

SEPTEMBER 2015

DELIVERED MONTHLY TO 3,000 HOUSEHOLDS

# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge

*Councillor Peter Demong*

# WARD 14 COMMUNITIES

## BBQ

SAT, SEPTEMBER 26

11 AM TO 2 PM



Get there early for a  
**FREE BURGER**  
and a **FREE COMMUNITY  
MEMBERSHIP**

At Southcentre Mall parking lot

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Deer Ridge Community Association  
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7  
Phone: 403-998-3144  
deerridgeca@gmail.com • [www.deerridgeca.com](http://www.deerridgeca.com)

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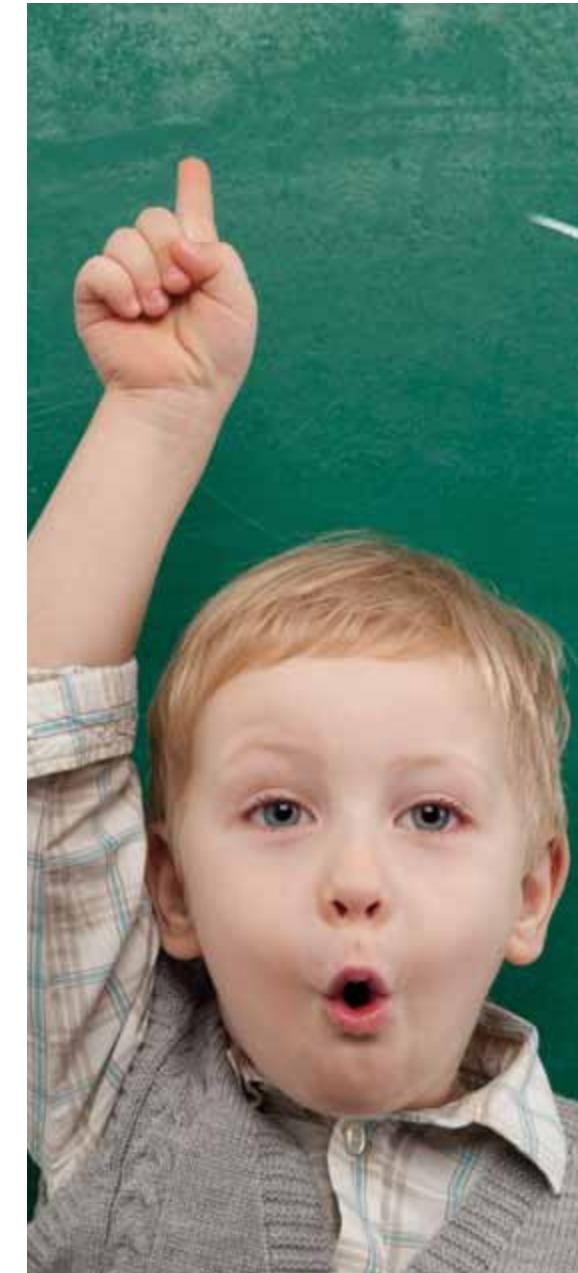
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FOR 1 YEAR!

# MESSAGE FROM THE DEER RIDGE BOARD

**We hope everyone has had a great summer!**

## Councillor Demong's Ward 14 BBQ

Please join Councillor Demong on Saturday, September 26 between 11 a.m. and 2 p.m. in the Southcentre Mall parking lot. Free burgers, beverages, music, and lots of smiling friendly faces. But most importantly, it will be a chance to raise some awareness – and raise some money – for Ward 14's hard working community associations.

## Movie at Yellow Slide Park

We had two very successful movie in the park events. We would thank all the volunteers for all their help and special thanks to all those in attendance enjoying the day's activities!

## Deer Ridge Community Gardens

The third year of the gardens has been very successful. We will be harvesting now until the end of the month! Thank-you to the volunteers helping with construction of new beds and maintenance. For any information regarding the gardens please contact Bob Hall at 403-278-6817 or email: DeerRidgeCA@gmail.com.

## Calgary Police District Boundary Changes

Deer Ridge is within the new boundary of District 6. Here is your contact information for the District 6 station:

District 6 - Fairview  
8325, Bonaventure Drive S.E.  
Monday to Sunday 7 a.m. - 9 p.m.  
Closed statutory holidays  
Phone: 403-428-6600

We welcome our new Calgary Police **Community Resource Officer, Constable Matt Forest!**

Calgary Police general contact information. Non-emergency line: 403-266-1234

## Membership Drive

The memberships for 2014-2015 end August 31, 2014. Your 2015 - 2016 membership is now available.

Memberships application forms are available in this Deer Ridge Journal. Please mail the completed forms in with a cheque for \$ 15.00 to Deer Ridge Community Association, Box 43052, Calgary, AB T2J 7A7

Memberships may now be purchased online. Visit DeerRidgeCA.com and select the web page menu item: "Membership".

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 member 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.

## Do you have suggestions for your community? Would you like to volunteer on the Board?

The next board meeting is:

Date & Time: Tuesday, September 15th, 2015 at 7 PM

Location: The Trico Centre - Meeting Room 9

You may also contact the Deer Ridge Community Association by visiting the website: DeerRidgeCA.com, or by email: DeerRidgeCA@gmail.com. You may also like us on Facebook, and follow on twitter: @DeerRidegCA.

Thank-you for your support and participation in the community!

*Dawn Wallace  
Membership Coordinator  
Deer Ridge Community Association*



# Deer Ridge Community Association



Box 43052  
Calgary, Alberta  
T2J 7A7

Visit our website at [www.deerridgeca.com](http://www.deerridgeca.com)  
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	Dawn Wallace	403-606-7331
2nd Vice President		
Treasurer	Laura Rivero	403-452-0181
Secretary	Barb Chapin	403-285-9492
Past President	Karen Stevenson	

### DIRECTORS AT LARGE

Director at Large	Alana Somers	403-984-3901
Director at Large	Lanis Anderson	
Director at Large	Katrina Porter-Belisle	403-441-9029

### COMMUNITY COORDINATORS

Building Safe Communities	Katrina Porter-Belisle	403-441-9029
Movie in the Park Coordinator	Alana Somers	
Movie in the Park Coordinator	Katrina Porter-Belisle	
Casino Coordinator	Bob Hall	403-278-6817
Casino Coordinator	Laura Rivero	403-452-0181
Ice Rink Coordinator	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	403-278-2199
Trico Representative	Karen Stevenson	403-278-3353
Newsletter Advertising	Great News Publishing	403-263-3044

### 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.





## CALGARY COIN SHOW

September 12 and 13, 2015  
10 am to 5 pm each day

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[www.calgarynumismaticsociety.org](http://www.calgarynumismaticsociety.org)



# Guides Canada

The sunny days of summer are coming to a close and parents and youth are starting to think about the fall activities. Girl Guides in your community welcomes all girls ages 5 and up to join them for a year of fun, friendship and adventure as they explore their community, their world and themselves. Girl Guides promotes teamwork, self-esteem, confidence building and environmental awareness in an atmosphere of self-discovery and leadership. Register your daughter today, on-line at [www.girlguides.ca](http://www.girlguides.ca). We look forward to her participation.

We're also looking for women to be leaders in a team of women to guide the girls in their learning. Training is available, no experience is necessary. It isn't necessary for you to have a daughter. Contact Pat Istead at [isteads@telus.net](mailto:isteads@telus.net) for more details. Join us to make friends, learn and support young girls in our community.



## Deer Ridge Community Association Membership

Memberships expire annually on August 31<sup>st</sup>. The cost of membership is \$15 per household. If you have not already purchased your membership please fill out and mail in the form below, or purchase your membership online at [www.DeerRidgeCA.com/Membership](http://www.DeerRidgeCA.com/Membership)

Thank-you in advance for your support because without the support of the community at large we cannot operate successfully.

Deer Ridge Community Association  
PO Box 43052, Calgary, AB T2J 7A7

Tel: 403-998-3144

Email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)

Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)

Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Facebook: Deer Ridge Community Association



### Donations:

- **Around the Bend Restaurant**
- **Bow Bottom Veterinary Hospital**
- **CBI Physical Therapy Clinic**
- **Co-op Food Store**
- **Cornerstone Music Café**
- **Deer Point Liquor Store**
- **Deer Valley Florist**
- **Donair Hut**
- **Fortified Fitness**
- **Goji's Frozen Yogurt**

### Thanks to the following "Movie In Yellow Slide Park" 2015 July Business Sponsors

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- **Cheryl Melatdoost**
- **José David Olivares Cabrera (Romy's Bakery)**
- **Inland Audio Visual**
- **Pepsico - Foods Div.**

July 18, 2015

Please include \$15.00 cheque with this form and mail to:

Deer Ridge Community Association  
Deer Valley PO Box 43052  
Calgary, AB T2J 7A7

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Surname(s) to print on membership card:  
\_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

E-mail Address(es):  
\_\_\_\_\_

*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. (Will be used for community notifications only.)*



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(12 hours of instruction): \$89.00  
Five-week session (15 hours of instruction): \$110.00**

*NOTE: The above fees include watercolor paper, paints, and use of all classroom supplies (brushes, palettes etc.) You need only bring your enthusiasm to classes!*

**Tea and cookies will be served!**

To view the upcoming class schedule, art projects and my studio, please visit my website at [art.escape.tripod.com](http://art.escape.tripod.com) (please note, there is no www preceding the web address)

To register for classes or for general inquiries, please phone Donna 403-278-5912 or email [donnanem@hotmail.com](mailto:donnanem@hotmail.com)

# in & around your **community**

## Crowchild Trail Study: Get Involved

The City of Calgary is conducting a transportation study to identify short-, medium- and long-term upgrades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

### Your input is important!

Crowchild Trail is an important roadway within Calgary's overall transportation network. Its function is critical to both the land use and transportation needs of Calgary as it continues to grow and redevelop over the next decades. Your feedback will help us make better decisions for the future of Crowchild Trail.

### Get involved from September to November Sept. 2015

Attend one of two drop-in sessions or visit [calgary.ca/crowchild](http://calgary.ca/crowchild) to review and finalize project goals.

### Oct/Nov. 2015

Attend a workshop to share ideas about possible changes and different ways to achieve the project goals or visit [calgary.ca/crowchild](http://calgary.ca/crowchild) to provide your input.

For specific event dates, times and locations, or to learn more about the study, visit [calgary.ca/crowchild](http://calgary.ca/crowchild) or call 311.

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### Let's put the out in Scouting!

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Children are allowed to take in two meetings before registration is required, so come and check us out!

Register anytime online at [www.scouts.ca](http://www.scouts.ca) or attend our registration night on Thursday, September 3, 2015 at the Queensland Community Centre (649 Queensland Drive SE).

Please contact us so we can show your child their next adventure!

Chris Forsythe, Group Commissioner  
(587) 287-9934 [qsa172@gmail.com](mailto:qsa172@gmail.com)





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**YOGA BEARS KIDS YOGA:** Deer Run Community Centre. Yoga Playschool: Ages 3-5, 9:30 11:00am starting September 15, eight classes. Afterschool: Ages 6 -10, 4-5pm starting September 17, eight classes. Moms and Tots Blissful Yoga: For Moms/Grandmoms with children age 3-6, 1:30 2:30 starting September 15. Call Kaura to register or for more information at 403-809-1930.

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**COUNCILLOR, WARD 14  
PETER DEMONG**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eward14@calgary.ca](mailto:eward14@calgary.ca) or 403 268-1653

Hi Ward 14!

You are invited to my Ward 14 Communities BBQ on September 26!

This year I've taken a slightly different approach to my Ward 14 Communities BBQ. I think it will turn out to be quite interesting. When one thinks of the City of Calgary they generally think of a few distinct areas. Transit, parks, licenses, and bylaws all come to mind. All of those staples of municipal service will be there. The Calgary Police Service will bring some surprises; maybe their dogs, mountain bikes, and a squad car or two. You might just meet Calgary's Fire Chief, and if we're lucky a fire truck might be free for a visit too.

This year, however, you will also see some displays that are equally as important but not as frequently associated with the City of Calgary. Our human resources department—responsible for thousands of employees—will be there to speak about working at the City, and the Calgary Emergency Management Agency will be there to show you what they do, and what you need in case of a disaster. My personal favourite: For the first time this year, you will be able to step into one of the simulators that Calgary's Fleet Services uses to train their equipment operators.

Other organizations like the Primary Care Network of South Calgary and the Friends of Fish Creek will also be there. The Trico Centre for Family Wellness will be represented (and will bring some swim passes as a door prize). The local scout group may also drop by.

Of course all of those displays will be accompanied by a free burger and a free community association membership for anyone who attends. Thanks are in order for the generous contributions of: Genstar Development Company, Southgate Chevrolet Buick GMC, Canyon Creek Toyota, Oxford Properties, Jack Carter Chevrolet Cadillac Buick GMC, United Communities, Mattamy Homes, ATB Financial, Qualico, Calgary Co-op, Safeway, No Bull Bookkeeping, and Great News Publishing.

If you want to see all the things I've mentioned above please join me on Saturday, September 26 between 11 a.m. and 2 p.m. in the Southcentre Mall parking lot. I will be sending a reminder to those on my email distribution list, but if you haven't signed up you won't get it. You can sign up to get emails at [www.calgary.ca/ward14connect](http://www.calgary.ca/ward14connect), and learn more about the BBQ at [www.calgary.ca/ward14bbq](http://www.calgary.ca/ward14bbq).

I hope to see you there, and don't forget to bring a donation for the Calgary Food Bank.



**Girl with a Pearl Earring, c. 1665**  
By: Johannes Vermeer

Was a Dutch painter who specialized in domestic interior scenes of middle-class life. One of Vermeer's masterpieces, this painting utilizes a pearl earring as a focal point. It is sometimes known as "the Dutch Mona Lisa" or "the Mona Lisa of the North."

## 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

**FREE WINTER CLOTHING:** Saturday, October 3. 10 a.m.-1 p.m. Deer Park United Church 77 Deerpoint Rd. SE. Gently Used Clothing will be accepted at the church. Monday, September 28 -Thursday, October 1st 9-12 & 1-4. Wednesday evening drop off 6-8 p.m.

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## September at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated facility that partners with more than 40 communities in south Calgary, **including yours!** Residents of partnered communities pay 20% less for a Trico Centre membership (with presentation of a valid community association membership or payment of the Community Support Fee.) Members can work out in the fitness centre, use the gymnasium, swim, skate, plus get 20% off the cost of registered programs and personal training.

## Fall/Winter Program Guide and Registration

On now! Something for everyone: swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth, tons of one-day wellness workshops for adults and older adults. Lots of new programs; see [www.tricocentre.ca](http://www.tricocentre.ca) for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

## Adults and Older Adults

New for Fall: Registered fitness like Strong is the New Skinny: Weight Training for Women with Women, Sore Joints Training, Strike It: Cardio Drumming, TRX Flow. More than 70 drop-in fitness classes included in membership: spin, yoga, TRX, strength, step, Zumba, aqua and more all included in membership. Plus, adult learn to skate and learn to swim.

## Wellness Workshops & Clinics

One-day workshops and clinics: Urban Poling, Strength & Conditioning, Yoga Nidra, Competition Prep, Mindful

*continued next page~*

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[www.richardgotfried.ca](http://www.richardgotfried.ca)  
[facebook.com/RichardGotfried4FishCreek](http://facebook.com/RichardGotfried4FishCreek)

Dear Constituents,

As summer draws to an end I am hopeful that everyone enjoyed some quality family time, beautiful weather and took advantage of many wonderful community events, festivals, and sights across the province. September can often bring pleasant surprises, so I encourage you to enjoy even more outdoor activities before winter embraces us.

This month, our children return to school with the excitement of making new friends, expanding their knowledge and discovering their passions. I am always excited to see the future of our province take shape under the guidance of talented educators, staff and volunteers. Albertans place a high value on our educational system as we strive to address perennial issues including classroom sizes and capital investment in school construction and maintenance. It is my personal belief that we need to be more productive, innovative and efficient in meeting the needs of our youth in appropriately investing in their future, while continuing to build on the past successes of our world class educational system.

Also a reminder that with children heading back to school comes an increase in traffic. I would like to remind everyone to be aware of pedestrians in and around school and playground zones – remember to reduce your speed to 30 km/h and keep our kids safe!

I am optimistic and excited about the opening of the Legislative session on October 26. I am dedicated to reducing the impact of the economic downturn on individuals, families, and the economy through insightful policy initiatives and prudent fiscal management, while still maintaining required levels of funding on long-term capital needs and social programming for the vulnerable. Remember that you can watch the Legislature in action by logging on to: <http://assembly.ab.ca> and clicking on Assembly Online.

Finally, I want to invite your family and friends to my 1<sup>st</sup> Annual Calgary-Fish Creek Family BBQ on September 12, 11:00 am – 2:00 pm in Fish Creek Provincial Park. I will have some delicious food and children's activities. I welcome everyone to join me to get to know your MLA. You can find more details about my event on my Facebook page [www.facebook.com/RichardGotfried4FishCreek](http://www.facebook.com/RichardGotfried4FishCreek), follow me on Twitter @GotfriedMLA or call my office for details.

A reminder that in order for me to effectively represent you, I need to know your priorities with respect to education, health and other community and provincial issues.

Please call or email my office today and let me know what is most important to you and your family.

Have a spectacular September and see you on the 12th!

## Trico Centre cont'd

Relaxation, Foundation of Alignment, Ease Parkinson's Disease Yoga, Mindful Drop-In Fitness.

### Families

Tons of activities for families (included in membership; admission fee for non-members) like Drop-In Family Badminton, Parent & Tot Swim, Family Fun Night, Stick & Puck, Leisure Skate, Drop-In Gym. Registered programs for Fall include Family in Motion, Family Yoga, Family YogArt, Mindfulness for Youth & Parent, Mommy & Me Barre, Mommy/Daddy and me Aquafit, Mommy & Me Fitness. Plus, check out simultaneous programming options: The timing of your class (drop-in or registered) is coordinated with children's programs so that you can both be active at the same time.

### Children (all ages)

Registered programs for kids of all ages from tots to teens. Skating lessons, swimming lessons, sports, gymnastics, yoga, art, dance. Lots of drop-in options (included in membership) like Drop-In Gymnastics, Drop-In Crafts, Drop-In Playtime, Stick & Puck, Youth Shiny, Youth Drop-In Gym.

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

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**STOP:**

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- Looking older than your age

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




**Remember this?**

In all, 250,000 city trees and 1.5 million private trees — damaged or destroyed in the September snowstorm of 2014.

It was the worst pre-autumn snowstorm to hit Calgary in 130 years.

Together, families, communities and Calgary's city employees worked tirelessly to clean up and save what could be saved.

And we're still on the job, with a massive replanting program that will take years to complete.

#### Working for a greener future

We'll continue to do the work you rely on us to do — and to stand up for the services that make Calgary such a great place to live.

You can help, too, with complete maintenance into October, including watering your trees regularly to protect them from dry-out and damage.

**Thank you** from your city workers.

Action by city workers during and after the snowstorm was one of the reasons you rated our services so highly. And for that we thank you.

- City parks services ..... 95%\*
- Disaster planning and response ..... 95%
- 311 information service ... 94%

\* Very or somewhat satisfied  
2014 Citizen Satisfaction Survey

**CUPE**  
Calgary's city employees

**Making your city work for you**

# Why Your Kids Should Use Custom Mouth Guards...

Most children's sports programs require high energy activities and as a result, impact-related injuries are quite common.

While **drugstore mouth guards** are better than no protection at all, they are not an ideal solution. Some of the **benefits of a custom-fitted mouth guard** are:

- Custom fit allows for less movement of the appliance and allows the athlete to breathe easier when wearing it.
- Protects oral tissues (lips, cheeks, gums) from cuts and lacerations from the upper teeth.
- Reduces the risk of jaw and tooth fractures by distributing and absorbing the energy from impact.
- Lessens the risk of concussion from impacts occurring around the mouth by reducing the energy transfer from the jaw to the base of the skull.

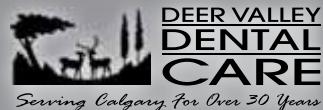
**Customized mouth guards** can be made in roughly a day, and come in a variety of different colours. Different levels of protection are also available, with an additional plate imbedded into the mouth guard for high impact sports (such as hockey, wrestling, etc).



**Prices start as low as \$35!**

## Book A Mouthguard Fitting Today

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**Kids in Scouts have fun adventures discovering new things and experiences they wouldn't have elsewhere. Along the way, kids develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouts is the start of something great.**

*Call Scouter Chris to find out about Scouting and volunteer opportunities 587-287-9934*

**REGISTER ONLINE TODAY!**

[Scouts.ca](http://Scouts.ca) | 1-888-855-3336

