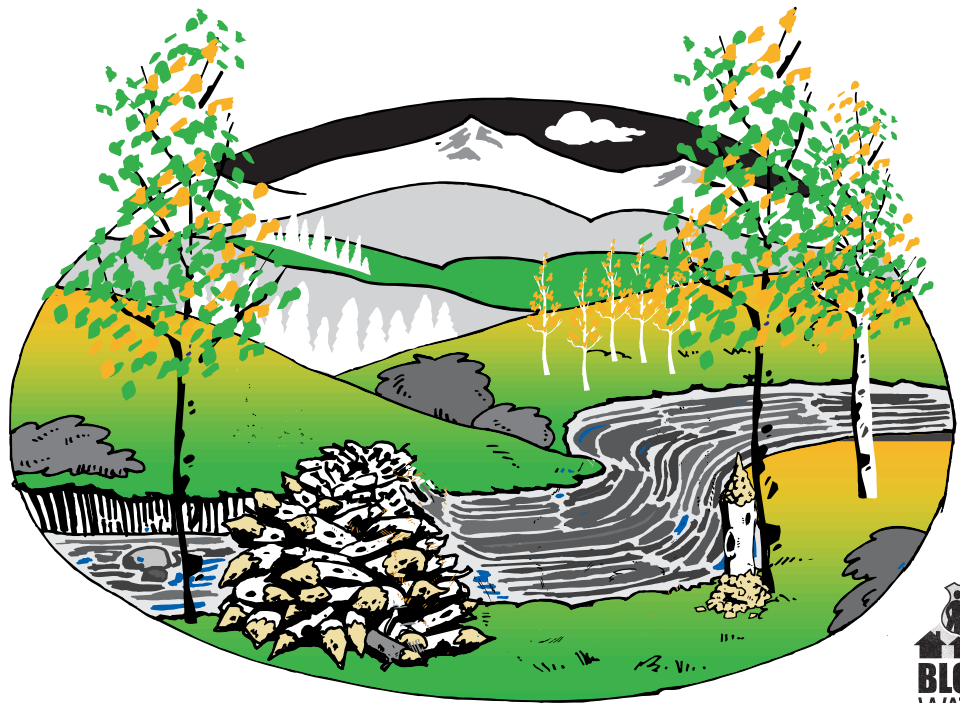


February 2014



Deer Ridge

Review



Deer Ridge Community Association Newsletter

Box 43052, Calgary, Alberta T2J 7A7 – Website: 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.

Smile!

February is Pet De^{tal} Month

Visit us for great deals on dental products, treats & toys!

And

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LOVE

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ADOPT A PET**

♥ February 15th-16th ♥

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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

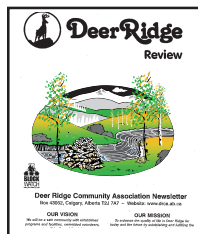
Director Membership	Dawn Wallace	-----
Director at Movie In The Park	Roy Franco	403-278-1187
Director at Large	Lannis Anderson	-----
Director at Large	Yvonne Bergmann	-----
Director at Large	Alana Somers	403-984-3901
Director at Large	Samantha Keiver	-----
Director at Large	Katrina Porter-Belisle	-----

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

If you have any questions or concerns, please contact us at 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.

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

Hi Folks, with the warmer weather in January, the snow has finally started to melt. If you have any road issues, don't forget you can call 311 or download the City of Calgary mobile 311 App. to report or let the City of Calgary know of any issues.

Deer Ridge Winter Skate Saturday January 11, 2014 . Thank you to all that attended the Deer Ridge Winter Skate on January 11, 2014. The weather was wonderful for the first 3 hours until the freezing rain and snow flurries hit with a vengeance. Overall it was a great afternoon and enjoyed by all. We would like to thank **Starbucks** in the Deer Valley Marketplace for donating the Hot Chocolate, Lanis Anderson for her organization of the Winter Skate, Roy Franco for these great pictures and Gord Miller for cooking the Hot Dogs & Hamburgers. We would also need to thank **Margaret Dawkins, Gord Miller, Karen Stevenson, Roy Franco, Lanis Anderson, Collette Quinn-Hall, Samantha Keivers, Bob Hall and Steven** for helping to ensure the success of this event.

MEMBERSHIP RENEWAL

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. Your membership not only supports the Deer Ridge Community but also gives you a 20% discount at the Trico Centre for Family Wellness.

DEER RIDGE COMMUNITY GARDEN

If you enjoy gardening and would like to be involved in the Deer Ridge Community Garden in 2014, please contact Bob Hall at DeerRidgeCA@gmail.com or visit our blog at www.deerridgeca.com and complete the form online. This year is our second year and we look forward to a very successful harvest in 2014.

VOLUNTEER FOR THE DEER RIDGE CASINO MARCH 2 & 3, 2014

We are looking for some help at our casino at the Black Foot Casino on Sunday March 2 and Monday March 3,



2014. If you have any interest in volunteering, please contact Bob Hall at DeerRidgeCA@gmail.com

INSIDE DEER RIDGE - SPOTLIGHT ON BUSINESS/ ORGANIZATIONS IN THE DEER RIDGE.

Do you own or manage a business or organization in Deer Ridge. Let us do a free 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

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.

**Bob Hall, President
Deer Ridge Community Association.**

Friends of Fish Creek Winter 2014 Events

TD LEARNING NATURALLY NEEDS YOUR SUPPORT!

In the 2012–13 school year 3,678 students between grades K–6 were provided with an unforgettable learning experience in Fish Creek Provincial Park. Through the TD Learning Naturally program, children from 31 economically disadvantaged schools learned firsthand about the wonders of the natural world through programs like Insect Intrigue, Wildlife Cycles, Plant Communities and more.

This essential program does not receive funding from the Provincial Government and its continuation is in jeopardy. The Friends of Fish Creek need your support in helping this program continue. Please consider this opportunity to enrich the life of a young person who otherwise would not have been afforded this opportunity. 100% of your generous donation will go directly to funding Learning Naturally and encouraging environmental stewardship in the next generation. You will receive a valuable tax receipt for your donation. For more information about the TD Learning Naturally program or to donate online, please visit www.friendsoffishcreek.org/td-learning-naturally-program

FISH CREEK COMMUNITY FAIR

SATURDAY, FEBRUARY 22, 2014 1:00PM-4:00

Would You Like to Be a Volunteer in Fish Creek Provincial Park? The Friends of Fish Creek Need You!

LOCATION: Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

If you live close to Fish Creek Provincial Park, an urban oasis for outdoor recreation, relaxation and nature appreciation, then you are part of the Fish Creek

Community! No matter your age, skill level or physical ability, The Friends of Fish Creek have opportunities for you to get involved. Come to the Fish Creek Community Fair to learn about amazing volunteer opportunities, educational tours, wellness programs, and community events kicking off in 2014. The ground may still be covered in snow, but Spring starts now in Fish Creek!

For more info visit www.friendsoffishcreek.org/events/fccuf

February is Heart Month!

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

WHAT ARE THE FIVE SIGNS OF STROKE?

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

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

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

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

HEADACHE – Sudden severe and unusual headache

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

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

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



Spotlight Inside Deer Ridge

2013 – A Year in Review of the Deer Ridge Community Association.

The events, projects and the amazing Volunteers in the Deer Ridge Community.

January 12, 2013- Deer Ridge Winter Skate

2013 started out with a great afternoon on Jan 12, 2013 with the Deer Ridge Winter Skate. A fun time had by all in attendance at the Deer Ridge Ice Rinks



March 7 & 10, 2013- Volunteer Appreciation

The Deer Ridge Volunteer Appreciation was held at Jubilations Dinner Theatre over two nights on March 7 & 10, 2013. Special Thanks to Karen Stevenson and Barb Chapin for their organization of this Thank you to all of the volunteers who devoted their time and effort and the many events and projects in 2012.

May 4, 2013 - Community Clean-Up Day

The Deer Ridge Community Association Partnered with the Queensland Community Association to Present the Community Clean Up Day. Everyone was able to drop off their household garbage, old electronics and paper/ documents for shredding. It was a very successful day with Volunteers also picking up garbage from the parks in Deer Ridge.



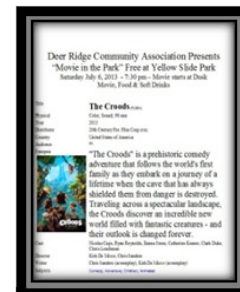
June 1, 2014 – Deer Ridge Community Garden

We had a late start to our inaugural year creating the Deer Ridge Community Garden because of the Spring Rains. With all the help from the Deer Ridge Volunteers we were able to get the boxes completed, the soil in place and planting for the 2nd week of June. The floods took priority over everything and the city was still able to get water into the garden by the end of the season. Many gardeners brought buckets of water from their homes and we were able to water twice a week from the hydrant. We were able to donate many pounds of vegetables to the Calgary Food Bank as well. Overall everyone came together to make the Deer Ridge Community Garden a huge success in 2013.



July 6, 2013 - Movie in the Park – “The Croods”

Our first movie in the park at of 2013 at Yellow Slide Park was The Croods and as the rain stopped about 6 pm that evening, we had a wonderful turnout despite the cool, wet conditions on the field. A special thank you to Roy Franco and Dawn Wallace for all of their work.



August 10, 2013 – Movie in the Park – “The Avengers”

In August we had our second “Movie in the Park” and presented “The Avengers”. The weather in August was much nicer and it showed in the attendance to the movie. As always the Deer Ridge Community Association gave away Free Hotdogs and Soft Drinks as well as held a free Raffle with prizes donated from the many businesses in the Deer Valley Mall. Another successful Free event put on by the Deer Ridge Community Association.



September 19 – 21, 2013 – Yellow Slide Playscape Replacement.

After 2 years of planning and coordinating, the Deer Ridge Community Association and the many Volunteers from inside and outside of our community replaced the Yellow Slide Park Playscape on September 19 - 21, 2013 and with final Assembly October 19, 2013. We cannot thank the volunteers enough for their time, effort and work ethic that made this volunteer build a huge success. We also need to thank the City of Calgary, Propellus, The Parks Foundation, BDI, Blue Imp for their help and guidance and Corner stone Music & Café and 23rd Street Café for supplying all of the wonderful food over these building days. The Yellow Slide Park Playscape is a wonderful playground that had some original equipment that was 25 years old. We hope the New Yellow Slide Playscape will bring joy to families in Deer Ridge for another 25 years.



The Deer Ridge Ice Rinks & Tennis Courts

Every year the upkeep, maintenance and security turns out to be an “unpaid” volunteer second job for the volunteers who look after the Deer Ridge Ice Rinks and the Deer Ridge Tennis Courts. Our Sincerest Thank you to Mr. Gord Miller and his crew for his commitment to the Skating Rinks and Mr. Lemieux for looking after the Tennis Courts. Mr. Miller visits the Ice rinks on a daily basis between November and March and resurfaces the ice every day. Mr. Lemieux keeps a close watch on the Tennis Courts making sure they are always available for any resident of Deer Ridge to use.

The Deer Ridge Community Association has had a very busy and successful 2013. We have represented Deer Ridge in the Stampede parade, the City of Calgary Building Safe Communities initiative, attended Councilor Demong’s Ward 14 Aldertalks, we represent Deer Ridge on the Trico Centre Board and The Deer Ridge Community is a member in good standing with the Federation of Calgary Communities. Your input is greatly appreciated and if you have any ideas or would like to sign up to help in events, please contact us at deerridgeca@gmail.com

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 Digital Gallery

City Winter Fun Outdoor Places to Skate, Cross-Country Sky & Toboggan

Even in winter, there are lots of fun activities to do outdoors. These activities include skating at City-maintained outdoor rinks, cross-country skiing and tobogganing at hills in your community. You may not know that sledding on hills is prohibited unless the hill is assigned as a toboggan hill (bylaw). There are many locations that are approved for sledding and where you can do these free activities, get some exercise, enjoy the winter and have lots of fun!

CROSS-COUNTRY SKIING

Cross-country skiing in Calgary is an exhilarating way to get active and enjoy the beauty of our snow-covered landscapes. Several cross-country skiing tracks are available in and around Calgary, some in our parks and golf courses.

The following cross-country skiing areas in Calgary are trackset by a machine for easier skiing:

MAPLE RIDGE GOLF COURSE - 18 hole course maintained by volunteers

SHAGANAPPI POINT GOLF COURSE - 27 hole course maintained by Calgary Ski Club volunteers

CONFEDERATION GOLF COURSE - 9 hole course maintained by Foothills Nordic Ski Club volunteers

CANADA OLYMPIC PARK (COP) - offers a super training course but perhaps too difficult for beginner skiers

TOBOGGANING IN SOUTH CALGARY

Always remember, helmets on heads! Tobogganing is an activity that you do at your own risk. The City of Calgary is not responsible for any personal injury or damage to personal items.

GLENDALE COMMUNITY, 45 St. & 25 Ave. S.W.

GLENDALE PARK, 22 Ave. & 45 St. S.W.

KINGSLAND DRY POND, Heritage Dr. S.W. (behind Rose Kohn/Jimmy Condon arenas)

RICHMOND GREEN, 33 Ave. & 25 St. S.W.

SACRAMENTO DRY POND, Sacramento Dr. & 104 Ave. S.W.



SCARBORO, 15 Ave. & 15 St. S.W.

SIROCCO JOINT SITE, Sirocco Dr. & Signal Hill Heights S.W.

STANLEY PARK, 4011 1A St. S.W.

STRATHCONA, 277 Strathcona Dr. S.W.

WEST GLAMORGAN, 4207 41 Ave. S.W.

ELLISTON PARK, 2020 - 60 St. S.E.

ERIN WOODS PARK, Erin Woods Dr. S.E.

FISH CREEK ESCARPMENT, Midnapore site (S.E.)

MAPLE RIDGE DRY POND, Maple Glade Close S.E.

VALLEYVIEW REGIONAL PARK, 28 St. & 30 Ave. S.E.

SKATING

Skating with hockey sticks and playing hockey are NOT allowed at these outdoor City rinks

OLYMPIC PLAZA, 228 8 Ave. S.E.

Community Associations also provide pleasure skating and/or boarded rinks on their leased sites. They do so on a volunteer basis for their association members and immediate local residents. Contact your community association about their program and/or about volunteering.





DEER RIDGE DOGS

Brian Muth, Owner
Deer Ridge Dogs – Dog Daycare

H: (403) 269-6107
C: (403) 969-3690
Email: Brian@DeerRidgeDogs.com
Website: www.DeerRidgeDogs.com



The XXII Olympic Winter Games
February 6-23, 2014 – Sochi, Russia.

sochi.ru
2014 

Best of luck to Team Canada!

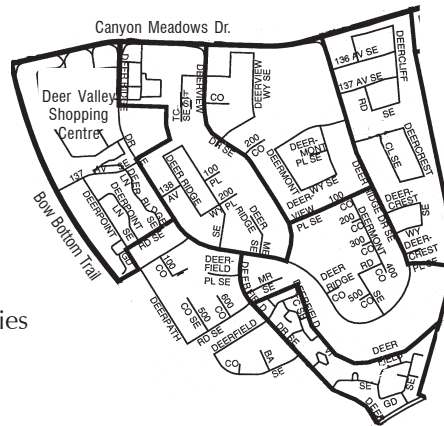


Deer Ridge Community Association Membership Renewal Form

Your membership expires August 31st. It's time to purchase or renew your membership. To support your community association, please fill out the form below and send it along with your cheque for \$15.00 made payable to the Deer Ridge Community Association. Thank you in advance for your support because without the support of the community at large we cannot operate successfully. Are you wondering if you live in Deer Ridge? If you have received this newsletter in your mailbox then you live in Deer Ridge! (see map).

WHAT DOES YOUR MEMBERSHIP PAY FOR? WHAT ARE YOUR BENEFITS?

- Community Tennis Courts
 - Children's Playground
 - Queensland Soccer
 - Two Skating Rinks
 - Community Safety/Block Watch
 - Planning & Development
 - Community Newsletter
 - Social Events
-
- Fundraising to construct, operate & support community facilities such as the Soccer Fields and Playgrounds.
 - Your Deer Ridge membership saves 20% on a membership at the Trico Centre and discounts on many programs at this great facility.
 - Your Community Association is your voice of the community to the City of Calgary on important issues.



Membership Application Form – Just fill in the form below and mail with a \$15 cheque payable to Deer Ridge Community Association and mail to: DVPO Box 43052, Calgary, AB T2J 7A7 Or give to any current Member of the DRCA Board.

FAMILY NAME: _____	
(Surname)	(Him) (Her)
ADDRESS: _____ POSTAL CODE: _____	
HOME PHONE: _____	BUSINESS: _____
CHILDREN - NUMBER	
0-6 Years _____ 7-12 Years _____ 13-16 Years _____ 17 & Older _____	

Deer Ridge Community Association

Support Your Community! Buy a Membership Today!



Deer Ridge Community Association Memberships can be purchased for only \$15 from the Trico Centre. Your Deer Ridge membership saves 20% on a membership at the Trico Centre and discounts on many programs at this great facility!



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Message From Councillor Peter Demong Ward 14



Hello newsletter readers!

My Aldertalk sessions have been such a success and an enjoyable experience that it seems only natural that they would continue. In fact, the first Aldertalk of the new term took place last month at Parkland Community Hall. Due to some delays in scheduling it did not make my January column, but thank you to all who showed.

For those of you who are unfamiliar, my Aldertalk sessions are an opportunity to speak with me directly about any topic you like. I book rooms in community halls across the Ward on an almost monthly basis, and make myself available for any questions. All are invited.

For those of you who ARE familiar – yes – I am aware of the incompatibility of the term Aldertalk with my new title of Councillor. I have struggled to come up with a term as catchy as Aldertalk. So if you think you have a catchy new name that fits nicely on a sign, please share. You can bring it with your other queries to Willow Ridge Community Hall (680 Acadia Drive SE) on February 22nd between Noon and 2pm for the second Aldertalk of my second term.

I'm asked Waste and Recycling questions often, even at Aldertalk. Maybe you have a burnt out CFL light bulb, an old car battery, or even a used Christmas tree. It must be disposed of properly, and might even be recyclable, but where do you take it? With the City's new online 'What Goes Where' tool you can now search for a specific item, pick from a list of popular items, or search alphabetically to find the answer to that question. You can find the tool at www.calgary.ca/whatgoeswhere, and if you're not the 'online' type, you can find answers by calling 311.

Through a Notice of Motion and my participation in the 311 Guiding Coalition, I have been working to improve 311 for several years now. I am proud to say that my efforts have helped to speed up the launch of the 311 mobile app, and are contributing to its continual improvement. Part of my June 2012 Notice of Motion mandated that 311 remain

citizen focused. As a result, there have been 16 new service request types added to the mobile over the past few months. We will continue to add service requests based on citizen feedback, and improve 311's responsiveness to citizens. You can download the app at www.calgary.ca/mobileapps.

That's pretty much it for now. For those of you following Anderson Transit-Oriented Development, there will be an open house in the next few months. I will update you as soon as I have details, and feel free to contact me at any time.

In Love With Books? February's Other Special Days.

Valentine's Day, with tempting chocolates and flowers and declarations of love, is unquestionably February's most famous holiday. The heart-filled day lends a glimmer of sweetness and light to the cold dark depths of winter. For some, a little chocolate therapy is the push that is needed to make it through to spring. But for book lovers, who have always known the pleasures of escaping into a really good book, two lesser-known February holidays are challenging St. Valentine's Day for top spot in our hearts. Although we love books all year round, celebrating two official book-themed holidays during the darkest month of the year is a bibliophile's dream come true.

If you are in love with books, treat yourself to a day (or an evening) of indulgence by observing "***Read in the Bathtub Day***" on **FEBRUARY 9**. Break out the bubble bath, turn off your phone, and escape the snow and ice in a steaming tub with your favourite book.

Share your love of books with a child on "***International Book Giving Day***", held annually on February 14. This is a day dedicated to getting new, used and borrowed books in the hands of as many children as possible. Give a book to a young friend or relative, leave a book in a waiting room or lobby where kids are stuck waiting with little to do, or donate books that your own children have outgrown to your local Little Free Library. It's a great way to share your love of books. And it's better for you than chocolate.

If you still love Valentine's Day the most, we have some fun, sugar-free treats for the kids in your life. See our list of activities, books and ideas at <http://calgaryreads.com/love-reading/>.

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with struggling grade 1 and 2 children at their school. We also host school reading celebrations, help distribute Little Free Libraries, support professional development in reading instruction, host a huge yearly book sale and lots more! www.calgaryreads.com

Trico Centre: February is Family Month

Trico Centre for Family Wellness is your community rec centre – literally. Trico Centre is partnered with your community association which means that you get Trico's Community Partner membership price.

Memberships at Trico Centre are affordable (more affordable than almost any other comparable facility in Calgary.) And, with a membership, you get a 20% discount on registered programs and personal training, access to the pool, fitness centre, gymnasium, and arenas (for shinny hockey, and leisure skate.) Plus, you can drop in to 70 adult fitness classes every week including aqua fit, yoga, spin, cardio, Zumba, TRX, step, weights, and more.

FAMILY DAY WEEKEND AT TRICO

FRIDAY, FEBRUARY 14:

VALENTINE'S DAY: Members can "Bring a Friend for Free" all day

TWEEN NIGHT IN THE POOL: Tween Night is every Friday, but one Friday each month, we have a special theme and extra fun. Bring your super soaker and pool toys for an evening of fun and music. \$5 ages 10 and up.

SATURDAY, FEBRUARY 15:

CRAFTS AND A MOVIE: 10am-12pm. Drop in with your young ones and do a craft and watch a family-friendly film. Free.

Adventure Tag: Due to participant feedback, we have shifted Adventure Tag times a bit earlier: now, you can play from 6-7pm and 7-8pm. Members \$10 per session; non-members \$15. Limit of 30 players. Sign up at Guest Services a maximum of 1 hour before start time. Plus, private parties can be booked from 8-9pm (contact bookings@tricocentre.ca)

SUNDAY, FEBRUARY 16

FREE FRUIT: in celebration of Family Day, have some fruit on us.

MONDAY, FEBRUARY 17

FREE ADMISSION: Free admission to facility from 12 to 4pm with a donation to the Food Bank (optional.).

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 to find out more.

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Trico Centre has been committed to family wellness for over 30 years. Learn more about our family membership options, as well as our family-focused programs and services including Leisure Skating, Family Fun Swim Night, Adventure Tag events, Drop-in Gymnastics, Drop-in Playtime, Mommie & Me Fitness, and Salsa Babies.

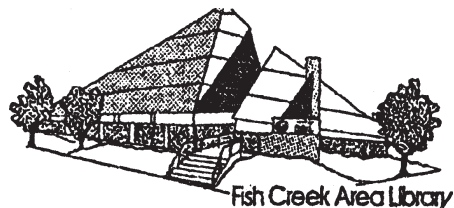
Trico Centre for Family Wellness

11150 Bonaventure Drive SE

403-278-7542 | www.tricocentre.ca



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.

LAW AT YOUR LIBRARY: PERSONAL DIRECTIVES AND POWER OF ATTORNEY. Learn how to plan for possible loss of independence, including critical issues surrounding decision-making for personal, medical, accommodation and financial matters if you become incapable of doing so yourself. In partnership with Calgary Legal Guidance.
Tuesday, Feb. 4, 7 - 8:30 p.m.

UNDERSTANDING TEENS: BULLYING AND PEER HARASSMENT. Learn strategies and solutions for bullying prevention, coping with bullying and building safe, caring communities. To register you can either call 403-955-1022 or email echc.siteadministration@albertahealthservices.ca
Wednesday, Feb. 5, 7 - 8:30 p.m.

WRITE YOUR STORY. Learn how to craft personal adventures into completed personal memoirs. This workshop is for writers of all abilities.
Thursday, Feb. 6, 2 - 3:30 p.m.

CYBERSENIORS CONNECT. Learn from youth volunteers in this self-paced program about the Internet, including Facebook and YouTube, Microsoft Office and more. Basic computer skills required. Ages 50 and up. Saturday, Feb. 8, OR Saturday, Feb. 22, 10:30 a.m. - 12:30 p.m.

TEACHERS' CONVENTION ACTIVITIES. While school is out, head on down to the Library for fun. Ages 6 to 12. No registration required.
Thursday, Feb. 13, 10 a.m. - 1 p.m.

THE MANY FACES OF SOUTH SUDAN. See the faces and hear the stories of photographer Robert Scott's visit to south Sudan. Tuesday, Feb. 25, 7 - 8:30 p.m.

ADULT LEARNING SERIES - EXPLORING RELIGION: THE WITCHCRAFT TRIALS OF EARLY MODERN EUROPE
Discover the social, intellectual and religious factors that

gave rise to the trial and execution of 100,000 people for witchcraft between 1450 and 1750. Presented by Dr. Peter Morton. Wednesday, Feb. 26, 7 - 8:30 p.m.

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, Feb. 12, 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.

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

Happy Family Day!





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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

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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.

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

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

HEALTHCARE

The Health Quality Council of Alberta (HQCA) released the *Continuity of Patient Care Study* December 19, 2013. The study found that Alberta's healthcare system processes vary between physicians, specialists and clinics to the point where patients' care may be compromised.

The report focuses on one patient's fatal experience. His case was used as a basis for the report as the HQCA felt his case typified many of the challenges faced by Albertans who require specialized healthcare services. His family assisted with the study and consented for their son's first name, Greg to be used.

In the report, Greg's experience is examined from the initial examination. The lack of communication and follow-up processes among health professionals caused needless delays in diagnosis and treatment. The study analyzed the many aspects of referral management including the role radiologists play in prioritizing and coordinating advanced diagnostic imaging studies for patients with time-sensitive conditions.

The study's focus was not to find fault with individuals, but to identify factors in the system that can compromise patient safety and health service quality. The HQCA identified 10 recommendations to address the issues highlighted in the report and an additional three recommendations to address a supplementary issue that was identified while reviewing this case.

Let's hope the government follows through with these recommendations to ensure that no other Albertan is at risk because they fell through the cracks in the healthcare system. A full copy of the report can be accessed at www.hqca.ca.

ALBERTA AUTO WATCHDOG WARNS BUYERS OVER DEALER DECEPTION

Car and truck buyers need to be wary of salespeople who misrepresent optional products as mandatory fees, says the Alberta Motor Vehicle Industry Council, (AMVIC). If you are told any fee or charge, other than GST and the tire levy, is mandatory by law, then you should walk away from the deal and contact AMVIC right away," said John Bachinsky, AMVIC Executive Director.



**HEATHER
FORSYTH**

M.L.A.

CALGARY FISH CREEK

Constituency Office Hours Monday to Friday 10 AM to 4 PM

- **Constituency Office 278-4444**

Bay 7, 1215 Lake Sylvan Dr. S.E. T2J3Z5

Email: calgary.fishcreek@assembly.ab.ca

Website: heatherforsyth.com

- **Legislative Office (780) 415-0058**

502A Legislature Annex

When calling Edmonton, please dial 403.310.0000 and ask for 415-0058. This is a free service.

Email: calgary.fishcreek@assembly.ab.ca

The warning was posted on the AMVIC website the same day as Go Public published a story about a woman who paid thousands of dollars for options she didn't ask for or understand, on a car she wasn't happy with. Go Public has reported that many Alberta vehicle buyers say they were duped into paying hundreds, even thousands of dollars more than the agreed-to price, for inflated fees or optional products. Optional products include things such as registration number etched in window glass or body panels that are sold as theft deterrents, extra warranties for tires and rims, and inflating tires with nitrogen gas instead of air. The charge for each of the products is typically \$300-\$600. Other questionable charges include administration or document fees of up to \$400, and air conditioning taxes that are already included in the sticker price of the vehicle.

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 or call 403 278-4444. You can also follow me on Twitter@HeatherMLA, find me on Facebook or visit my website www.heatherforsyth.com

Classified Ads



**** NO PHONE-IN'S WILL BE ACCEPTED.
CHANGES TO ADS MUST BE DONE IN WRITING/E-MAIL**

COST: \$25.00 + GST

For additional lines, the fee is \$5.00 more - up to a maximum of 50 words. There is no charge for lost and found items. We will not print any ad that has not been paid for prior to the deadline. All the ads will run on a monthly basis.

The cut-off date is 5:00 p.m. of the fifth day of the month prior to the issue month. For advertising, call Carole: 403.201.0357 or e-mail: digitalgallery@shaw.ca

**** NO PHONE-IN'S WILL BE ACCEPTED.
CHANGES TO ADS MUST BE DONE IN WRITING
or E-MAIL**

COST: \$25.00 + GST

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

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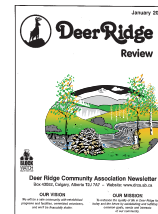
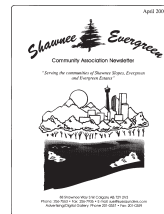
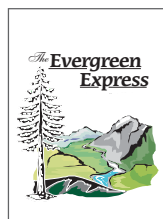
When asked why they advertise in community newsletters, a top realtor replied “Whenever I go into a home, I always see the community newsletter on the kitchen counter, throughout the month”. With an extended shelf life, especially compared to other print media; and an uncluttered format, community newsletters 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: March
TAKE THE FIRST STEP!
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E-mail: digitalgallery@shaw.ca
Deadline for the next issue: February 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

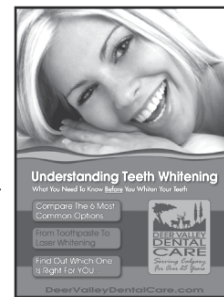
Toothpaste provides little or no whitening whatsoever and some may even cause tooth and gum damage if used over long periods. **The gels are very difficult to administer** and usually get washed off before they have time to do anything. Strips can be a good inexpensive option but only for your front 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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or call 402-271-6300.

*services provided by general dentists



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