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JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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

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Treasurer	Laura Rivero	403 452 0181
Secretary	Barb Chapman	403 285 9482

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Past President	Bob Hall	403 278 6817
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Director at Large	Laurie-Anne Bulmer	
Director at Large	Tracey Burch	
Director at Large	David Burns	
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Ice Rink Coordinator	Bob Hall	403 278 6817
Tennis Court Coordinator	Larry Lemieux	403 278 2199
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WE NEED YOU! CONTACT US TO VOLUNTEER AND GET INVOLVED IN YOUR COMMUNITY.

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

2016-2017 New Memberships and Membership Renewal

Annual membership expires August 31. To apply for new memberships or renew, please use the form included in this newsletter or apply online at DeerRidgeCA.com/Membership/. Your membership not only supports the Deer Ridge Community but also gives you a 20% discount at the Trico Centre for Family Wellness. Your support is greatly appreciated!

Movie at Yellow Slide Park

The July presentation of "Zootopia" had a great turn-out. We would thank all the volunteers for all their help and special thanks to all those in attendance enjoying the day's activities!

Thank-you Richard Gotfried, MLA Calgary - Fish Creek and Constituency Manager Christina Steed for the donated use of two 20 x 20 tents at both events as well as donation of food items!

A big thank-you to the Calgary Police Services and the Calgary Fire Department for attending!



The Good Food Box

The Deer Park United Church is resuming its depot service for The Good Food Box. Everyone is welcome to purchase Good Food Box, delicious boxes of wholesale vegetables. Prices have increased. Small (20-25 pounds, 25.00), Medium (30-35 pounds, 30.00) and Large (40-45 pounds, 35.00). Please purchase by noon, Tuesday, September 13. Boxes will be delivered to Deer Park on Thursday, September 22.

Contact is Kiran McKee at 403-278-8263 or KiranMckee@dpuc.ca. Deer Park United Church is located at 77 Deerpoint RD SE.

Deer Ridge/Queensland Community Clean-up Day

When: Sunday September 18, 2016 from 9:00 to 2:00
Where: Queensland Community Centre - 649 Queensland Dr.
What: Bring your general house hold garbage, winter clean up refuse, electronics recycle, wood, etc. and dispose/recycle your waste in City of Calgary Refuse Trucks & Recycle containers.

If you would like to volunteer to help with this event please contact us.



Ward 14 Communities BBQ

Please join Councillor Demong on Saturday, September 24 between 11 a.m. and 2 p.m. in the Southcentre Mall parking lot. Join us in the fun and sign up for your free Deer Ridge Community Association membership! Further details can be found in Councillor Demong's letter within this newsletter.

We hope to see you there for this fun event!

Deer Ridge Community Association Monthly Meeting

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

The next board meeting is:

Date & Time: Tuesday, September 20, 2016 at 7 PM

Location: The Trico Centre - Meeting Room 8

Are you interested in attending but getting a babysitter is an issue? No worries, there is plenty of space in the meeting room for your children. Remember to bring child's favourite books, tablets, toys.

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: @DeerRidgeCA.

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

BRAIN GAMES SUDOKU

			8			1	4	6
				2		5		
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FIND SOLUTION ON PAGE 17

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Thanks

to the following “Movie In Yellow Slide Park” 2016 July

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 - Pet Valu
 - Richard Gotfried, MLA
 - TD Canada Trust
 - Winkin Owl
- Discounts on Services:**
- Vienna @ Let’s Face It!
 - Inland Audio Visual



Little Free Library in Yellow Slide Park



Take a Book - Return a Book

The Little Free Library was installed at Yellow Slide Park the beginning of July 2016. We would like to thank Roshni McCartney for bringing the idea to our attention. A special Thank you to Breckin and Reese for their help in building, painting and decorating the Little Free Library in Yellow Slide Park.

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Deer Ridge Community Association Membership Request / Renewal Form

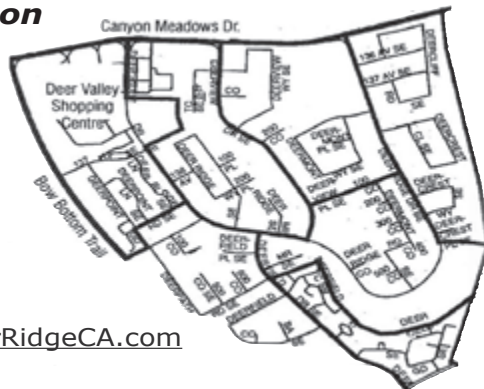
Membership Year:

AGM June 16th, 2016 – August 31st, 2017

Thank-you in advance for your support!

Membership fee \$15.00

Online membership payment available at DeerRidgeCA.com



Name:

Additional Family Members:

Mailing Address:

Phone Number(s):

Email Address(s)*:

* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

Membership Request & Payment options:

Mail completed form & cheque payable to:	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
Online:	DeerRidgeCA.com/Membership

Two membership cards, printed with last name(s), will be mailed to your household.

Deer Ridge Community Association PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331 |
Website: DeerRidgeCA.com | Email: DeerRidgeCA@gmail.com | Facebook: Deer Ridge
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IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

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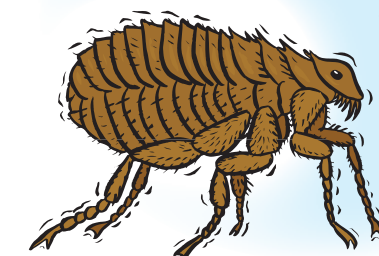
Insects and Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas.

This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber

with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.



Discovery Magazine



Photograph: www.alamy.com

When a Child Falls Behind:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, read-

ing, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

Trivia

Aspirin went on sale as the first pharmaceutical drug in 1899, after Felix Hoffman, a German chemist at the drug company Bayer, successfully modified Salicylic Acid, a compound found in willow bark to produce Aspirin.



Introducing Engine 23 Tours

Your school or daycare can get to know the 20-tonne fire truck in Central Library—book your tours at calgarylibrary.ca/library-tours.

Don't forget the special Engine 23 storytimes that happen every week. Share stories and learn about fire safety from a firefighter! For details, visit calgarylibrary.ca.

Words & Wiggles

A brand new Library program for preschoolers that uses the six types of play to build confidence, vocabulary, creativity, problem-solving skills, coordination, socialization, and movement. You and your preschooler will love the stories, songs, and fun-filled activities! For details, visit calgarylibrary.ca.

Get Inspired with Micheline Maylor

Micheline Maylor starts as Calgary Public Library's 2016 Author in Residence on September 1.

She will deliver programs and act a mentor to writers in the community, reviewing manuscripts, and providing critiques and advice during individual consultations. Join us as we welcome Michele Maylor and launch the Author in Residence program at the Nicholls Family Library, September 16 at 6:30 pm. For details, visit calgarylibrary.ca/author-in-residence

Homework Help

Get FREE homework help online! Students can take advantage of free online tutoring with Brainfuse (Grades 1–12), online study guides through Solaro (Grades 3–12), and so much more. Find them at calgarylibrary.ca/online-resources



It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain



STEP INTO FALL

Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944

This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



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Deer Park Winter Clothing Event

Need winter clothes for you and your family?

The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!

*Clothing is donated and is gently used.

When: Saturday, Oct. 1st from 10am-1pm

Where: Deer Park United Church, 77 Deerpoint Road SE

Who: Everyone!

Do you have WINTER clothing to give away?

We will be accepting clean, gently-used winter clothing on the following days only:

Day Time Drop-offs:

Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1 pm-4pm

Evening Drop-off:

Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

We are always looking for volunteers to help organize and sort clothing for the event!



EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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INTRODUCTION TO MUSIC: Great for students starting in band or studying an instrument. Piano Lessons or accordion lessons - Weekly 1/2 hour private lessons in Deer Ridge area, \$80. per month. 30 years teaching experience. All ages and levels welcome. Learn classical, blues, jazz, pop. Call Barb Chapin at 403-285-9492.

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.

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YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays, September 20 - December 13, 2016. 9:30-11:00 am or 1:00-2:30 pm. Ages 3-5 years. Cost: \$175 for 13 classes or \$15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 – OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



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OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet Dracula at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatrecalgary.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com



MLA CALGARY - FISH CREEK RICHARD GOTFRIED

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What an eventful summer this was! Calgary was bustling with excitement and life during perennial favourites such as The Calgary Stampede, FolkFest, GlobalFest and many amazing community events hosted in Calgary-Fish Creek. One thing I learned from attending all of these events is that rain does not dampen the spirits of Calgarians. It was great to see intrepid volunteers and participants enjoying the sights, sounds and community spirit that helps make such events a success – rain or shine - thank you!

For many of you, September is about transitions. Kids are back to school and resuming many of their favourite extra-circular activities. Others shift from summer recreation to organized fall activities. And autumn brings brilliant colours to Fish Creek! In addition, the Friends of Fish Creek Park are extremely active during the fall season including the Paint What You See - painting with Jim Pescott event on September 24th and A Taste of Autumn on September 16th. Check out Friends of Fish Creek Facebook page for more information about these great events or contact my office.

Did you know September 1 is Alberta's 111th Birthday? This year kicks off with a special event at the Bow Valley Ranch. Alberta's Lieutenant Governor, Lois Mitchell, will announce the winner of the "Birthday Banner" contest and the banner will fly for Alberta's birthday celebrations every year going forward. Our roots are deep and unique and set us apart from all other places in Canada. As a proud Albertan, I am committed to ensuring that our heritage continues to be honoured and celebrated.

Many of you have contacted my office regarding the state of our economy and concerns over the policy direction of the NDP government. Thank you for your thoughts and please continue to email, call, visit the office, or write to us on any matters of interest, as I need to hear from you to ensure effective representation. One issue that I have received feedback on is the court application brought forward by the NDP regarding Power Purchase Arrangements or PPA's. I feel these actions



Guides
Canada

FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be underway again for the 2016- 2017 year. Haven't registered your daughter yet? Registration is open year round! So go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you. We're hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we'll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don't have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.

have damaged the trust of investors and is an affront to all who do business in Alberta. I will continue to speak out on items that I feel hurt the economy or are not in the best interest of Albertans.

MLA Cafés will resume in September with the first one being September 16 from 10:00 am – 11:00 am. Many of you have expressed to me that an evening session will benefit many schedules too. Therefore, I am hosting another MLA Café on Monday, September 19 from 5:00 pm – 7:00 pm. This is a great way for people to come, meet me and my staff, become familiar with our location, and casually engage on policies and shared visions for a better province.

Do you enjoy social media? Me too! I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To join our e-newsletter, please send us an email. And know that I take the honour and privilege of representing you in the Legislature very seriously!

Thank you.


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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
July 2016	\$362,400.00	\$361,700.00
June 2016	\$352,400.00	\$344,625.00
May 2016	\$347,250.00	\$340,000.00
April 2016	\$330,000.00	\$320,000.00
March 2016	\$399,900.00	\$380,000.00
February 2016	\$414,900.00	\$401,000.00
January 2016	\$349,900.00	\$326,500.00
December 2015	\$314,900.00	\$300,000.00
November 2015	\$387,444.00	\$370,000.00
October 2015	\$344,950.00	\$335,000.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00

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

	No. New Properties	No. Properties Sold
July 2016	7	4
June 2016	4	4
May 2016	2	6
April 2016	5	3
March 2016	6	3
February 2016	1	3
January 2016	3	1
December 2015	2	3
November 2015	6	2
October 2015	3	2
September 2015	4	0
August 2015	1	0

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



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Hi Ward 14! I hope you had a great summer!

Ward 14 Communities BBQ

You are invited to my Ward 14 Communities BBQ. I hope to see you there.

The BBQ is on Saturday, September 24 in the Southcentre Mall Parking lot. It will run from 11 a.m. to 2 p.m. but you might want to get there during the first couple of hours in case supplies dwindle. I encourage you to visit calgary.ca/ward14bbq.

As I write this some of the fine details of what you will see at the BBQ are still yet to be determined. Fear not! I can assure you that you will not be disappointed!

Here is a description of how your trip to my Ward 14 Communities BBQ might go.

The first thing you might do is pick up your free community association membership. One of the main purposes of my BBQ is to raise money for the community associations of Ward 14. This is a win/win situation. The community association gets a new member, you get a free membership, and hopefully people learn more about what their community association does. Your community association will have their own table at the BBQ. Find them, say hello, and pick up your free membership.

Of course giving away memberships does not raise any money for the community associations. That is where the sponsors of the BBQ come in. Mattamy Homes, Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC are the ones who are supporting Calgary communities by buying you a free membership.

When you're picking up your membership you will likely notice all sorts of exhibitors. The other main purpose of the BBQ is to give you an opportunity to visit with representatives from the City of Calgary's various departments, its partners, and other community groups. We have had everything from horses to helicopters at the BBQ in the past. While those things can't be planned in advance, I can promise that you will see something relevant to you. Apart from every customer facing department in the City of Cal-

gary organization, there will also be representation from local scout groups, local MLA's, local school board trustees, and other community organizations like the Trico Centre, the South Calgary Primary Care Network, and the Friends of Fish Creek.

Finally, it wouldn't be much of a BBQ without food so you will want to get in line for a free burger and beverage at some point. You will pass the Ward 14 booth along the way where you can get some free swag and enter the prize draw.


Don't hesitate to approach me at the BBQ. I will be running around and making announcements, but always have time to chat.

Macleod Trail & 162 Avenue Interchange Update

Free-flow traffic on Macleod Trail is coming soon. The next major phase of detour for construction of the interchange—which includes free-flow traffic on Macleod Trail—is set to begin at the end of September. I do not have details on the exact date, but you will soon be able to find them at calgary.ca/macleod162ave.

Please don't hesitate to contact me about the interchange, or anything else.

See you at the BBQ!



SUDOKU

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

COMMUNITY ANNOUNCEMENTS

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

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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	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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 Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Councillor Peter Demong

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