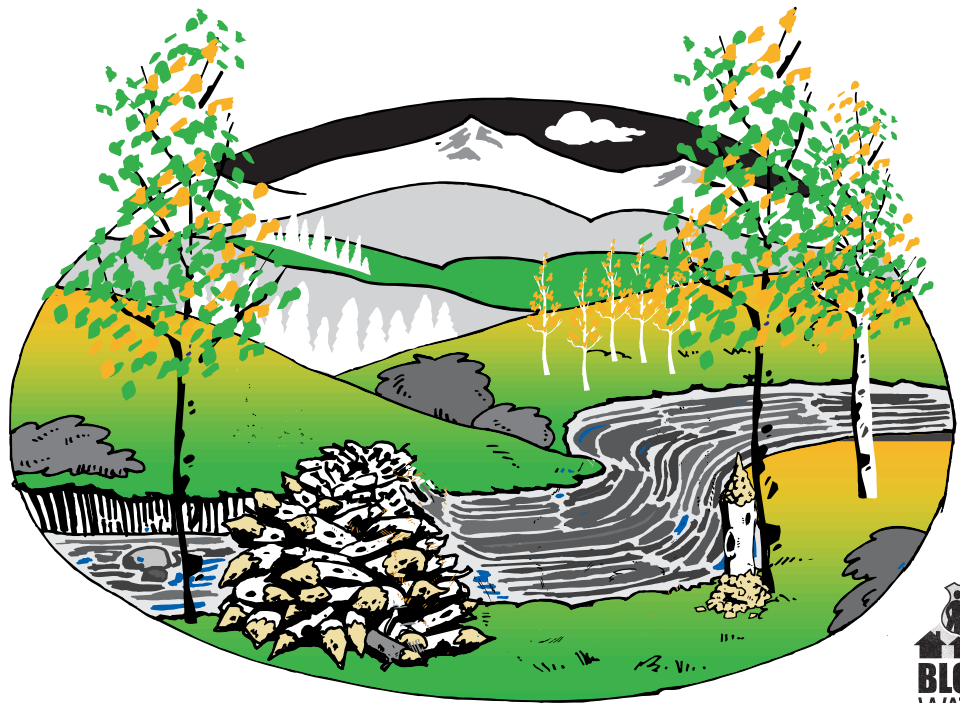


January 2014



# 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.*

# Meet Our Pet Experts

Come in for a  
**FREE** consultation  
with our Pet Experts

On January 18th only

**Save 10%**  
on any purchase\*



Did you  
**Know?**

Our PET VALU Pet Experts have successfully completed a specialized training program in pet nutrition and care developed by University of California Davis Extension in association with the UC Davis School of Veterinary Medicine.



**petvalu**  
your pet • your store

1221 Canyon Meadows Drive SE, Calgary (403) 723-1033



\*Valid at PET VALU Calgary (1221 Canyon Meadow Drive SE). Based on regular priced merchandise. Cannot be combined with any other coupon or offer. Must be presented to receive discount. One discount per customer. Not valid for donations or on purchase of gift cards. Valid only on January 18th, 2014.



**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 .....	-----
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**

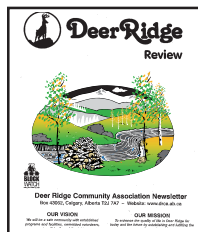
Director Membership .....	Dawn Wallace .....	-----
Director at Movie In The Park .....	Roy Franco .....	403-278-1187
Director at Large .....	Lannis Anderson .....	-----
Director at Large .....	Yvonne Bergmann .....	-----
Director at Large .....	Alana Somers .....	403-984-3901
Director at Large .....	Samantha Keiver .....	-----
Director at Large .....	Katrina Porter-Belisle .....	-----

**COMMUNITY COORDINATORS**

Building Safe Communities .....	VACANT	
Casino Coordinator .....	Bob Hall .....	403-278-6817
Casino Coordinator .....	Laura Rivero .....	403-452-0181
Ice Rink Coordinator .....	Gordon Miller .....	403-278-3353
Newletter 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*

The Deer Ridge Community Association wishes you and yours a very Happy and Safe New Year!

Visit [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com) for updates on the Winter Skate January 11, 2014 and future Deer Ridge CA events.

Deer Ridge Ice Rinks are open and ready for another season. The two ice rinks, the Hockey Rink and the Pleasure Rink (behind Don Bosco School) were flooded and in great shape by December 8, 2013. Mr. Miller and his team of volunteers have again done a great job in getting the ice surfaces ready for another season of pick up hockey and pleasure skating in Deer Ridge. If you have any time and would like to volunteer for flooding and maintenance on the rinks, please contact Gord Miller at 403-278-3353 or Bob Hall at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)

### **DEER RIDGE WINTER SKATE SATURDAY JANUARY 11, 2014 FROM NOON TO 4 PM (WEATHER PERMITTING).**

Bring your skates out to the ice rinks behind Don Bosco on Saturday January 11, 2014 and enjoy the Deer Ridge Winter Skate. There will be free hotdogs and hamburgers, pop and hot chocolate along with a fire pit to keep everyone warm.

### **MEMBERSHIP DRIVE**

Your current membership ended August 31, 2013. The 2013-2014 membership year started Sept 1, 2013. Membership application forms are available in this Deer Ridge Review and on our Blog and website. If you would like to become a registered/paid member of the Deer Ridge Community please mail the completed forms in with a cheque for \$ 15.00 to the Deer Ridge Community Association Box 43052, Calgary, Alberta T2J 7A7

### **THANK YOU TO COUNCILLOR DEMONG'S WARD 14 COMMUNITY BBQ AND MEMBERSHIP DRIVE.**

Councillor Demong's Community BBQ and Community Membership Drive was a huge success again this year. On September 21 2013, Dawn Wallace and Collette Quinn-Hall signed up 21 Deer Ridge Community members at the BBQ. Councillor Demong and the sponsors of the event donated the costs of these memberships and we received

the cheque at our November meeting. Thank you again Councillor Demong for supporting the communities in Ward 14 and to our own Dawn Wallace and Collette Quinn-Hall for signing up the members at the BBQ.

### **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)

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

### **DEER RIDGE CASINO VOLUNTEERS**

If you can help out by volunteering at the Blackfoot Casino on March 2 & 3 2014, 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 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.

All the Best in 2014 and see you around the neighborhood.

**Bob Hall, President**

**Deer Ridge Community Association.**



Deer Ridge Community Association

# Annual Winter Family Skating Party

**Saturday, January 11** (Weather Permitting)

**Time: Noon-4pm.**

- Family Skate • Pick Up Hockey • Refreshments



## ACADEMY DENTURE CLINIC

*Offering Modern Solutions  
To An Old Problem*

[www.academydenture.com](http://www.academydenture.com)

**STOP:**

- Avoiding foods you enjoy
- Using adhesives
- Being self-conscious of your smile
- Looking older than your age

**WE OFFER:**

- Computerized analysis
- Implant and conventional denture services
- Direct billing for private insurance
- Complimentary consultations

**Southcentre Mall** Suite 126A, 100 Anderson Rd SE  
(403) 269-8308

**New Hours:**  
Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon





## 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)**

## 'Tis The Season To Recycle



This time of year keeps garbage and recycling collectors hopping as people get rid of extra stuff. You might be wondering what to do with that Christmas tree or if wrapping paper is recyclable. Here are some tips to help you clean up.

### RECYCLE YOUR REAL CHRISTMAS TREE

The City will pick up and mulch Christmas trees from households that currently receive City residential garbage collection. It's easy, convenient and it keeps trees out of the landfill. Be sure to remove the tinsel, decorations, garland, lights, string and tree stands and place it next to your black cart by 7:00 a.m. on January 9. It will be picked up within three weeks.

If you live in an apartment or condo, you can take your tree to a seasonal Christmas Tree Recycling drop-off location between **December 26 and January 31**.

### DON'T TRASH YOUR WRAPPING PAPER – RECYCLE IT

As long as it doesn't contain any foil, ribbons, bows or string, almost all wrapping paper can be recycled in your blue cart or community recycling depot.

If you've got a big pile of wrapping paper on Christmas morning, here are a few reminders:

- Crumple all of your wrapping paper into balls.
- Put it loosely into your blue cart or community recycling depot bin, **not** bundled together inside a bag.
- Ribbons, bows and string cannot be recycled, but can be reused or put in the garbage.

### IN WITH THE NEW, RECYCLE THE OLD!

TVs and computers contain chemicals and heavy metals that are potentially harmful to the environment if buried in the ground. Instead of throwing them away, take your end-of-life TVs, computers and accessories to one of nearly 30 electronics recycling drop-off locations throughout the city.

For more details on Calgary's recycling programs visit [calgary.ca/recycling](http://calgary.ca/recycling) or contact 311.

## TOT SPOT NURSERY SCHOOL

- *Meaningful curriculum* • *Large gym facility* •
- *Varied play opportunities* • *Special events* •
- *Caring, experienced teachers* •
- *Bright, spacious classrooms* •
- *Parental participation* •

**REGISTRATION STARTING  
JANUARY 20<sup>TH</sup>  
FOR SEPTEMBER 2014**

*Call Marilyn 403-278-2608  
BONAVISTA BAPTIST CHURCH  
1507 Acadia Drive S.E.*

## *École Sam Livingston Elementary School News*

"Bonne Année" from École Sam Livingston. We are all refreshed and ready to tackle new ideas and a new year. Our report cards will be going home January 30<sup>th</sup> and while the timing of report cards has changed, the format is the same.

Many people start exercising regularly as a New Year's Resolution but at Sam Livingston we have been adding regular morning exercise to our classrooms since September. Research shows that morning exercise primes the mind for learning so our school implemented the 'Réveille-Matin' program this year. This decision was based on the research and book 'Spark' by Dr. J. J. Ratey. Our teacher's report that the children are more alert through the school day, and the additional exercise time still falls within the Alberta Education curriculum guidelines. It seems to be working. Maybe our success will encourage you to add morning exercise into your new year as well! We will be benefiting from an Alberta Opera performance on January 16<sup>th</sup>, and **FUN LUNCH AND FAMILY MOVIE NIGHT** will be hosted by School Council on January 24<sup>th</sup>.

A reminder that our School Council meets on Monday, January 13<sup>th</sup> at 7pm and all parents are encouraged to come and be part of the decisions that affect your child's life. Best wishes for a healthy and happy New Year to one and all!

## *Queensland Scouts 172 January Bottle Drive*

Wondering what to do with those leftover Holiday Bottles? Support local Scouting groups by calling or texting our bottle hotline 403-606-9717 and a volunteer will arrange to pick up your bottles when it is

**PLASTIC BOTTLES** – Water, Pop, Culligan Bottles.

**PLASTIC JUGS** – Milk, Juice, Beverage Containers.

**ALUMINIUM CANS** – Pop, Energy Drinks, Beer.

**POLYCOATED CONTAINERS** – Juice, Milk, Cream, Eggnog, Wine Boxes.

**GLASS BOTTLES** – Wine, Juice, Beer, Liquor, Pop.



**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)

## ***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 January 2014 we acknowledge **Fortified Fitness**.



### **Fortified Fitness offers Programs for BOTH Men and Women!**



Fortified Fitness offers a wide range of fitness programs for both men and women. Don't be intimidated as we provide programs for ALL levels of fitness from beginner to the advanced athlete.

Sign up for one of our boot camps or acquire the services of one of our certified personal trainers to help educate, motivate, and push you to achieve your fitness goals.

### **1 on 1 Personal Training**

At Fortified Fitness we offer an elite cast of personal trainers to choose from. Whether you are a beginner or an advanced level athlete, we can help take you to the next level! We provide customized one on one training solutions that are both fun and innovative, which ensures that our clients reach and maintain their fitness goals. All of our trainers are certified and have backgrounds in the fitness/bodybuilding industry.





## Your Personal Massage



We are pleased to now offer massage therapy services at our facility. Our R.M.T (Registered Massage Therapist) will provide a brief consultation prior to each session to ensure that you receive the appropriate treatment. Do you have employer benefits or additional health coverage? If so we make sure to provide the required receipts and documentation for your employer or insurance provider. All of our massage services are open to the public therefore no membership is required. We also offer gift certificates should you want to provide a gift to someone special.

## Fuel up with a tasty post workout smoothie!

Not only is Fortified Fitness one of Calgary's hottest new fitness facilities, but we also offer a full juice bar and supplement shop with the most competitive prices in the city.

From our delicious post workout shakes to our extensive selection of supplements make Fortified Fitness your facility of choice!



Have a question regarding the gym, fitness program or any other service that Fortified Fitness offers? Contact us through phone, email or drop by our gym and one of our staff will be more than happy to answer any questions or concerns you might have.

### Visit the gym

1176, 137 Ave S.E,  
Calgary, Alberta

### Hours of Operation

Mon to Thurs 5:30am - 10:00pm  
Friday 5:30am - 8pm  
Saturday 9:00am - 6pm  
Sunday 9am - 1pm

### Call us

Phone: (403) 271 – 3539

### Memberships

[www.fortifiedfitness.com](http://www.fortifiedfitness.com)

Visit **[www.fortifiedfitness.com](http://www.fortifiedfitness.com)** for information,  
membership fees and membership specials.

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

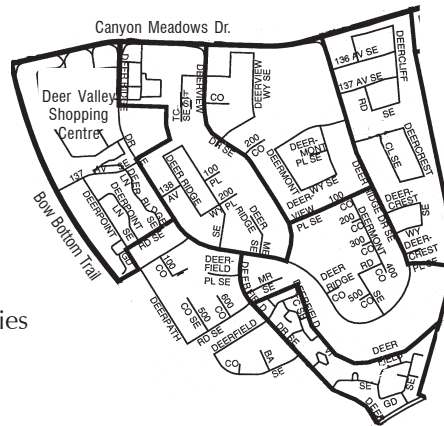


## Deer Ridge Community Association Membership Renewal Form

**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

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**

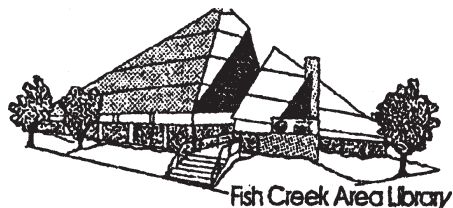
**6170 - 12 ST. S.E. 255-5880** **NEW HOURS:** Mon-Wed. 9-6 • Thursday Friday 9-8  
• Saturday 9-5 • Sunday Closed

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

**www.deerfootcarpet.com**



## *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.**

January at the Fish Creek library

**COMPUTER TECHNOLOGY COACHING.** Drop in for volunteer computer help.  
Tuesdays, Jan 7 to Apr 29, 6:30 - 8:30 p.m.

**BABY PLAYDATE**  
Wednesdays, Jan. 8 to Apr. 30, 11:30 - 12:30 p.m.

**STITCH AND CHAT**  
Wednesdays, Jan. 8 to Apr. 30, 1:30 - 3 p.m.

**SINGLE IN THE SUBURBS?** Come to the library.  
Wednesdays, Jan. 8, 7 - 8:30 p.m.

**DROP-IN FAMILY STORYTIME** is always fun!  
Ages 2 to 5 with a parent/caregiver  
Thursdays, Jan. 9 to Apr. 24, 10:15 - 10:45 a.m.

**DROP-IN LEGO CLUB** - build, create and explore!  
Thursdays, Jan. 9 to Apr. 24, 4 - 5 p.m.

Canadian Natural Resources Limited presents Calgary Philharmonic Orchestra Musicians in concert - **CPO in Your Library!**  
Monday, Jan. 13, 2 - 3 p.m.

**EBOOKS: A LIBRARY ON THE GO** Library staff demonstrates how to download an eBook.  
Monday, Jan. 13, 7 - 8:30 p.m.

Discover the origins and uses of herbs in **TRADITIONAL CHINESE MEDICINE** and learn about their therapeutic benefits.  
Wednesday, Jan. 15, 7 - 8:30 p.m.

**What's Cookin' Club.** Join us each month as we explore all things edible!

Thursdays, Jan. 16 and Mar. 20, 2 - 3:30 p.m.

**CANADIAN OIL SANDS LIMITED'S MATH MINDS** Adult volunteers help students in grades 1 to 6, ages 6 to 12, with their math.

Mondays, Jan. 20 to Apr. 28, 6 - 7 p.m.  
(No program on Feb. 17 and Apr. 21)

**Spanish Conversation Club** welcomes learners with intermediate Spanish language skills. Ages 16 and up.  
Mondays, Jan. 20 to Feb. 24, 6:30 - 8 p.m.  
(No program on Feb. 17)

**ENGLISH AS A SECOND LANGUAGE CONVERSATION CLUB** Wednesdays, Jan. 22 to Feb. 26, 6:30 - 8:30 p.m.

**\*\*DON'T MISS THE FAMILY LITERACY DAY EVENTS:**

**SING TOGETHER FOR LITERACY!**  
Ages 6 to 23 months with a parent/caregiver  
Friday, Jan. 24, 10:15 - 10:45 a.m.

**IN A LIBRARY MINUTE!** - fun activities, exciting games and a family fair.  
Saturday, Jan. 25, 2 - 4 p.m.

**READ, SING AND PLAY!**  
Ages 2 to 5 with a parent/caregiver  
Sunday, Jan. 26, 2:15 - 2:45 p.m.

To join either an **ADULT BOOK CLUBS**, or a **TEEN BOOK CLUB**, just call the library. Copies of the book titles are available at the Library

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**

Discover • Create • Play • Learn • Experiment

### Creative Learning Center Preschool

**REGISTER NOW FOR 2014-2015**  
New 2 ½ Hour Classes available  
Visit our Open House Saturday February 1st – 10 am to 2 pm.

**403.225.0600**  
www.creativelearningcenter.ca  
creativelearning@shaw.ca  
2120, 380 Canyon Meadows Dr. S.E.

39 YRS EXPERIENCE!



## *Trico Centre January = Fitness*

Choose Trico Centre for your New Year's health resolution. We have an incredible Fitness Centre with some of the best equipment in Calgary. Our memberships are among the most affordable in Calgary for those who live in a community partnered with Trico Centre (almost every community association in South Calgary is a partner.) And, with your membership, you can choose from more than 70 weekly group fitness classes.

Trico Centre's Fitness Centre is comfortable and low key – there are people here of all ages and all fitness levels. There is always a Fitness Monitor on duty if you have a question.

If you are newly back to Fitness, and are not sure how to use all the machines, consider Fit 101 for the Absolute Beginner or Fit 201: The Refresher. These five-week registered classes will teach you all you need to know about equipment functionality, benefits, and technique plus a variety of exercise techniques, programs, and styles to help you reach your fitness goals. Plus, after the course is completed, you will be offered a discounted 90-minute one-on-one personal training session (\$75.)

If you want a fit diet to go along with your fitness routine, check out Nutrition 101 or 201 or Trim and Tone: Small Group Training which combines four-person group personal training and a personalized nutrition plan.

Remember, it's better to be a member: registered classes and personal training are 20% off with membership. Find out about membership and the classes mentioned above in our Winter 2014 Program Guide.

### **NEW PROGRAMS/NEW PROGRAM GUIDE**

What are your kids doing for fun and fitness in January? In January, all sorts of new programs start: there are skating lessons, swimming lessons, lots of parent & tot and preschool classes plus some new adult fitness options. Discover all that Trico Centre can offer you and your family.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see [www.tricocentre.ca](http://www.tricocentre.ca) to find out more.

# ABOUT PAINTING

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**ALL WORK FULLY GUARANTEED  
2 YEAR WARRANTY**

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- Moveouts

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**Weekends WERE NOT MADE  
For HOUSEWORK!**

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## Message From Councillor Peter Demong Ward 14



Hello all! I hope you've had a great holiday season.

Ward 14 has made it very clear to me that traffic is a big concern, and this time of year can be dangerous when it comes to our streets. With winter road conditions, limited daylight, and perhaps some people getting behind the wheel with a bit too much 'holiday cheer' in their system, driving safely and obeying the rules of the road are more important than ever. Police help keep us safe, but they can't be everywhere at once, and they are trying a new tactic that I thought I should mention. They have created an online *Traffic Service Request Form* for people to report *persistent* traffic violations. Since Ward 14 has made it clear to me that traffic is a big concern, I encourage you to use this tool whenever it applies. It can be found at: [www.calgarypolice.ca](http://www.calgarypolice.ca) along with many other useful tools. "One off" violations should still go to the Police non-emergency line (403-266-1234), and of course, if you are experiencing an emergency you should call 911.

### THE 52 MILLION DOLLAR QUESTION – UPDATE

Revitalizing older communities, reducing the City's debt, or dedicated to a Transit Capital fund; \$52 million in tax room vacated by the Province has survived all of these, at long last, will end up back in your pocket. At least the 2014 tax room will.

In late November Councillor Keating put a motion to return the 2014 amount, but keep the 2015-2024 amounts to fund City's proposed North Central & Southeast Transitways. At every opportunity I have voted to return vacated tax room to taxpayers. Unfortunately, I am one of few on Council who have done so, and the motion passed. Let's hope that the Southeast Transitway goes a long way to improving transit east of the Bow River, and maybe taking some cars off of Deerfoot Trail.

The return of your \$52 million for 2014 will come in the form of a reduction to your 2014 residential property tax

bill, which brings me to my next topic. You will soon be receiving your 2014 property and business assessment notices. Take some time to check for mistakes and see how it compares to other similar properties. You have from January 3<sup>rd</sup> until March 4<sup>th</sup> to point out any mistakes to the Assessment Department. You can contact them at (403) 268-2888 and find more info at [WWW.CALGARY.CA/ASSESSMENT](http://WWW.CALGARY.CA/ASSESSMENT).

Happy New Year Ward 14! Contact me anytime...

## Calgary Reads – Book Clubs In Calgary

There are good reasons why book clubs continue to thrive, despite changes in literary appetites, demographics and technology. The communal act of reading the same book as someone else and then hotly debating the deep meaning underlying those well-thumbed pages never loses its appeal, especially when those debates are fuelled by a plate of cookies, a platter of cheese or a glass of wine. A few hours in the good company of other book lovers, complete with passionate discussions and snacks, is a fun way to learn and socialize at the same time!

Estimates vary widely on the number of active book clubs in Canada, but it's a safe bet to say that everybody knows somebody who belongs to a book club. Book club mandates cover a wide spectrum of interests - some geared toward specific genres, others that span a more general range of books. In recent years, even the growth of online book clubs has skyrocketed, making sharing books with like-minded people even easier. You don't even have to clean the house when it's your turn to host! Book clubs, both public and private, flourish in every quadrant of the city. If you're looking for a Calgary book club to join, see our list online at [www.calgaryreads.com/bookclubs](http://www.calgaryreads.com/bookclubs). If you'd like your book club added to the list, email us at [info@calgaryreads.com](mailto:info@calgaryreads.com).

Calgary Reads loves book clubs and we would love to hear about your book club – what makes it special? Drop Calgary Reads a line at [info@calgaryreads.com](mailto:info@calgaryreads.com). Happy reading!

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with struggling grade one or two readers at their school. We also host school reading celebrations, hold teacher and parent workshops and host a huge yearly book sale. There are lots of ways to get involved. Find out more at [www.calgaryreads.com](http://www.calgaryreads.com)

## *Canadian Blood Services Upcoming Blood Donor Clinics*

Canadian Blood Services urges Alberta residents to donate blood during the holiday season and give someone a miracle. According to Canadian Blood Services, for medical patients in need of blood or blood products the act of blood donation is a “miracle” and donors are “miracle workers”. Alberta residents can book a donation appointment by visiting [www.blood.ca](http://www.blood.ca) or calling **1-888 2 DONATE (1-888-236-6283)**. Upcoming clinics in Calgary at South Fish Creek Recreation Association (Flames & Oilers Rooms) include:

**WHEN:** Saturday, January 11, 2014

**TIME:** 9:00 AM - 2:00 PM

**LOCATION:** South Fish Creek Recreation Association (Flames & Oilers Rooms)

100, 333 SHAWVILLE BLVD SW

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**WHEN:** Friday, January 31, 2014

**TIME:** 3:00 PM - 8:00 PM

**LOCATION:** South Fish Creek Recreation Association (Flames & Oilers Rooms)

100, 333 SHAWVILLE BLVD SW



**ABOUT CANADIAN BLOOD SERVICES** – Canadian Blood Services is a national, not-for-profit charitable organization that manages the supply of blood and blood products in all provinces and territories outside of Quebec. Canadian Blood Services also oversees the OneMatch Stem Cell and Marrow Network, and provides national leadership for organ and tissue donation and transplantation. Canadian Blood Services operates 42 permanent collection sites and more than 20,000 donor clinics annually. The provincial and territorial Ministries of Health provide operational funding to Canadian Blood Services. The federal government, through Health Canada, is responsible for regulating the blood system. For more information go to [blood.ca](http://blood.ca).



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## Be A Snow Angel

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

### WILL YOU BE A SNOW ANGEL?

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

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

### SNOW ANGELS CAN HELP SAVE LIVES

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

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

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

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

Please be a good neighbour this winter and remember to clean the snow from all the sidewalks adjacent to your property. Your neighbours will appreciate the ease at which



they can negotiate the sidewalks and those people who deliver City services to your property will also appreciate your efforts.

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

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

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

### NOMINATE YOUR SNOW ANGEL

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

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

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



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

Happy New Year! I hope you all enjoyed a wonderful holiday season with family and friends.

The legislature resumed last fall to controversy surrounding the government's proposed Bill 28, the Modernizing Regional Governance Act. Under the provision of this bill the provincial government would have been given the power to undermine the autonomy of local government and impose fines or jail time on elected leaders for non-compliance. Bill 28 did not go over well with many municipalities and was sent back for consultation with municipalities which should have been done first, before tabling the bill in the legislature.

Bill 27, the Flood Recovery and Reconstruction Act is another bill of local concern. This act will determine what mitigation measures should be done, how they will be reimbursed and how they will affect municipal powers during an emergency. However, government is moving forward with flood legislation with outdated and inaccurate maps and the details defining municipal and provincial responsibilities during emergencies require more clarity. These issues raise serious concerns about Bill 27.

A private member's bill from my colleague Kerry Towle, the Seniors' Advocate Act, would create an independent seniors advocate to represent the interests and concerns of seniors in the legislature. This advocate would be able to appeal decisions regarding care on behalf of seniors, as well as investigate complaints. Unfortunately, the government chose to use procedural delays to avoid a vote on the bill at all, despite its introduction a full year ago. To the detriment of seniors across the province, the Senior's Advocate Act will die on the order paper.

Another private member's bill I hope to see pass is Bill 209 by my colleague Rob Anderson. Bill 209 would eliminate excessive severance packages for bureaucrats and create transparency regarding how bonuses are paid. Under the provisions of the bill the maximum allowable severance would be fixed at \$100,000 for public sector executives, managers or employees. However, if that person has worked five years in the same position, severance could reach \$200,000. I feel this is reasonable in comparison to the outrageous severances and bonuses that have been granted in recent years in the millions of dollars, and would be a big step towards fiscal transparency and accountability.



**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 MLA for Calgary-Fish Creek, I value your thoughts and opinions.

Please feel free to contact my office anytime with your concerns at [Calgary.fishcreek@assembly.ab.ca](mailto:Calgary.fishcreek@assembly.ab.ca) or call **403 278-4444**. You can also follow me on **Twitter@HeatherMLA**, find me on Facebook or visit my website [www.heatherforsyth.com](http://www.heatherforsyth.com)

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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)

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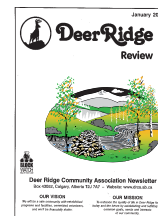
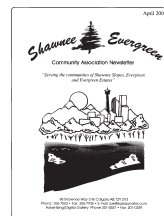
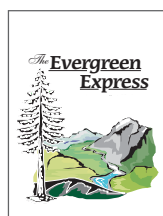
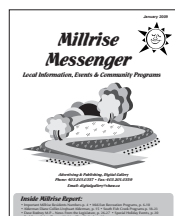
When asked why they advertise in community newsletters, a top realtor replied “Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month”. With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters 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: February**  
**TAKE THE FIRST STEP!**  
**Call Digital Gallery: 403-201-0357**

**E-mail: [digitalgallery@shaw.ca](mailto:digitalgallery@shaw.ca)**  
**Deadline for the next issue: January 6**

### Our Publications:



# Teeth Whitening: Which Methods Actually Work?

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

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

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

**The quick answer is: YES**

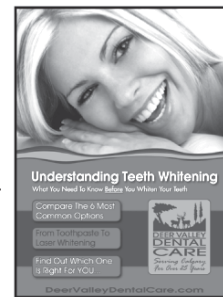
**Toothpaste provides little or no whitening whatsoever** and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front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

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

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

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

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



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