

DECEMBER 2014

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

**BABYSITTER LIST**  
**INSIDE**



Deer Ridge



Name	Age	Contact	Course
Aliyah	12	403-248-2525	Yes
Amanda	13	587-899-8983	Yes
Ayden	15	403-880-4809	Yes
Calla	14	403-278-8736	Yes
Chery	42	403-875-8997	Yes
Chloe	16	587-998-0876	Yes
Claire	15	403-259-8680	Yes
Dakota	14	403-993-7525	Yes
Georgia	22	403-660-3831	Yes
Gillian	15	403-259-8680	Yes
Heather	27	403-719-5371	No
Irfana	49	403-398-5219	Yes
Jane	49	403-467-3607	Yes
Jessica	23	403-970-5385	Yes
Jonahley	50	403-837-6348	Yes
Katie	13	403-532-2918	Yes
Lisa	12	587-350-9686	Yes
Maria	12	403-238-1766	Yes
Marina	13	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
Sarah	19	587-893-8109	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](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

## Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



## Deer Ridge Real Estate Update

Last 12 Months Deer Ridge  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2014	\$399,363	\$389,875
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

Last 12 Months Deer Ridge  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
October 2014	5	4
September 2014	2	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
<b>Total</b>	<b>62</b>	<b>56</b>

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [deer-ridge.great-news.ca](http://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

**GREATNEWS**  **25** YEARS  
PUBLISHING

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403.720.0762 | 403.263.3044  
sales@great-news.ca | www.great-news.ca



# Deer Ridge Community Association



Box 43052  
Calgary, Alberta  
T2J 7A7

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)

## 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

It's getting to be that time of year again – winter. Now before you start making plans to be in Hawaii, Mexico or Arizona, let me point out that your community needs you. The outdoor skating rinks of Deer Ridge Community Association have been the envy of several neighbouring communities, if not the southeast quadrant of Calgary for several years. There are two reasons for this; 1) Superior equipment in the form of an Olympia ice resurfacing machine and a 38", 13 horsepower two stage snowblower. 2) A dedicated crew of two or three people who work about an hour to 90 minutes a day during the week and a couple of hours on Saturday and Sunday mornings (these times would be extended in the case of snow removal being required). It has been my responsibility to see that the rinks have the best surface for skating as soon as possible and to keep that surface ready to be used. After 19 years in various capacities with both the board of directors of Deer Ridge Community Association and rink maintenance, I have decided to retire effective June 2015. To that end, it would be helpful for whoever is going to look after the rink in the future to be able to observe, learn and put into practice what I have been doing. It is not rocket science, just attention to detail and a bit of work to clear snow. So if you or your child(ren) have been enjoying the rink facility and wish to continue to do so, please contact me at grmiller115@shaw.ca or 403-467-6701 to arrange an opportunity to learn and help your community.

*Gordon Miller*

*1st Vice President & Rink Maintenance Director  
Deer Ridge Community Association*

DeerRidgeCA@gmail.com  
**Editorial  
Content  
DEADLINE**  
**5<sup>th</sup>**  
of each month  
for the next  
month's  
issue



## FISH CREEK LIBRARY

11161 Bonaventure Drive SE • 403-221-2090 • [calgarypubliclibrary.com](http://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

### DECEMBER AT THE FISH CREEK LIBRARY

#### eBooks: A Library On the Go (Overdrive)

Library staff demonstrates how to download an ebook using OverDrive. Thursday, December 4, 2 - 3:30 p.m.

#### Dare to Disagree

Join us and members of your community to discuss controversial issues, hot topics, emerging trends and more. Light refreshments served. Wednesday, December 10, 7 - 8:30 p.m.

#### Drop-in Family Storytime

Drop in for stories, songs and finger plays the whole family can enjoy. Ages 2 to 5 with a parent/caregiver  
Thursdays, September 4 to December 18, 10:15 - 10:45 a.m.

#### Computer Technology Coaching

Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.  
Tuesdays, September 2 to December 16, 6:30 - 8:30 p.m.

#### Stitch and Chat

Drop by with your needlecraft projects, enjoy great conversation and share tips and techniques with other crafters.  
Wednesdays, September 3 to December 31, 1:30 - 2:30 p.m.

#### Baby Play Date

Bring your baby to the library for a relaxing hour of mixing and mingling with other babies and caregivers.  
Ages up to 23 months with a parent/caregiver  
Wednesdays, September 3 to December 17, 11:30 a.m. - 12:30 p.m.

#### LEGO Club

Join us to build, create and explore! LEGO provided.  
Thursdays, September 4 to December 18, 4 – 5 p.m.

#### New Friends and Neighbourhood Groups for Women

Join other women as you improve English skills, share experiences and learn about community resources. Free childcare. Presented by the Calgary Immigrant Women's Association.  
Tuesdays, September 23 to December 16, 1 - 3 p.m.

***Fish Creek library staff wishes you a happy, healthy and prosperous New Year!***

***A valid library card is required to register for any program.  
For more information you can visit your local library, call 403-260-2620, or go online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com).***

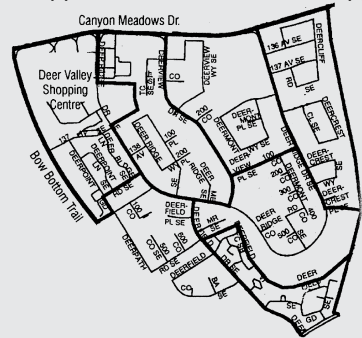


# DEER RIDGE COMMUNITY ASSOCIATION MEMBERSHIP FORM

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/](http://www.deerridgecommunity.org/) and blog: [www.deerridgeca.com/](http://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: \_\_\_\_\_



# Free Red Cross Babysitter's Program

The Deer Ridge Community Association is sponsoring a Red Cross Babysitter's Program for children of Deer Ridge Community Member households.

The course date is tentative, pending enrolment, for Saturday, March 7, 2015 from 9:00 am – 5:00 pm. There will be breaks for snack and lunch. Students must be at least 11 years old and have permission of their parent/guardian to attend.

The Deer Ridge Community Association is covering the costs for the program however there is a \$15.00 advanced deposit required to be paid to the Deer Ridge Community Association. The deposit will be returned in full upon attendance of the course or, if notification is provided three weeks in advance of class date.

A current 2014-2015 Deer Ridge Community Association Membership is required (one membership per household). Please see the Membership Form page in this newsletter to renew/apply.

The program is being instructed by "Alberta Health and Safety Training Institute" (AHSTI).

## **The following is the program description provided by AHSTI:**

This course is designed for responsible adolescents of 11 years and up who want to become a babysitter or may already be one. Red Cross Babysitter courses covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills, and what to do in case of an emergency. Basic first-aid is also covered with rescue-breathing, choking, cuts, burn, etc. Each student will receive a Red Cross babysitter's manual, and a Red Cross Babysitter's completion card.

The following items are covered in this Red Cross - Babysitters Program class:

- Canadian Red Cross

- The Business of Babysitting
- Caring for Babies
- Caring for Toddlers
- Caring for Preschoolers
- Caring for School-aged Children
- Injury is No Accident: Creating Safe Environments
- How to Handle Emergencies and First Aid

At this time, enrolment is limited to 15 students. For further details or to sign-up for the program, please contact Membership Co-ordinator:

*Dawn Wallace*

*Tel: (403) 606-7331, Email: dawn.wallace@shawbiz.ca*

## Laugh a Little!



Silence is golden.  
Unless you have  
a puppy...  
then silence is  
suspicious.  
**Very, very  
suspicious.**

<p>Custom Home Builder and Renovator   Kitchens and Bathrooms, Custom Cabinetry   Interior and Exterior Renovations   Additions and Basement Development</p>	
<p>Box 43172 Deer Valley Postal Outlet Calgary AB T2J 7A7</p>	<p>Phone: 403-279-5611 Email: info@eastmen.ca www.eastmen.ca</p>

## JANUARY 7 – 11 – CHELSEA HOTEL: THE SONGS OF LEONARD COHEN.

Check into New York's infamous hotel and be transported to a place full of music, mystery and desire. 403.294.7447 / [www.theatrecalgary.com](http://www.theatrecalgary.com)



## JANUARY 16 & 17 – THE LEGENDS OF CLASSIC ROCK FEATURING JOHN ELEFANTE:

A tribute to Parisian music performed by Calgary Philharmonic Orchestra at Jack Singer Concert Hall. For detailed info: 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)



## JANUARY 23 & 24 – BEETHOVEN AND MAHLER WITH STEPHEN HOUGH:

Beethoven's effervescent Piano Concerto No. 1 is performed by one of the world's leading pianist Stephen Hough. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### • January 1 – Salute to Vienna New Year's Concert:

Celebrate the start of the New Year with an all-star cast of European singers, dancers and full orchestra. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)

### • January 2 – Calgary Flames vs New York Islanders at the Saddledome 7:00 pm. [www.calgaryflames.com](http://www.calgaryflames.com)

### • January 8 – 14 – West Side Story: The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theatre's finest accomplishments. 403.220.5313 /

[www.scpa.ucalgary.ca](http://www.scpa.ucalgary.ca)

### • January 9 – Calgary Flames & Florida Panthers face off at 7:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)

### • January 14 – Calgary Hitmen vs Red Deer Rebels at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)

### • January 16 – Bryan Adams: Reckless 30th Anniversary Tour. 8:00 pm at the Saddledome. [www.bryanadams.com](http://www.bryanadams.com)

### • January 16 & 17 – Les Ballets Trockadero de Monte Carlo: This all-male group of professional ballet dancers performs a full range of dance repertoire. 403.245.4549 / [www.albertaballet.com](http://www.albertaballet.com)

### • January 17 – February 15 – Bloodshot: A pulse-racing crime thriller hot off London's west end. 403.221.3708 / [www.vertigotheatre.com](http://www.vertigotheatre.com)

### • January 23 – Bob Dylan's Blood on the Tracks Reimagined and Revisited: Bob Dylan's 1974 beloved album will be reassembled and reimagined. 403.244.2912 [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com)

### • January 24 – Buckcherry: Wristband 6.30pm - show @ 9:00 pm. 403.236.7529 / [www.deerfootinn.com](http://www.deerfootinn.com)

### • January 27 – February 22 – The Philadelphia Story: This classic comedy, turned Oscar-nominated film, takes a glorious and witty look at love, money and marriage. 403.294.7447 / [www.theatrecalgary.com](http://www.theatrecalgary.com)

### • January 28 – Symphonic Pink Floyd: The Wall and Dark Side of the Moon. Experience the progressive and psychedelic genius of Dark Side of the Moon along with selections from their groundbreaking The Wall. 403.571.0849 / [www.cpo-live.com](http://www.cpo-live.com)

### • January 30 – Nikki Yanofsky: Kaboom Pow - The Little Secret Tour. 8:00 pm. 403.294.9494 / [www.epcorcentre.org](http://www.epcorcentre.org)

e. & o. e.





# 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!

RBC Dominion Securities Inc.

## Second-guessing your investments?

Get an expert second opinion on your portfolio



**Michael Martin, CFA, MBA**  
Investment Advisor  
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www.martinwealth.ca

If market volatility is making you second-guess your investments strategy, contact us today for a no obligation, objective evaluation of your portfolio.

An unbiased review can help you answer key questions including:

- › Is your portfolio still on the right track?
- › Are you taking too much risk in your portfolio?
- › Which investments are likely to recover – and which ones aren't?

Arrange a complimentary second opinion service today – call 403-266-9655 or email us at [michael.t.martin@rbc.com](mailto:michael.t.martin@rbc.com)

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## Bottle Pickup Service Benefitting Scouts

If you would like to donate your bottles to local Scouting youth, please call or text our bottle pickup line 403-606-9717 and a volunteer will arrange to pick up your donations. Even over the holidays!

Thank you for supporting local youth programming!

# your COMMUNITY business of the month

## Deer Valley Florist Deer Ridge Community

**T**he most frequently asked question I get is, "How can I get my fresh cut flowers to last?"

Flowers, you may be surprised to find, require special care once you bring them home.

There are so many techniques used by professional growers and florists to ensure that you receive the freshest and most vibrant flowers possible. However, the reality is that the chain of life, as we call it, ends with you. I believe an educated customer is a happy customer, so please consider these basic points of botany when preparing and caring for your fresh cut flowers at home.

Upon arrival home, prepare a vase of room temperature water, dissolve the packet of flower food that came with your fresh purchase in the water. There is the proper concentration of glucose to feed cut flowers and biocide to keep the water clean longer for one litre of water. If you did not receive this packet, mix one tsp. of sugar and two drops of bleach into water.

After unwrapping your beautiful bouquet, remove any foliage that will likely be below your water level. Foliage will decay faster under water and cause premature wilting in your flowers.

With a sharp knife or a clean pair of pruning/garden shears, cut an inch off the bottom of the bokay or each individual flower if you are inserting them individually. Place the stem directly in the water from the cut. This will ensure no air enters the stem. Stems contain vascular bundles, envision a handful of tiny straws each constantly drawing water, much like us breathing. The difference is the stem needs water, not air as our lungs do.

This procedure needs to be repeated every third or fourth day for maximum freshness.

Simply lift your bouquet out of water, clean the vase, then recut the flowers before returning them to fresh water. Why? Well perhaps you've noticed when you've had fresh flowers in the past that on the first morning you wake up and notice your vase needs water so you fill it up. The second morning it needs a fill but not as much as the previous day. Then on day three, what, it's still full?

This shows the flowers stopped drinking. When that happens your prize bokay is ready to wilt. If they are not drinking, they

need to have those stems reopened with a fresh cut and then back to a clean container with fresh preservative water. This will open up those vascular bundles so they are free to continue to hydrate.

Some flowers are more sensitive to stem blockage caused by dirty water or organic material decaying in the water. Roses are the most sensitive. Roses must be recut religiously every third day while others may be okay for a fourth day, at any rate allow the water level to tell you how often to recut.

Never place your flowers near a bowl of fruit. Fruit and vegetables give off ethylene gas. To us it is colourless and odourless to flowers it is toxic and causes premature wilting and tip browning. It is also a good idea to keep flowers away from your sink or food prep area to avoid exposure to ethylene. Ethylene is also produced by cigarette smoke and exhaust from cars.

You know I always liken the prep area in my flower shop as an ER for flowers. As soon as they are cut from their life force they are dying. My job is to keep them alive as long as possible. This means, as in any resuscitation environment, cleanliness is of utmost importance. The counters and containers must be clean as do the utensils we cut them with.

If flowers are not here for our pleasure, what are they here for? Just remember they are a living, organic being and deserve to be treated as such.



230-1221 Canyon Meadows Dr SE  
403-278-0214



**\$5.00 OFF**  
**on fresh flowers**  
*purchase over \$25.00*



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



## 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](mailto:Calgary.Fishcreek@assembly.ab.ca)  
Website: [www.heatherforsyth.com](http://www.heatherforsyth.com)

### Season's Greetings

To all of my Fish Creek constituents, a very Merry Christmas and a Happy New Year.

### Excellence In Teaching Awards

Nominations for pre-kindergarten teachers will be accepted for the first time since these awards began. The 2015 awards will recognize approximately 130 semi-finalists, 20 of whom will receive an award. Teachers and principals play a vital role in ensuring the success of Alberta's students. These awards recognize the educators who inspire students to reach their full potential to succeed both in and out of the classroom. Recipients receive a certificate of recognition and access to \$4,000 for professional learning. Semi-finalists receive certificates and access to \$1,500 for professional learning. Nominations will be accepted until February 6, 2015. To submit a nomination, visit: [www.education.alberta.ca](http://www.education.alberta.ca).

### Alberta's Small Businesses

A new streamlined website provides small businesses a one-stop shop for government services information at: [www.smallbusiness.alberta.ca](http://www.smallbusiness.alberta.ca), while a new business adviser service at The Business Link will help small businesses easily navigate government's business programs, supports and regulatory information. The strategy will see small business owners and entrepreneurs meet with government leaders at semi-annual roundtables.

### TUXIS Parliament Of Canada

TUXIS Parliament is a provincial model youth parliament for 15 – 21 year olds. During the Christmas holidays, members will gather in Edmonton for six days of debate, learning parliamentary procedure, the art of debate and logical self-expression, and growing as leaders. The parliament divides into government and opposition, using parliamentary procedure to structure debate on legislation they write themselves. I would encourage you to consider nominating one or more of our young constituents to become members of TUXIS

Parliament. The annual session begins on December 26 and runs until December 31. Deadline for submission of nominations is December 12, 2014. For more information on how to nominate someone for TUXIS, please contact Ben McKay.

Ben can be reached by calling the government's toll free number 310-0000 and then, when asked, provide Ben's number which is 780-643-9155.

### My Service Dog

Since many of you have asked "How's Quill" and "What does he do?" I thought you might enjoy an update. He's been with me since June of 2013. Because I have a hearing disability, Quill's now trained to alert me when the doorbell or cell phone ring, to sirens and fire alarms, when the oven timer, alarm clock, or security system go off, when someone is calling my name, and he can be trained on sounds as needed. Currently we're trying to train him on bike bells as we walk a lot and I don't hear bikes if they are behind me, nor do I hear their bells.

As your MLA, I'm always available to assist constituents.

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13



11150 Bonaventure Drive SE. • [www.tricocentre.ca](http://www.tricocentre.ca)

## Give the gift of health - a Trico gift certificate for the holidays

*By Paul Rescanski, Personal Trainer, Trico Centre for Family Wellness*

This holiday season, when you give your family and friends a Trico Centre gift certificate, you are truly giving them the gift of health.

Gift certificates can be redeemed towards Trico Centre programs and services, personal training, fitness centre and pool admissions or a membership. So, no matter what kind of physical activities your family members enjoy, they will find endless ways to keep active at Trico Centre and reap the benefits that an active lifestyle provides.

Scientific research shows that there is almost no function in the human body that does not benefit from regular exercise.

Here is just a partial list of the physiological benefits associated with regular exercise:

- Lower blood pressure and decreased resting heart rate
- Improved blood flow to muscles and internal organs
- Increased volume of blood pumped with each heart beat
- Better absorption of oxygen and improved expiration of carbon dioxide through the lungs
- Increased lean muscle mass for improved strength and higher metabolism, which means more calories burned (even in a resting state)
- Improved bone mineral density for reduced risk of fractures and breaks
- Lower blood lipid (fat) profile
- Improved body composition; less fat, more muscle
- Improved self confidence
- Endorphins released when exercising to help you feel good

By giving your family and friend the gift of health, you are truly giving them a lot more than a few hours of fun. You are giving them a lifetime of health and wellness benefits.

# BUSINESS CLASSIFIEDS

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Deer Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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**SCENTSY:** Hi neighbours! Consider Scentsy for a wickless candle option with many choices of styles and fragrances. Scentsy 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 Scentsy Consultant, at 403-519-0464 or <https://wcavers.scentsy.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](http://www.communitymediation.ca), 403-269-2707.

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## COUNCILLOR, WARD 14 PETER DEMONG

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)

[ward14@calgary.ca](mailto:ward14@calgary.ca) or 403 268-1653

Happy Holidays Ward 14!

I'm excited to celebrate the great year that was 2014 with family and friends. I'm also excited for the year that's on its way, including my first stint as the Chair of a Council committee: the Standing Policy Committee on Utilities and Corporate Services.

Planning of the SW Ring Road, which is many years in the making, will ramp up in a big way during 2015. While the Ring Road itself will be the Government of Alberta's responsibility, I am always willing to discuss what impact it will have on Calgary's communities. The City of Calgary will be working over the coming years to make sure that the most efficient connections are made between the Ring Road and city streets, which is the real goal of Ring Road project (unless you like driving around in circles). You'll find more information about the project at <http://www.transportation.alberta.ca> and by searching "Ring Road" on [www.calgary.ca](http://www.calgary.ca).

Another project that I am excited to see take off in 2015 is the Macleod Trail/162 Avenue Interchange. No, shovels won't be in the ground next year, but the City will be deep into the planning of this major infrastructure project. The interchange is sorely needed at one of the south's busiest intersections, and will compliment the future Ring Road. Again, please don't hesitate to strike up a conversation with me on this topic. I always want to hear what you think. A more detailed description of this project can be found by searching "162 Ave Interchange" on [www.calgary.ca](http://www.calgary.ca).

### Did you know? The City gives away free mulch for gardening.

It's true, and you can pick it up at the East Calgary Landfill (while quantities last). The mulch is produced by a program that recycles the Christmas trees that stand in many living rooms over the next few weeks. You can leave the tree (un-bagged and untied) near your black cart collection spot by Friday, January 9 at 7 a.m., and the City will pick it up within three weeks. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. You can also drop the tree off at one of eight locations from December 26 to January 31, although the Shepard

Landfill and the Parks Compound (10312 Sacramento Drive SW) are the best places for Ward 14. For more information visit [www.calgary.ca/waste](http://www.calgary.ca/waste).

By the way, after a short hiatus, Aldertalk will be back early in the New Year. Join me on Saturday, January 17 at Parkland Community Hall (505 Parkvalley Rd SE) from noon to 2 p.m. and we will resume the discussion. You can learn more about Aldertalk at [www.calgary.ca/aldertalk](http://www.calgary.ca/aldertalk).

Have a very happy holiday, an amazing New Year, drive safe, and don't forget you can contact me anytime!

**If you repeatedly criticize someone for liking something you don't, they won't stop liking it. They'll stop liking you.**

*Anonymous*



## BRAIN GAMES

## SUDOKU

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



# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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



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**DECEMBER MOON CALENDAR**

	<b>Full Moon</b> Dec 6		<b>Last Quarter</b> Dec 14		<b>New Moon</b> Dec 21		<b>First Quarter</b> Dec 28
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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	<a href="http://www.needadoctorcalgaryandarea.ca">www.needadoctorcalgaryandarea.ca</a>

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# Queensland Scouts say Thank you!

Queensland Scouts want to say thank-you to everyone who supported the popcorn campaign this year. Popcorn ordered from us should arrive to your doorstep by December 15th. If your popcorn has not arrived by then, please email [qsa172@gmail.com](mailto:qsa172@gmail.com) or call us at 587-287-9934



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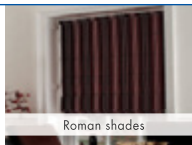


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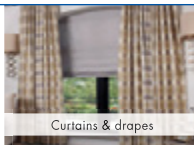
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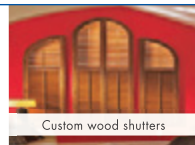
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