

NOVEMBER 2014

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

BABYSITTER LIST
INSIDE



Deer Ridge

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Canada



REAL ESTATE SOLUTIONS FOR THE SAVVY LAKE BONAVISTA SELLER

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Deer Ridge Real Estate Update

Last 12 Months Deer Ridge

MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2014	\$378,900	\$373,950
August 2014	\$433,320	\$424,380
July 2014	\$398,650	\$400,375
June 2014	\$417,960	\$413,560
May 2014	\$413,422	\$406,666
April 2014	\$466,600	\$468,866
March 2014	\$359,680	\$371,000
February 2014	\$342,400	\$334,225
January 2014	\$348,700	\$348,485
December 2013	\$376,660	\$370,900
November 2013	\$348,266	\$351,116
October 2013	\$392,233	\$380,833

Last 12 Months Deer Ridge

MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2014	4	2
August 2014	7	5
July 2014	5	4
June 2014	4	5
May 2014	7	9
April 2014	7	3
March 2014	6	5
February 2014	3	4
January 2014	6	7
December 2013	6	5
November 2013	4	3
October 2013	3	3
Total	62	55

To view the specific SOLD Listings that comprise the above
MLS averages please visit **deer-ridge.great-news.ca**



Deer Ridge Community Association
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7
Phone: 403-278-6817
deerridgeca@gmail.com • www.deerridgeca.com

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NEWSLETTER AD SALES



Great News Publishing Ltd.
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Deer Ridge Community Association



Deer Ridge

Box 43052
Calgary, Alberta
T2J 7A7

Visit our website at www.DeerRidgeCommunity.org
If you have any questions or concerns, please
contact us at DeerRidgeCA@gmail.com

Board of Directors & Community Contacts

EXECUTIVE

President	Bob Hall	403-278-6817
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

PAST PRESIDENT

Past President	Karen Stevenson	
----------------	-----------------	--

DIRECTORS AT LARGE

Director of Membership	Dawn Wallace	
Director of Movie in the Park	Roy Franco	403-278-1187
Director at Large	Lanis 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
Newsletter Advertising	Great News Publishing	403-263-3044
Tennis Court Coordinator	Larry Lemieux	403-278-2199
Trico Representative	Karen Stevenson	403-278-3353

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.



MESSAGE FROM THE DEER RIDGE BOARD

Hello Folks,

We hope everyone is enjoying the fall weather and had wonderful and safe Halloween. The Deer Ridge Community Association has a new newsletter: the Deer Ridge Journal. It will be delivered monthly and will contain the upcoming events and information in our community.

2014-2015 Membership Renewal

Your 2013- 2014 Membership ended on August 31, 2014. A 2014-2015 membership application form is available 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% membership discount at the Trico Centre for Family Wellness.

Paving on Deer Ridge Drive - Update

Deer Ridge Drive was scheduled to be paved this fall but has been delayed. Most of the curb work was completed this summer and Councillor Demong's office has forwarded this updated information from the City of Calgary Roads Dept.:

"Further to your inquiry regarding paving projects in Deer Ridge & Deer Run, we regret to inform you that there has been a delay as a result of the recent snow storm and unfavourable weather conditions. With the temperatures getting lower and being unpredictable at this time of the year, we will not be able to pave these projects in 2014. Our paving crews will complete work at locations where we have started and then report to the Maintenance Division in preparation for Snow & Ice Control duties on Oct 20.



The following projects will be put at the top of the Surface Overlay Paving list for 2015:

Deerridge Dr. SE – Canyon Meadows Dr to Canyon Meadows Dr.

Deer Run Dr. SE – Deer Run Bv. to Bow Bottom Tr.

Deer Run Bv. SE – Deer Cross Rd North Leg to 146 Ave."

Ice Rink Volunteers

It is that time of year again as we prepare for the winter and the Deer Ridge Skating Rinks. We are looking for volunteers to help out at the ice rinks from the end of November to the beginning of March. If you have some spare time and would like to help out, please contact us at Deerridgeca@gmail.com

Deer Ridge Community Garden

If you enjoy gardening and would like to be involved in the Deer Ridge Community Garden in 2015, please contact us at DeerRidgeCA@gmail.com or visit our blog at www.deerridgeca.com and complete the form online. If you let us know now, we are planning for 2015 and if needed, we will build more beds. Please let us know if you would like to be involved.

Again, we 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 CA



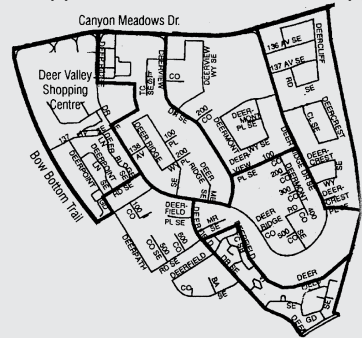


DEER RIDGE COMMUNITY ASSOCIATION MEMBERSHIP FORM

Deer Ridge Community Association memberships expire August 31st, 2014. If you have not already renewed or purchased a 2014-2015 membership and would like to support your community, please fill out the form below and send it along with a cheque payable to the **Deer Ridge Community Association**. Are you wondering if you live in Deer Ridge? If you have received this letter, or the Deer Ridge Review community newsletter, in your mailbox then you live in Deer Ridge (see map). Thank-you in advance for your support because without the support of the community at large we cannot operate successfully.

What does your membership pay for? What are your benefits?

- Community Gardens
- Movies at Yellow Slide Park
- Community Newsletter
- Community Planning & Development
- Reconstruction of Children's Playgrounds
- Hockey & Pleasure Skating Rinks Community Safety/Clean Up
- Support for Community Soccer Fields
- Social Events
- Community Tennis Courts
- Deer Ridge Community has representation on the Trico Centre for Family Wellness Board and is a Community Partner with the Trico Centre. As a resident of Deer Ridge, you are eligible for saving on the many Trico membership options and programs.
- Your Community Association is your voice of the community to the City of Calgary on important issues.



Stay current with ongoing updates at website: www.deerridgecommunity.org/ and blog: www.deerridgeca.com/

Membership Application Form - Just fill in the form below and mail, with a \$15 cheque payable to Deer Ridge Community Association, to: DVPO Box 43052, Calgary, AB T2J 7A7

Or give to any current Member of the Deer Ridge Community Association Board. Your new membership card will be mailed to you.

If you would like to be notified by e-mail of upcoming community events or would like to be advised of community volunteer opportunities, please include your e-mail address below. (Will be used for community notifications only.)

2014-2015 DEER RIDGE MEMBERSHIP RENEWAL FORM

Family Surname(s)/First Name(s): _____

Address: _____ Postal Code: _____

Primary Contact Number: _____

Secondary Contact Number _____

E-mail: _____

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: boardoftrustees@cbe.ab.ca

Community Update On New Schools

The Calgary Board of Education is pleased to welcome more than 3,000 additional students this year. With rapid growth comes the challenge of finding schools for all these students. Funding for new school construction hasn't kept pace with growth, particularly in new communities. As a result, we bus about a third of our students to schools where there is space.

To meet this pressing need, the CBE is planning the construction of 12 new schools, three major modernizations and two replacement schools, all to open in 2016.

New K- Grade 4 schools for Panorama Hills, Tuscany, Auburn Bay, New Brighton, Copperfield, and Evanston.

New Grades 5 – 9 schools for New Brighton–Copperfield, Evergreen, Mackenzie Towne, Saddle Ridge, Rocky Ridge–Royal Oak.

Modernization of Bowness High School and Jack James High School, and turning the former Harold W. Riley school into an Aboriginal learning centre.

Replacement of Christine Meikle and Elbow Park schools.

The Province is also building a new northeast high school to open in 2016.

In addition, the Province announced Sept. 22 that it would partner with the CBE to build four starter schools. They will be built in phases to get students into classes before the entire school is complete. It also announced funding for modular classrooms for Westgate School and for the planning of a new south Calgary high school.

Funding for new schools, modernizations and modulars comes from the province and the CBE is very grateful to the government for this investment in education.

More information on all of our capital projects can be found on the CBE website – <http://www.cbe.ab.ca/schools/underdev/default.asp>.

We welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

BRAIN GAMES

SUDOKU

1		2		9				
			1				9	
		5			3		4	1
	8	9	2		6			
	1						2	
			3		9	1	7	
5	7		9			3		
	4				8			
				3		7		6

FIND SOLUTION ON PAGE 11

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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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Guides Canada

The fun and friendship of Girl Guides is underway again for the 2014- 2015 year. Have you seen the girls out with the fall Chocolatey Mint cookies yet? They are available now. If you were missed in the sales campaign, contact isteads@telus.net and we'll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though. Cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. Camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies.

Famous Five District is looking for Treasurers. This volunteer position would involve keeping books for several units as well as for the district. If you would like more information, contact Pat Istead, isteads@telus.net for the details.



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FISH CREEK LIBRARY

11161 Bonaventure Drive SE • 403-221-2090 • calgarypubliclibrary.com

Mon - Thur - 10:00 am – 9:00 pm • Fri & Sat - 10:00 am – 5:00 pm

Sun (mid-Sept to mid-May) - noon – 5:00 pm

Icefield Skiing with Ben Gadd, Rocky Mountains naturalist, author and mountaineer.

Wednesday, November 5, 7 - 8:30 p.m.

A Forgotten Connection? Western Canada and Pulp Fiction of the 1920s and 1930s, presented by Dennis Slater. Saturday, November 8, 2 - 3:30 p.m.

Poetically Poetical. Celebrate poetry in all its forms with Calgary Young People's Theatre.

Ages 5 to 11. Monday, November 10, 2:30 - 3:15 p.m.

Spanish Conversation Club – Spanish

Mondays, November 10 to December 15, 6:30 - 8 p.m.

ESL Conversation Club (Intermediate)

Wednesdays, November 12 to December 17, 6:30 - 8:30 p.m.

Eight Centuries of the Sonnet in an Hour and a Half is presented by David Krebes.

Wednesday, November 12, 2 - 3:30 p.m.

Dare to Disagree

Wednesday, November 12, 7 - 8:30 p.m.

Awesome Science Road Show with the Alberta Science Network. Find out more at www.AlbertaScienceNetwork.ca/news.html

Saturday, November 15, 11 a.m. - 3 p.m.

One Book One Calgary 2014 - Closing Event - Personal Stories of Survival Enjoy a fascinating evening with Marcello Di Cintio, author of the book *Walls: Travels Along the Barricades*.

Sunday, November 16, 2 - 4 p.m.

Plants to Brighten your Winter Home is presented by Janet Melrose, Calgary's Cottage Gardener on Tuesday, on November 18, 7 - 8:30 p.m.

Colossal Calgary Playdate! Come and PLAY at the biggest and best playdate ever!

Ages up to 3 with a parent/caregiver

Thursday, November 20, 10:30 a.m. - 12 p.m.

What's Cooking? - Sachin Sudra, Namaste Cooking on Thursday, November 20, 2 - 3:30 p.m.

Vital Conversations: Planning Canada's 150th Birthday. Join us



11150 Bonaventure Drive SE. • www.tricocentre.ca

Five Ways To Keep Yourself Motivated To Work Out This Winter

By Paul Rescanski, Personal Trainer

For many people, once they have been working out regularly for a while and the initial excitement starts to wear off, finding the motivation to continue can become a challenge. If this happens to you, here are five suggestions that might help you keep your fitness routine going, even on those days when you don't feel like doing anything at all.

Focus on how you will feel when you are finished the workout, rather than how you feel before you get started. Try to remember a time when you felt great following a successful workout and concentrate on re-living that feeling, especially on those days when you just don't feel like going at all.

Focus on the reasons you began your fitness program in the first place. Think about what motivated you in the beginning, the goals you set for yourself then, and use those

~continued on page 13~

for a series of free community dialogue events. In partnership with imagiNation 150 and The Calgary Foundation.

Friday, November 21, 6:30 - 9 p.m.

Migration is presented by the Alberta Institute for Wildlife Conservation. Ages 7 to 12.

Saturday, November 22, 2 - 3 p.m.

Computer Technology Coaching on Tuesdays, September 2 to December 16, 6:30 - 8:30 p.m.

Stitch and Chat on Wednesdays, September 3 to December 31, 1:30 - 2:30 p.m.

Baby Play Date for ages up to 23 months with a parent/caregiver. Wednesdays, September 3 to December 17
11:30 a.m. - 12:30 p.m.

Drop-in Family Storytime for ages 2 to 5 with a parent/caregiver.

Thursdays, September 4 to December 18, 10:15 - 10:45 a.m.

LEGO Club on Thursdays, September 4 to December 18, 4 - 5 p.m.

A valid library card is required to register for any program.



COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14

ward14@calgary.ca or 403 268-1653

Hello Ward 14,

November is a month of remembrance. I hope you have got your poppy ready to go.

I remember the first week of September. It was a week that brought a rare amount of snow. The snow brought broken branches, and a big mess to clean up. I also remember the week ending with the clouds breaking and the sun shining on the fourth edition of my *Ward 14 Communities BBQ*.

If you haven't already heard, the *Ward 14 Communities BBQ* is a membership drive for Community Associations in Ward 14. Local sponsors donate funds to pay for Community Association memberships that are given away for free at the event. People get a free burger, beverage, and are entertained with music, City Department displays, and many other exhibitors. Donations to the Calgary Food Bank are also accepted.

Without the sponsors, City departments, exhibitors, volunteers, and smiling faces who attend there would be no BBQ. There is a newsletter column's worth of people to thank.

Southcentre Mall—as always—provided the location *and* donated funds. The Southcentre Safeway donated beverages, and Deer Valley Calgary Co-op provided hamburger buns. M&M Meat Shops of Willow Park provided the delicious burgers and grilled them for us.

Many sponsors donated funds: Canyon Creek Toyota, Jack Carter Chevrolet Cadillac Buick GMC, Southgate Chevrolet Buick GMC, United Communities, and Qualico Developments all chipped in again this year. Progressive Waste Solutions, Shaw Communications, Mattamy Homes, and ATB Financial wrote cheques for the first time to help add members to Ward 14's Community Associations and put money in their pockets.

Line dancers, both School Board Trustees, and groups like the Primary Care Network of South Calgary, Bow Valley Ranch – Artisan Gardens, the Calgary Mountain Bike Alliance, and the Friends of Fish Creek presented

the wonderful work they do. We also had all the Ward 14 MLAs in attendance: Jonathan Denis, Jeff Wilson, Rick Fraser, and Heather Forsyth.

The Community Associations of Ward 14 are what the BBQ is all about, and without their support there would be no point. Last year the fledgling Silverado Community Association impressed everyone by handing out 21 more memberships than in the year prior. This year almost \$8,000's worth of memberships were given away, and Willow Ridge added 56 members for the upcoming year. It is so great to see these hardworking community groups growing in numbers.

No matter what their role, there are not enough words to express how grateful I am to everyone who helped make the *Ward 14 Communities BBQ* a big success.

So long until next month, and I hope to see you at an even bigger and better *Ward 14 Communities BBQ* next year.

in & around your community | schools

St. Boniface School

St. Boniface School celebrated a wonderful start to the 2014-2015 school year with a terrific Welcome Back Breakfast and Terry Fox day at the end of September. We moved into October with our first Big Family Group activity on Pajama Day which was great fun for all. As the long weekend approached we worshipped together as a school community by celebrating the Thanksgiving Liturgy. The month went by very quickly and we ended with a special lunch on Black and Orange day. Staff also gathered together with colleagues and employees of the Calgary Catholic School District to take part in its annual Faith Day on October 31st.

As November begins, we are looking forward to our Remembrance Day celebration on November 7th, at 1:00 pm and the preparation for our Advent season. We wish all families a safe and restful long weekend!



MLA HEATHER FORSYTH

Constituency Office: Bonavista Village,
Bay 7, 1215 Lake Sylvan Drive SE
Calgary, Alberta T2J 3Z5
Monday - Friday 9:00 a.m. – 4:00 pm
Telephone: (403) 278-4444 • Fax: (403) 278-7875
Email: Calgary.Fishcreek@assembly.ab.ca
Website: www.heatherforsyth.com

Remembrance Day

Every year on November 11, we observe the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month by pausing in a moment of silence to honour and remember the men and women who have served, and continue to serve our country during times of war, conflict and peace. We remember the more than 1,500,000 Canadians who have served throughout our nation's history and the more than 118,000 who made the ultimate sacrifice.

Scrapping Long-Term Care Cuts Not Enough, More Nursing Beds Still Needed

On September 26th we issued a News Release indicating that reports surfacing in late September showed the number of seniors waiting to be discharged from hospital and placed in an appropriate care bed, otherwise known as Alternate Level of Care (ALC) patients, has nearly doubled over the last decade. A lack of action from government will have dire consequences. I stated: "Albertans have been waiting for action on this file for half a decade now. Quite frankly, it's unacceptable that seniors are being warehoused in emergency rooms, hallways, and broom closets because there's no long-term care capacity. Our hospitals are jammed with patients who could be placed in much more comfortable and appropriate beds. This is not only costing taxpayers a ton of money, but there's also a cost to the quality of life for these patients."

Who Let The Dogs Out?

This summer, Albertans were asked to voluntarily have their boats checked for invasive mussels when they crossed our borders. If you stopped at an inspection station (there are four, located on major highways entering the province and two roving crews), you likely saw the Alberta Government's watercraft inspectors who thoroughly inspect every watercraft that stops – but to do a really complete job, they get a little help from some furry friends. Boats are full of nooks and crannies that can't be seen by the naked eye. Invasive mussels can catch a ride in these areas – and remain undetected by human inspectors. Sniffer dogs, however, rely on their noses – not their eyes – to locate mussels.

This program isn't just good for our ecosystem – it's good for the dogs too! The same characteristics that make some dogs less likely to be adopted from shelters (like high energy levels and an inquisitive nature) make them great candidates to help sniff out mussels and other invasive species. Many Albertans stopped for an inspection this summer, yet the fact remains that just as many people didn't stop. An infestation could cost our province as much as \$75 million per year to fight, and it's the responsibility of every boat owner to prevent that from happening. Please get inspected.

Four Constituencies

By the time you read this, we'll know the results of the October 27th by-elections in Calgary Elbow, Calgary Foothills, Calgary West, and Edmonton Whitemud. With the newly elected candidates, we are now ready for what promises to be a lively and informative session of the legislature, beginning with the Throne Speech on November 17, 2014.

December festivities and celebrations are just around the corner, and I'd like to invite you to my Annual Christmas Open House on Saturday, November 29, 11:00 am – 1:00 pm at the constituency office. I look forward to visiting with you.

BRAIN GAMES

SUDOKU

1	3	2	8	9	4	5	6	7
4	6	7	1	2	5	8	9	3
8	9	5	6	7	3	2	4	1
7	8	9	2	1	6	4	3	5
3	1	4	5	8	7	6	2	9
2	5	6	3	4	9	1	7	8
5	7	1	9	6	2	3	8	4
6	4	3	7	5	8	9	1	2
9	2	8	4	3	1	7	5	6

your COMMUNITY business of the month

Fortified Fitness

Deer Ridge Community

Since 2005, Fortified Fitness has been fulfilling the fitness needs of the Deer Valley community. Founded and co-owned locally by Matt Mounter a graduate of the Sports Administration program at Mount Royal University and WBFF Pro Aaron Wiebe, they have combined their experience and expertise in the fitness industry to provide a facility that caters to patrons of all fitness levels.

Being one of the few remaining independent gyms in the city has allowed us to continue to make a strong commitment towards customer service, appreciation, and loyalty. Our positive relationships with our members and the community is what has helped set us apart from the rest in the industry. Fortified Fitness offers a wide range of fitness programs for both men and women, and teenagers. We realize that joining a fitness centre and committing to a fitness program can be both intimidating and frustrating. As a result we do our best to provide a comfortable and welcoming atmosphere for all! Ensuring that our facility is clean, well maintained, and includes the latest in fitness innovation allows our members to have the most enjoyable and satisfying experience possible.

Although memberships are not required to participate in our fitness programs, we do offer a variety of membership and personal training options that incorporate value while providing both flexibility and affordability. We don't believe in aggressive sales tactics, as we let our facility and services speak for themselves! All of our membership options and drop in guests include complimentary towel and lock service.

Our focus has always been to keep our members committed and motivated towards achieving their fitness goals, which is why we place a strong emphasis on our personal training programs. As a result we are pleased to offer an elite cast of certified personal trainers with a variety of fitness backgrounds to choose from. Whether you are a beginner or an advanced level athlete, our trainers will make sure you reach and maintain your fitness goals. We provide customized one on one and group training solutions that are fun, innovative, and accommodating.

Fortified Fitness is also pleased to offer a full supplement shop and juice bar. Choosing the right supplements for your body can be extremely overwhelming as there is an abundance of products on the market today. Our knowledgeable staff will provide you with the proper information to ensure that you make the right choice! By providing the proper information

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Hours of Operation

Mon-Thurs	5:30am-10:00pm
Fri	5:30am-8:00pm
Sat	9:00am-6:00pm
Sun	9:00am-1:00pm

MEMBERSHIP SPECIAL

15% OFF ALL MEMBERSHIPS & SUPPLEMENTS

• must provide coupon • limit one per person

we ensure that our customers are equipped with supplements that are safe, effective, and at the best price possible.

We welcome you to come down and visit our facility anytime and let one of our staff members provide you with information to begin your fitness journey. We are conveniently located at 1176 137th Avenue SE in the Deer Valley Shopping Plaza. For additional information please refer to our website at www.fortifiedfitness.com or call 403-271-3539. We look forward to meeting you soon!



JOIN YOUR COMMUNITY FITNESS CENTRE AND GET FORTIFIED

- Memberships
- Personal Training
- Boot camps
- Diet & Meal Plans
- Supplements
- Juice Bar

MEMBERSHIP SPECIAL

15% OFF all Memberships & Supplements

*must provide coupon *limit one per person

Hours of Operation

Mon-Thurs	5:30am-10:00pm
Fri	5:30am-8:00pm
Sat	9:00am-6:00pm
Sun	9:00am-1:00pm

403.271.3539

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ABOVE AND BEYOND PAINTING: interior and exterior painting, stipple and flat ceilings, fence and deck repairs, pressure washing, trash removal, most handyman services. 20+ yrs exp. Free estimates, very reasonable rates, senior discounts. No job too small - all work guaranteed. Call Jamie at 403-829-1336. Email aboveandbeyond@telus.net.

DOG AND CAT CARE: 30 year resident of Deer Run and owner of two dogs available to walk, play and keep your dog company. Change cat litter and give your cat some company. Water plants etc. Rates: \$20.00 one dog, \$25.00 two dogs, \$20.00 cat. Call Maureen 403-999-1237.

CONCRETE CUTTING FOR BASEMENT WINDOWS & DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555. Email: info@asapconcretecutting.com.

SCENTSY: Hi neighbours! Consider Scentasy for a wickless candle option with many choices of styles and fragrances. Scentasy Fragrance offers a variety of products that you could earn for free and half-price with a qualifying order! Winter is a great time to host a party! Contact Wendy, Independent Scentasy Consultant, at 403-519-0464 or <https://wcavers.scentasy.ca>.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

LEADING STARS ARTS & EDUCATION FOUNDATION PRESENT: 2014 Disney's Beauty and the Beast. Children's Christmas play on Tuesday, November 25, 2014, 6:30 pm at Southern Alberta Jubilee Auditorium, 1415 14 Avenue NW, Calgary. Purchase tickets at www.tixonthesquare.ca/event/detail/9116.

CRYSTAL EDGE SERVICES
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To Work Out This Winter *cont'd*

to help motivate you once again.

Avoid thinking about a single exercise in your program that you don't enjoy doing and allowing that to stop you from completing the rest of the routine. Instead, go to the gym and begin with anything except the exercises you least enjoy. It's amazing how often just getting moving increases your energy level and motivates you to do the things you enjoy the least.

Vary your program. This is called cross-training. For example, if you usually run on the treadmill, choose the exercise cycle or an elliptical instead. Even the best programs get stale over time. Every six weeks, or so, re-write your program to keep it fresh.

Find a reliable partner to work out with. Exercising with a friend helps keep individuals accountable to each other and increases the probability that one will feel motivated on days when the other does not.

COMMUNITY ANNOUNCEMENTS

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOOKING FOR GARAGE SPACE: Quiet, respectful father and son looking for garage space, preferably heated, for two summer-driven vehicles. Will carry out light vehicle maintenance only, so no mess. Seeking space for November through April. Please contact Travis at 403-397-3785 or Randy at 403-225-2085 evenings and weekends.



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS

	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource	
(SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	211 and 311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Need-a-Doctor	www.needadoctorcalgaryandarea.ca

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Deer Ridge Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Deer Ridge Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



Name	Age	Contact	Course
Aliyah	12	403-248-2525	Yes
Amanda	13	587-899-8983	Yes
Ayden	15	403-923-2056	Yes
Calla	14	403-278-8736	Yes
Chery	42	403-875-8997	Yes
Chloe	16	587-998-0876	Yes
Claire	14	403-259-8680	Yes
Dakota	14	403-993-7525	Yes
Georgia	21	403-660-3831	Yes
Gillian	14	403-259-8680	Yes
Heather	27	403-719-5371	No
Irfana	49	403-398-5219	Yes
Jessica	23	403-970-5385	Yes
Jonahley	50	403-837-6348	Yes
Katelyn	21	403-870-1752	Yes
Katie	13	403-532-2918	Yes

Maggie	12	403-660-9926	No
Maria	12	403-238-1766	Yes
Marina	12	403-708-3657	Yes
Melinda	15	403-669-9770	Yes
Michelle	30	403-923-5111	Yes
Molly	13	403-630-5365	Yes
Nathalie	20	403-909-0933	Yes
Rhys	14	403-399-7509	Yes
Sabrina	15	403-512-3171	Yes
Samantha	15	403-826-8398	Yes
Savannah	17	403-437-7375	Yes
Sonya	19	403-389-5921	Yes
Tierza	17	403-568-7298	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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Your Dental Insurance Is Running Out...

Many people overlook a little known fact: Whatever dental insurance you don't use by year end, **is gone**... back into the pockets of your insurance company!

At Deer Valley Dental Care we look at it this way: At the beginning of each year most insurance companies put money into an account for you. If you don't use it all, they withdraw that money from your account for themselves.

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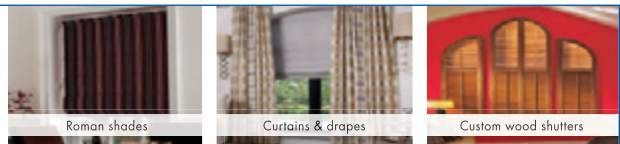
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