: "In the fall, the government failed to pass any of the amendments we put forward to strengthen whistleblower legislation in our province and today's report is a condemnation on this government's inaction. Many of the other recommendations, such as a Health Advocate office and tackling wait times are issues the Official Opposition has long been advocating for and we hope the report will finally encourage this government to act."

I hope you all have a wonderful Thanksgiving and a safe and Happy Halloween.

As your MLA, I am always available to assist constituents. I can be reached at my constituency office in **Bonavista Village at #7, 1215 Lake Sylvan Drive S.E., phone (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).



## 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 .

**PIANO, KEYBOARD OR THEORY LESSONS** – Weekly 1/2 hour private lessons in Deer Ridge area. \$80.00 per 4 week month. 30 years teaching experience. All ages and levels welcome. Learn classical, blues, jazz, pop or prepare for RCM Examinations. Call Ms Barb at 403-285-9492 or e-mail at [barbchapin@shaw.ca](mailto:barbchapin@shaw.ca)

**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.

the  
**Gutter Doctor®**

Gutter Clean & Fix / Fascia / Soffit  
[info@gutterdoctor.ca](mailto:info@gutterdoctor.ca)

**(403) 714-0711**



## MILLS PAINTING & DECORATING

Commercial & Residential / Interior & Exterior



**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.*





## City Safe – EMS Halloween Safety Tips

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

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



### Parents

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit and do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

- Advise your children not to eat anything until they get home. Examine their treats carefully. Dispose of any items that appear as though they may have been tampered with, or are not properly wrapped.

### Trick-or-Treaters

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

### Drivers

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

### Costumes

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

# 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**

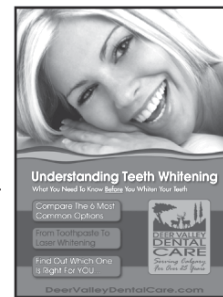
**Toothpaste provides little or no whitening whatsoever** and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front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