

NOVEMBER 2018

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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Saturday, November 24th, 2018

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December 11th 7:00 - 8:30 pm

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ON MAHOGANY LAKE

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and constructed by:
Jayman
BUILT

Deer Ridge Journal Publication

Delivered monthly to 2,400 households and businesses since 2008.

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Disclaimer

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
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
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	1-855-222-5542

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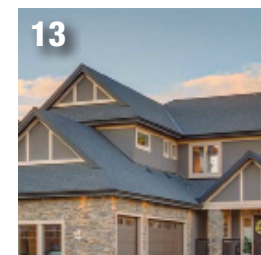
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Deer Ridge Community Association

Box 43052
Calgary, Alberta T2J 7A7
Visit our website at www.deerridgeca.com
If you have any questions or concerns, please contact us at DeerRidgeCA@gmail.com

Board of Directors & Community Contacts

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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 Media	403 720-0762
Newsletter Coordinator	Luz Jaimes	

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.

TAKE ON WELLNESS

PAIN!

by Dr. Alma Nenshi, Family Chiropractor

Have you ever banged your elbow and felt that sharp shooting pain down your arm? What did you do? You likely rubbed the area a bit and the pain dissipated. How did this happen?

Joint mobility signals and pain signals travel on different nerve pathways to the brain. Since joint mechanoreceptor signals travel at a much faster rate than pain signals, it becomes possible to reduce the pain you feel by flooding the brain with signals from the muscles and joints. In essence, by rubbing your elbow you flooded your nervous system with stimuli from your joints, distracting the brain from perceiving the pain. Chiropractic spine and extremity adjustments are a safe and effective way to reduce pain in this way.

A side effect of increased spinal joint mobility from chiropractic adjustments is the release of serotonin and norepinephrine, your "happy" hormones that descend down the spinal cord and block pain signals from entering the pain

pathways that lead up to the brain.

Sometimes people get stuck in chronic pain loops when pain pathways perpetually signal themselves without any pain stimulus. These cases are complicated to diagnose and treat, however there is hope.

Specific technologies like ARP-wave neuro training can provide hope to chronic pain sufferers. Gentle direct current electrical signals are targeted to muscles and joints at a rate of 500 pulses per second, providing such a high intensity of joint signals to the brain that it becomes possible to stop these perpetuating pain loops and retrain the brain not to perceive pain. The end result is drug free solutions to stop pain that is 100% safe, non-addictive and very effective for increasing strength and reducing chronic pain.

It is possible to not feel pain without inflammation in your body. Since inflammation depletes cellular energy, technologies that can effectively reduce your chronic pain symptoms focus on increasing cellular energy and oxygen.

Time heals all wounds, but technology can help you heal faster.

EQUIPMENT EXPRESS

Lower Prices Than Big Box Stores



221LHP Snowblower

- 208cc OHV engine
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- 3 year warranty

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CALGARY GRAND OPENING SALE !!!



STIHL MS170-16" Chainsaw

- 30cc engine
- 16" bar & chain
- Anti-vibration system

SAVE \$90

\$199.⁹⁹



STIHL BG50 Blower

- 27cc engine
- 224km/hr air speed
- Only 7.9 lbs.

SAVE \$30

\$189.

MSRP: \$219.⁹⁹



STIHL MS291 Chainsaw

- 3.8 HP 56cc semi-pro engine
- 16", 18" or 20" bar & chain
- Metal spring anti-vibration

MSRP: \$599.⁹⁹

SAVE \$100

\$499.

Priced with 16" bar & chain



STIHL BR350 Backpack Blower

- 63cc Professional engine
- 436 cubic feet per minute
- Spring anti-vibration

MSRP: \$499.⁹⁹

SAVE \$20

\$479.⁹⁹

GREAT FOR CLEARING SNOW

NEW Calgary Location: 3404, 114TH Avenue SE, Calgary, AB

Ph: 403-523-7028

Message from the Board

On Sunday, November 11, 2018 at 11:00 am, please take a couple of minutes to observe a moment of silence on Remembrance Day.

Membership Drive

The membership drive continues. Thank-you to those who have already renewed and welcome to the new members!

Everyone will have received a membership application by mid-September. Become a member! Participate as volunteer or/in activities at the community. We use the membership money for activities like movie in the park and so many other things!

The membership fee is still \$ 15.00 per household. You may mail in your membership using the membership form within this newsletter or purchase online at DeerRidgeCA.com/Membership/.

Your membership not only supports your community association but also gives you a discount at the following local businesses when you present your membership card:

- Around The Bend – 10% off purchase.
- Cornerstone Music Café – 10% off purchase.
- Darrin The Cleaner – 10% off purchase.
- Deer Point Alterations & Repairs – 10% off alterations and repairs \$100.00 and over.

Your support is greatly appreciated!

Vandalism (not cool!)

A reminder to all the community to report any vandalism in our community to 311 specially to report city property damage. This includes graffiti. For more information (<http://www.calgary.ca/CSPPS/ABS/Pages/Bylaws-by-topic/Graffiti-recording-reporting-removing.aspx>).

Deer Ridge Ice Rinks

The rinks are located at the south-east corner of Don Bosco School field. Parking is alongside Deermont Way

SE. Thank-you to the volunteers for efforts resealing the rink surface in preparation for the season!

Although it seems we skipped Fall this year and went straight to Winter, the high sun still has an impact on the efforts to set the ice due to reflection off of the boards. For this reason, flooding of the rinks typically starts closer to Winter Solstice. If you are planning to visit the rinks be sure to check first if they are ready.

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

Calgary Public Library

Calgary Public Library cards are free for everyone. The Book Truck is here for you in Deer Ridge every two weeks!

Dates: Saturday, November 3rd, 2018 and Saturday, November 17th, 2018

Time: 1:00 pm - 3:00 pm

Location: 342 Deerpoint Gardens SE.

You may also visit online at <https://calgarylibrary.ca/booktruck/> to check Book Truck schedule for additional dates and locations.

Deer Ridge Community Association Monthly Meeting

All Deer Ridge residents are welcome to attend! Come on out and meet your new board members. Volunteer to be a board member. Join in the conversation and share your suggestions, concerns, and comments regarding your community.

The next board meeting is:

Date & Time: November 20th, 2018 at 7 PM

Location: The Trico Centre for Family Wellness - Meeting Room #9

We hope to see you there!

RESIDENT PERSPECTIVES

Capturing Legacies

by Al Del Degan, Anthologist

When you think about a person's life history, often that person doesn't think their life was that interesting. What they don't realize is that their life story is incredibly fascinating to everyone else. In fact, everyone is interesting, and the simplest things that we all take for granted are often what make us unique. Things like school, friends, jobs, family and physical locations that we lived all play a role in our diversity. When it is all thrown together, it makes for a great story that rivals any movie you have seen or book you have read, but it is real. Just that fact alone makes it valuable, not only to immediate family, but to future generations.

Next time you visit your local museum, take a moment to think about where all the details about the items in the exhibit came from. Often, they are derived from journals and writings like biographies and newspaper articles that were written by passionate people who knew how important human history is. One hundred years ago the world was focused on the war. The newspaper and radio broadcasts were often used to provide

the general public with information that either the government or the media wanted share, but with their own twist on it to sway public opinion. The "true" stories were only told years later when people were interviewed, and old journals were found, often long after the writers of those journals had passed.

In our modern age with television, blogs, vlogs, YouTube, and online magazines and news, it is hard to know what to believe anymore. Our history is now being told by politicians, celebrities, as well as people looking to increase their number of followers and viewers on social media platforms. Of course, there is still those remaining big media companies that are trying to compete for eyeballs and short attention spans. Rarely do you learn the true history of society from the people who actually lived it every day.

It is more important than ever to write regularly in a journal and to ultimately capture your life story / autobiography / memoirs. If you do, one hundred years from now, future generations can learn what life was really like and what you accomplished during your footprint in the past of the history of humankind.



Christmas Shopping on a Budget

Article via <https://scottalanturner.com/christmas-shopping-on-a-budget/>

Did you know that consumer counseling agencies see a 25 percent increase in the number of people seeking help in January and February, and most of that traffic is propelled to their doors by holiday bills that haunt consumers like the ghost of Christmas past? Christmas shopping on a budget can help.

1. Make a shopping list

Write down the list of people you plan on buying gifts for. Critically consider who should be on your gift list and don't be afraid to trim it. Start with your immediate family and close friends, and selectively add to your list from there.

2. Set a spending limit

Many people overspend on Christmas gifts by letting their emotions get the best of them. It's easy to feel guilty when it comes to holiday spending. Do you need to spend \$50 on every one of your nieces and nephews? Definitely not.

Figure out the total amount of money you want to spend on presents and divide it up

among each person on your list. Not everyone will necessarily get the same amount but divide it whichever way works out for you. Remember – it's the thought that counts, not the price tag.

3. Pay in cash

The easiest way to not go into debt is to use cash instead of credit to buy gifts. You'll be forced to stick to your budget. When you use a credit card, it's way too easy to lose track of how much you've spent and on who. Plus, an extra \$10-\$15 here and there go unnoticed but add up quickly.

4. Shop by yourself

If you shop alone, you'll likely spend less money, especially if you have friends with poor money habits. A shopping partner in crime can distract you from your plan by convincing you to buy something unplanned and unnecessary. **It's very easy for someone else to spend your money.**

5. 'Tis the season to give, not buy

Guilty! I love buying myself things I want, when I want them. In December we institute the *no shopping on Amazon for yourself rule*. If I want something, I can add it to my wish list or ask for it for Christmas. Our rule also helps avoid splurging and spending less.

This is the season for giving, not receiving. If you find something you can't live without, add it to your wish list. If nobody buys it for you, pick it up on sale after Christmas for yourself.

6. Shop for sales at discount stores

To get the most out of your holiday budget check out the discount stores where you can find discounted items and great deals. Say Costco, Walmart or Winners?

7. Don't go crazy on the kids

How many toys can a child play with at once? You got that right – **one**.

Try this gift-giving idea where each kid gets four presents: a want, a need, a wear, a read.

8. Wrap a lot

Many people love having lots of presents to open. Instead of wrapping six pairs of socks in one box, you can divide them into a couple of boxes.

If you are giving a Christmas gift that has several parts to it – tools, an outfit, kitchen utensils, – wrap up each item individually. Your recipient will have more to unwrap and a fun time doing it.

9. Buy a combined gift

You can save money while still giving great gifts by giving a slightly more expensive gift to two or more people instead of buying individual gifts for every person.

For example, if we purchase a Barbie Dream House for my three nieces they can all enjoy it, instead of buying a Barbie Corvette for each of them.

For kids – video games, board games, play sets

For couples – an experience, weekend getaway, new T.V.

For parents – framed family photo, tickets to a show

Christmas Shopping on A Budget Reduces Stress

It's a stressful time of year for many people with money being tight or having a lot of people to buy presents for. To avoid the big credit card bill that will be due in January and to keep from paying for gifts from now until next Christmas, have a shopping plan and a spending budget. Know how much you'll spend on each person, what you're going to buy them, and pay in cash.

Give yourself the gift of starting the new year with less debt and more money in your pocket!



VOLUNTEER FORM

The continued success of various events as well as maintenance and improvements of facilities is dependent upon involvement of Deer Ridge residents. We invite you to join us in the fun!

Please select from the list below and return by mail, or visit www.DeerRidgeCA.com and fill out the on-line feedback form.

Deer Ridge Community Association, PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331

Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA

Community Clean-Up (set-up/take down, assist City staff directing people and receiving items, community signage and posters)

Fundraising Casino

Family Winter Skate (set-up/take down, food and beverage service, event preparation)

Ice Rinks (Nov – March: maintaining surface ice)

Tennis Courts (May – Oct: maintaining court surface)

Children's Christmas Party (December: event preparation)

Volunteer Recognition (Spring: event planning)

Membership Drives (Aug – Oct: preparation and delivery of membership forms)

Movie at Yellow Slide (Summer: event preparation, set-up/take down, food & beverage service, contact businesses for raffle prizes, community signage and posters, bouncy castle monitor)

Community Festival (set-up/take down event tables, community signage and posters)

Community Gardens (building new garden structures, painting, prepping beds at start of season, post-harvest activities)

Special Projects: playground rebuilds, pathway to rinks and gardens,. Etc. (ongoing: planning, cost estimates, coordination with The City, organizing volunteers construction)

Association Board Member or Committee Member (various roles to suit individual's time available to volunteer)

Doesn't matter to me. I'll help with whatever is needed

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email: _____

Ideas or Comments: _____



REAL ESTATE COUNCIL OF ALBERTA

Ask Charles

I'm in a time crunch and need to buy a property fast. I made an offer with a very short expiry date, but the seller's representative refuses to present it to the seller, saying the seller wants to consider all offers on a specific date. Is this allowed?

The short answer is yes, it is allowed. The longer answer is I'd need more information to determine if it was appropriate in this situation.

In this case, the seller is driving the bus; the seller gets to decide when and how they want to receive and review offers, and their real estate representative has a responsibility to follow their lawful instructions.

That being said, the seller's representative should be walking the seller through their options for offer presentations, the pros and cons of each option, and they should be discussing with them the implications of their choices.

If the seller told their real estate representative that they only want to receive and review offers on a certain date, their representative needs to follow that instruction.

What I would be curious to find out, however, is whether the seller knows about the offer you submitted. Did their representative tell them there is an offer? Or, is the seller's representative simply recalling an earlier conversation with their seller about when to receive and review offers?

The seller can do whatever the seller wants when it comes to reviewing offers, and they should discuss their preferences with their representative. While a seller, at the outset of the listing agreement, may indicate they only want to review offers on a certain date—they may be interested in knowing that an offer has come in before that date. At the very least, their representative should tell them about the existence of your offer.

The seller's representative should bring it to the seller's attention that your offer has a short expiry date. The seller's representative is supposed to look out for the seller's best interests and put the seller's needs above everything except the law. It might be time for the seller's agent to sit down with their seller and talk about why they may want to review your offer before the planned review date

But, in the event the seller is unwilling to review your offer prior to its expiry date, you need to decide whether you want to extend the date or consider other properties.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



GOOD FOOD BOX

What is the Good Food Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians’ sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

Box Options

- Small Box: \$25, 20-25lbs* of fruits and vegetables
- Medium Box: \$30, 30-35lbs* of fruits and vegetables
- Large Box: \$35, 40-45lbs* of fruits and vegetables

**These weights are just an approximate. Weights will vary depending on produce size and density.*

Please contact **Kiran McKee**
403-278-8263 at
Deer Park United Church,
77 Deerpoint Rd SE T2J 6W5

How The Good Food Box Works

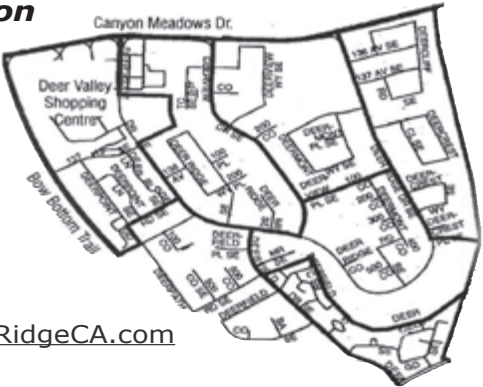
The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centers, senior centers, apartment complexes etc. When a member of the community wishes to order a GFB they are matched with the closest depot to them by calling into our office. They are then given the contact details of the depot and are responsible for contacting the depot, placing their order and payment as well as pick-up of the GFB on delivery date. Customers pay \$25, \$30, \$35 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery.

How Does the GFB Operate?

The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at our warehouse. Our volunteers then divide up the produce into portions and put the Good Food Boxes together. The boxes contain the maximum produce possible in them for the price.



Deer Ridge Community Association Membership Request / Renewal Form



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
Community Association | Twitter: @DeerRidgeCA

Ordering, Delivery, and Pick-up Schedule

Place order before:

October 9th, 2018
October 30th, 2018
November 27th, 2018

Delivery:

October 18th, 2018
November 8th, 2018
December 6th, 2018



MP Calgary Midnapore
Stephanie Kusie
 1168 - 137th Avenue South East
 Calgary, Alberta T2J 6T6
 ✉ Stephanie.Kusie@parl.gc.ca
 ☎ 403-225-3480 📠 403-225-3504

Monthly Update

Stephanie was asked to moderate a panel on Economic Inclusion during a recent ParlAmericas Conference in Victoria, BC. She also participated in a learning opportunity in Nairobi, Kenya where she was able to see first-hand the challenges facing women and children in that country. As the new Shadow Minister for Democratic Institutions, Stephanie starts the fall session of Parliament learning her new role including her responsibilities as the Vice-Chair of the Standing Committee on Procedure and House Affairs

Newest Member of CPC Shadow Cabinet

This fall, Stephanie was very pleased to be asked to take on the position of Shadow Minister for Democratic Institutions for the Conservative Party of Canada under the leadership of the Honourable Andrew Scheer. Within this new role—previously held by Blake Richards, Member of Parliament for Banff—Airdrie—Stephanie will be working hard to defend democracy in Canada while keeping the Liberal government accountable.

Committee Update

As a result of her position as Shadow Minister for Democratic Institutions, Stephanie is a Member of the Standing Committee on Procedure and House Affairs. The Committee is currently studying Bill C-76 which intends to amend the Canada Elections Act. This Committee also reviews the Standing Orders of the House of Commons, conflicts of interests, as well as private members bills and their eligibility.

Around Calgary Midnapore

As part of a busy summer Stephanie had the privilege of touring Chabad Lubavitch; and seeing first hand the work they are doing with the community. From feeding seniors, working with the disabled and educating children they are a busy hub of activity and a valuable part of our community. In her former role of Deputy Shadow Minister of Health, Stephanie was honoured to help cut the ribbon at Calgary's Ovarian Cancer Hope Walk. This annual event raises both needed funding and education on an all-too-often silent cancer that affects women. Stephanie, along with her provincial colleague MLA Richard Gotfried; was also glad to be able to join celebrations for the Trico Center's 35th Anniversary. An intricate part of Calgary Midnapore, Trico has long been a congregating place for families.



**Guides
Canada**

FAMOUS FIVE DISTRICT

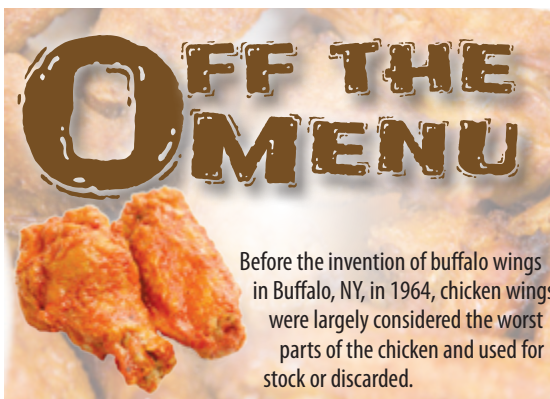
Did you get your Chocolatey Mint cookies yet? Thanks for supporting us. If you were missed in the sales campaign, contact isteads@telus.net with your address and we'll arrange to get you some.

Our thanks to the Community Associations that support us by providing meeting space. Your support is appreciated. The memberships that community families purchase means groups like Girl Guides are able to use these wonderful facilities. If you haven't bought your community membership, please do it soon so that groups like Girl Guides have a place to hold their meetings.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. There's still time for your daughter to join us. Go to www.girlguides.ca for all the information.

The Spring Carnival date will be decided soon. Be sure to watch for more details in future newsletters. This carnival is open to the public and we'd love to see you there!

Famous Five District is still looking for women to be leaders. If you are interested in making new friends, being a role model to girls and having lots of fun, please contact Pat, isteads@telus.net. No experience is necessary, and no daughter is required.



BUSINESS CLASSIFIEDS

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TWIRLS MUSTACHE

The American Mustache Institute is an organization which advocates for acceptance of mustaches. They support men's legal right to grow mustaches, participate in studies surrounding mustachioed men, and they back the proposed 'Stache Act which would entail an annual tax deduction for facial hair grooming.



Councillor, Ward 14
Peter Demong
 www.calgary.ca/ward14
 eaward14@calgary.ca or
 403-268-1653

Hello, Ward 14 column readers!

I hope you got lots of candy for Halloween. The leaves are almost gone, and here are some recurring topics that I want to touch on this month.

Residential Speed Limits

Well, this is technically not recurring yet... It will be. Council passed the reduction of the residential speed limit, in principle. The end result—and what it will look like in practice—is still very much up for debate. I will give you the details of this situation at calgary.ca/ward14newsletter.

Setting the City's Budget

I have been mentioning this for several months, but it will finally be coming to a conclusion in the last week of November. The public is invited to attend and provide input to Council. Visit calgary.ca/yourservices and click "Give feedback" for more details and visit calgary.ca/ward14newsletter to read my elaboration on the topic.

Mark Your Calendars! - Olympic Plebiscite

As you are likely aware, Calgary is exploring a potential Olympic bid. You have probably also heard that a plebiscite is going to be a major part of the decision-making process. I implore you to cast your vote on November 13. There is advanced polling on November 6, and 7 too. You can find more information at calgary.ca/vote2018. For my stance, and a description of what is going on, please visit calgary.ca/ward14newsletter.

Green Bin – Seasonal Changes

Everyone should now be accustomed to their green bins. Based on experiences so far, it definitely makes sense to go to a seasonal approach. Bi-weekly green cart pick-up will start in November. For more about it, go to calgary.ca/ward14newsletter

Don't forget to visit calgary.ca/ward14newsletter for the full version of this column, and feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

-Councillor Peter Demong



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Fall seems to have passed us by, with the chill of winter reminding us what hardy, resilient souls we are. My hope is that winter is short, sweet and forgiving with respect to the snowfall and deep freezes we often endure, and that we use the term "chinook" often! Legislative session began on October 29th with constituency week scheduled for November 12-16th. We are indeed back in full swing and can expect a full agenda of government and private members legislation.

Although a busy season is upon us, November always brings us to remembrance. The red poppy has become a symbol of patriotism and sacrifice since the first real poppies were worn on the battlefields of WWI. The deep red colour symbolizes the sacrifice of those fallen heroes, while it reminds us to give thanks for service, freedom, liberty and a sense of duty to God and country. On November 11 I ask you to join me in attending the Horton Road Centennial Legion ceremony to lend my support to our honoured veterans. There are a number of notable services across the city including the Field of Crosses, Museum of Regiments, Central Park and other schools, parks and Legion halls. I would encourage you all to attend a local service, and to ensure our youth honour the memories of those who fought and gave their lives to defend our enviable way of life.

History is important. While sharing personal stories is a great way for younger generations to connect to the past, my challenge for each of you is to reflect on your family history in a way that honours and respects that legacy. The Alberta Provincial Archives provide a wealth of information of enduring value in their mandate to preserve "the collective memory of Alberta" and the "protection of Albertans' rights and sense of identity" regardless of age, ethnicity, gender, sexual orientation, or income. It allows reflection on a rich pioneer heritage of which we should all be proud.

On November 13th the City of Calgary will be hosting a non-binding plebiscite on hosting the 2026 Winter Olympics. I would encourage you to do your research, know your options and exercise your right to that democratic voice. And please reach out to share your opinion with me!

As always, your feedback and communication help me to effectively represent you in the Alberta Legislature. So, call, email or make an appointment. My door has been, and always will be, open. Our next MLA Café will be during the week of Nov.12th, so please watch out for further details!

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