

APRIL 2016

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THE DEER RIDGE

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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Tennis Court Coordinator	Larry Lemieux	403 278 2199
Trico Representative	Karen Stevenson	403 278 3353
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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

Due credit

The photo "Home" used in the March Deer Ridge Journal, was taken by Ms. Diane Lum. The photo was submitted to the community association, in response to a "Tell Us Your Story" request (Deer Ridge Review March and April, 2013) for pictures, articles or stories from the past in Deer Ridge.

I read in the community newsletter that you were looking for photos of the Deer Ridge community. Here is one I took of my son in the community ice rink just behind our home. This photo was used in an exhibit called the Urban Exposure Project, a United Way initiative. The theme was "community" and I thought this image, with the "light painting" using long exposure, was a perfect representation of my community. Thanks, Diane Lum.

You may view Ms. Lum's original submission at www.deerridgeca.com/tag/tell-us-your-story-2/.

Spring is upon us

Kids of all ages are out and about more now and the sports fields are back in active use. Please watch carefully for kids running around, respect the playground and school zones. We encourage you and your families to come out and enjoy the fun!

April Counciltalk

Please join Councillor Peter Demong on April 23, 2016 from noon to 2 p.m at the Sundance Resident's Association (63 Suncrest Way S.E.). If you have any Community or City concerns or questions to ask the Councillor, this is a great forum to talk to the Councillor directly.

Red Cross Babysitter's Course

Plans are set for Saturday, May 7, 2016 Red Cross Babysitter's Course. Further details and registration form can be found in this newsletter.

Community Festival

Planning is underway for the Community Festival to be held in June at the Deer Point Plaza. The festival features live music, and artisan market, food vendors and kids' activities.

Movie at Yellow Slide Park 2016

There will be two "Movie in Yellow Slide Park" events this year, Saturday July 23, 2016 and Saturday August 20, 2016. Please watch this space for updates and

community signage once we get closer to the dates. If you would like to volunteer please contact us.

Deer Ridge Community Association Monthly Meeting

Nominations for new board members will occur at the next AGM in June. Now is a great time to attend the Deer Ridge Community Association meetings! You'll meet the current volunteer Board Executive and Directors at Large, as well as your city/community representatives. These meetings are a great opportunity to add your voice to the discussion and present new ideas.

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.

The next board meeting is:

Date & Time: Tuesday, April 19th, 2016 at 7 PM
Location: The Trico Centre - Meeting Room 8

We hope to see you there!

~continued on page 7~

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FAMOUS FIVE DISTRICT

We're looking forward to seeing you at our annual carnival. Saturday, April 16, 2016 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunch room. Maybe even a few surprises. The hours are 11:00 am to 4:00 pm. Admission is a non-perishable food or cash donation to the Calgary Interfaith Foodbank. If you are interested in donating to the silent auction, please contact Bonnie, bonnieguideleader@gmail.com. Your support is most appreciated to provide a well-respected program for girls. I also heard that the Classic Cookies may be available for sale. Only \$5.00 per box.

Units are getting ready for spring camps and all kinds of outdoor activities. Watch the next Community Newsletter for information about registering your daughter for Fall 2016. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, isteads@telus.net if you are interested in more information.



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Public Notice

From February – April 2016, ATCO Gas is conducting work within Fish Creek Provincial Park as part of the Urban Pipeline Replacement Program.

Project Details:

- A low-pressure natural gas line approximately 2.6km in length to be installed
- Work area to be restored to the same condition as it was prior to start of project
- Restoration to take place in summer 2016 and to include a new paved pathway connecting the Park to 146 Ave. along Bow Bottom Trail
- Contractors will be on site conducting work on behalf of ATCO Gas

Potential Impacts:

- Entrance to Park temporarily narrowed along Bow Bottom Trail
- Some bike and pedestrian pathways will be detoured or temporarily restricted
- Open and accessible excavations will be supervised or fenced and/or barricaded

The Urban Pipeline Replacement Program

- Replaces and relocates vintage high-pressure natural gas pipelines in Calgary and Edmonton
- Improves public safety, modernizes the natural gas network and adds the capacity needed to meet growing demand for natural gas

For your safety, please obey all posted detour and warning information signs.

For more information:
Adam Chambers, Senior Engineer, UPR Program
403-245-7155 | adam.chambers@ATCOGas.com | ATCOGas.com

DeerRidgeCA@gmail.com

Editorial Content DEADLINE 5th of each month for the next month's issue

MESSAGE FROM THE DEER RIDGE BOARD

Message to Community Partners/ Business Owners:

The Deer Ridge Community Association exists to make life better in our neighbourhood. Run by a dedicated team of volunteers, we operate and maintain the community ice rinks, tennis courts, gardens, host social events, and fundraise to support construction of new playgrounds. We also work to help promote and support local businesses, such as yours, in the area.

There are a variety of ways we can work together to support the community, including:

- Movie in Yellow Slide Park – donations of promotional giveaways to promote your business;
- Movie in Yellow Slide Park – cash donations in support of food, entertainment (face painting, bouncy castles) or equipment (screen, movie) at the event;
- Movie in Yellow Slide Park – individual business booth set up at the event;
- Offering discounts on regular priced items in your store for community residents presenting their community association membership card;
- A one time "Business of the Month" full page feature (free of charge) in Deer Ridge Journal community newsletter delivered to over 1,500 Deer Ridge residents;
- Sponsor a Deer Ridge Community Garden plot;
- Volunteer your time at events or casino fundraising;
- Acknowledgement of your community support at events, in the newsletter and on our website (www.DeerRidgeCA.com).

If you feel any of these opportunities would benefit your company or organization or you have promotional items or giveaways you would like to contribute, please contact us to discuss your level of involvement.

The Deer Ridge Community Association would like to thank local businesses for their past support and commitment in the Deer Ridge Community. If you have any questions, concerns or comments, please contact us at your convenience.



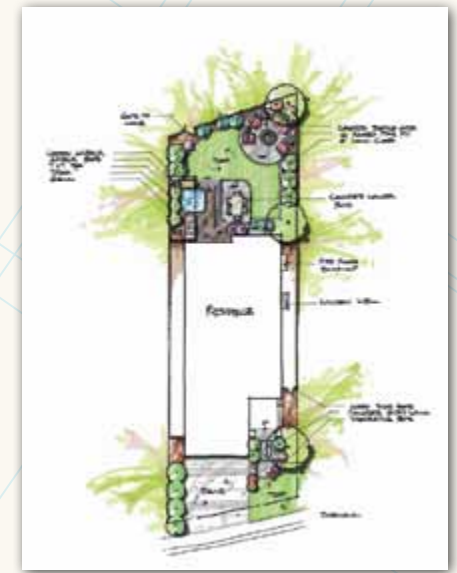
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IN & AROUND SCHOOLS

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure enjoyed an exciting April with a number of happenings that were representative of spirituality, citizenship, and excellence.

In physical education classes, students had the opportunity to participate in a variety of social dances including the jive, the salsa, the cha-cha, and the tango. Students appreciated the opportunity to develop new skills. They also recognized the importance of cooperation, effort, and goal setting when it comes to dance.

Badminton season is almost complete. Congratulations to all of our coaches and players on another successful season. Also, many thanks to our parents for supporting the program. Our next interscholastic activity will be flag football. Go Falcons!

Spiritually, St. Bonaventure's Lenten Drive has been an overwhelming success. This year, the school community supported the country of Tanzania with a specific focus on food and agriculture. In support of the project, students were once again reminded of the importance of service learning and the positive impact that can happen when everyone works together. St. Bonaventure students, staff, and parents also came together to celebrate Holy Thursday.

Finally, a sincere thanks to everyone who has contributed to the development of the Learning Commons. A café bar is now present along with ample space for furniture to be moved together or apart depending upon student needs. This space is already being well utilized!

Important Date to Remember:

Wednesday, April 13, 2016 -

St. Bonaventure Open House

6:00 p.m. Hockey Canada Skills Academy Information Session

7:00 p.m. General Open House

8:00 p.m. Spanish Program

April brings cultural event activities to École St. Cecilia School

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you're interested in supporting this fundraiser, please contact the school.

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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 Saturday, May 7, 2016 from 9:00 am – 5:00pm. There will be breaks for snack and lunch. Snacks and beverages will be provided. Students must be between 11 – 16 years old, and have permission of their parent/guardian to attend.

Deer Park United Church has graciously made available their classroom to facilitate the program. They are located in Deer Ridge at 77 Deerpoint Rd S.E.

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.

A current 2015-2016 Deer Ridge Community Association Membership is required. Memberships may be purchased online at www.DeerRidgeCA.com or using the application form included in the "Deer Ridge Journal" delivered to all community households.

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

The following is a list of things to bring to the course:

- Small soft doll or teddy bear
- Comfortable clothing – a portion of the course may involve work on the floor
- Indoor shoes
- Pen and/or pencil
- Some paper to take notes on

You may register online at www.DeerRidgeCA.com or fill in the form below and mail to: **Deer Ridge Community Association, DVPO Box 43052, Calgary, AB, T2J 7A7**

DEER RIDGE BABYSITTER'S COURSE – May 2016

Student Name: _____ Age: _____

Address: _____

Primary Contact Name/Phone Number: _____

Secondary Contact Name/Phone Number: _____

Medical Alert/Food Allergies: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Deer Ridge Community Association Membership # _____

Please include \$15.00 deposit for registration.



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 to find out more.

April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play).
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for

non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.

- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

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 to find out more.

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Our Pets And Unwanted Passengers

Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

Jennifer L. Scott, D.V.M.



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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
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
July 2015	\$362,500.00	\$348,000.00
June 2015	\$369,900.00	\$365,500.00
May 2015	\$464,900.00	\$451,500.00
April 2015	\$407,500.00	\$401,250.00
March 2015	\$429,900.00	\$425,500.00

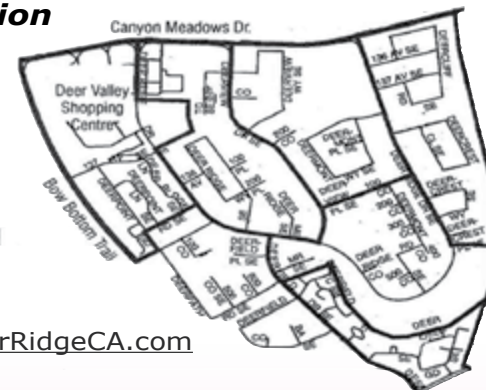
Last 12 Months Deer Ridge
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
February 2016	1	3
January 2016	3	1
December 2015	1	3
November 2015	7	2
October 2015	3	2
September 2015	4	0
August 2015	1	0
July 2015	2	5
June 2015	1	3
May 2015	5	4
April 2015	6	6
March 2015	7	3
Total	43	31

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



Deer Ridge Community Association Membership Request / Renewal Form



Membership Year:
AGM June 16th, 2015 – August 31st, 2016

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.

You may contact the Deer Ridge Community Association by telephone: (403) 998-3144, email: DeerRidgeCA@gmail.com, or visiting the website: www.DeerRidgeCA.com. You may also like us on Facebook, and follow on twitter: @DeerRidgeCA.



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The Deer Ridge Community Association presents:

"Movie in Yellow Slide Park"

SAVE THE DATE

July 23
2016

SAVE THE DATE

Aug 20
2016

Please join us on Saturday July 23, 2016 and Saturday August 20, 2016 for two free movie events at Yellow Slide Park.

Bring your lawn chairs and blankets and enjoy a free night of food and entertainment for the whole family!

We need help planning and we need volunteers on the event days. Please contact Alana at 403.466.8100 to get involved.



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Hey Ward 14!

Spring is now in full swing. I will start with a quick reminder about Counciltalk and then dive in to an important spring topic.

March Counciltalk

Three great Counciltalk discussions are already done. The April Counciltalk will be held at the Sundance Resident's Association (63 Suncrest Way S.E.) on April 23 from noon to 2 p.m. You can find a listing of Counciltalks at calgary.ca/counciltalk, and you can also sign up to get email reminders for Counciltalk and other things at calgary.ca/ward14connect.

Street Sweeping

You're reading this in late March or early April, but I'm writing it in February. As I write, the City is way ahead of schedule for its street sweeping program because of the very warm and dry February. In fact, "pre-sweeping" started in February.

"Pre-sweeping" is what it sounds like. We pick up some of the larger debris in strategic areas to make things easier for the final sweep. It is the beginning of our annual program removing debris that has accumulated during winter on roads, major sidewalks, and boulevards. Keeping the roads clear helps everybody get around easier and safely. It is also good for the environment and our wallets. Every pebble that we pick up before the June rain doesn't end up in our storm water system. It also saves us money on maintenance of that system. Removing as much as possible is great, and doing it quickly is best.

So we're trying to take advantage of the good conditions, and there are a few changes to the usual schedule that you should take note of:

1. We are aiming to complete the program by June 1 instead of June 30, and will begin on April 3 instead of April 13 (weather permitting).
2. Daytime sweeping (in residential areas) will be 7 days/week instead of 4 days/week

3. Evening sweeping (of main roads) will now be Mon-Thurs instead of Sun-Wed

If you see a temporary parking sign on your street, that means there is a parking ban in place. Crews will move vehicles to a space nearby at the City's expense if possible, but will tow to an impound lot at the owners expense if not. In both case, the car will be ticketed. Unlike before, vehicles in sweeping areas where there is no parking ban may receive tickets, and the penalty has gone to \$120 from \$75.

Please help the City keep our streets, sidewalks, and parks clean of debris by obeying the posted parking restrictions. It will save the City money, and your neighbours will thank you. Parking ban signs will be posted at least 12 hours in advance, so keep an eye out. I also suggest visiting calgary.ca/sweep where you can find a real-time map showing our progress (a result of one of my innovation fund requests) and look up planned street sweeping dates by address. Check back frequently though—the weather can change plans.

If you have any questions about street sweeping or anything else feel free to contact me.

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RICHARD GOTFRIED
 Phone: (403) 278-4444 • Fax: (403) 278-7875
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Hello Constituents,

I hope you all are excited to get outdoors and be active now that Spring is finally here. The current session at the Alberta Legislature started on March 8th and I am eager to hear your comments and feedback on the budget and other items of critical importance to Albertans.

Legislation:

All bills on the legislative agenda can be viewed at www.assembly.ab.ca by clicking on Bills and Amendments. This site is a wealth of information for engaged Albertans. The website tracks current bills, amendments and bill implementation. History comes alive on this link as you can refer to Alberta's very first Legislative session in 1906 and see all past bills.

Outdoor Season:

Last newsletter, I featured camping and this month I will expand the conversation to include one of my favourite pastimes – campfires. All of us love a good campfire with hot dogs, marshmallows, s'mores and the warmth and camaraderie that comes from sharing stories under the stars. However, with campfires come a responsibility and stewardship to our environment; wildfire season started March 1st. Did you know last year wildfires consumed nearly 492,000 hectares of land in Alberta? We must do more to protect our land. Since we have experienced a dry winter, I would encourage you to visit albertafirebans.ca for the most up-to-date information on fire prevention and any bans in effect around the province.

Public Engagement:

As the status of the economy affects us all, I would like to host a couple of **Roundtable Budget Sessions** at my office. I recognize that many people are unable to attend during their work-day, so I am extending my office hours to accommodate more in the engagement process on Saturday April 23 from 10-12pm and Wednesday April 27 in the evening from 5-7pm. Both are on a drop-in basis.

I have had very positive feedback and attendance at **MLA Café** sessions at my office and I will continue to hold them in April. Please mark your calendar for April 22 from 10am – 11 am. One of the favourite parts of my job as your MLA is meeting individuals from all backgrounds and walks of life to learn about your issues and priorities.

I always say how Calgary–Fish Creek has some of the most incredible volunteers and I want to remind constituents of the **Stars of Alberta Volunteer Awards**. The awards recognize extraordinary Albertans whose volunteer efforts have contributed to the well-being of their community and fellow community members. The 2016 nomination form will be available in June and the criteria can be found on the Alberta Culture and Tourism website. If you wish to nominate a volunteer, let my office know and we can assist you in the process.

I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. Please send us an email to be added to our e-newsletter. All mediums of communication assist me in effectively representing you in the Legislature while your privacy and confidentiality will always be respected.

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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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YOGA BEARS KIDS YOGA: Deer Run Community Centre. Drop In Playschool Yoga for ages 2 1/2 to 5 years. Yoga, songs, stories and crafts. Tuesdays 9:30 - 11:00am. \$15.00/class. Please bring a small snack and water for your child. RSVP to drop in, by calling or texting 403-809-1930. Visit www.yogabears.ca or email kauragyogabears@gmail.com for more information.

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COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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



Veggie-centric: When referring to center-of-the-plate items, that usually means proteins, but that may be changing. Fresh produce as the star of the plate is being championed by more restaurants and culinary professionals, who are serving up vegetable-centric meals that are often vegetarian without being advertised as such. And even when animal proteins are included in the dish, the veg is still the main attraction. <http://www.restaurant.org/News-Research/News/2016-menu-trends-to-watch>

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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
Kerby Centre for the 55 plus	403-265-0661
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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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 3 to May 29 - Herein We Dwell: Unexpected Images of Calgary in the 1890s:** A rare glimpse into the everyday life of 1890s Calgary is presented with little-seen historical images of early neighbourhoods and people. www.lougheedhouse.com
- **April 22 to June 26 - Young Frankenstein:** Young Frankenstein tells the story of Frederick Frankenstein, Victor Frankenstein's grandson, and how he inherits the family's estate in Transylvania. With the help of two sidekicks, he tries to fill his mad scientist grandfather's shoes. www.stagewestcalgary.com
- **April 28 to May 1 - Arab Nights Film Festival:** The Calgary Arab Arts and Culture Society presents the annual Arab Nights Film Festival at Festival Hall. The organization uses a variety of film to present a positive view of Arab life and society. www.calgaryarabartsociety.ca
- **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first YYC Taco Fiesta kicks off on April 29. It is a week-long celebration of the best tacos in the city. The inaugural food festival comes to a close on May 5 with a Cinco de Mayo bash. www.yyctacofiesta.ca
- **May 2 to 21 - Flora and Fawna's Field Trip:** As well as developing survival skills and creating crafts that your mom will love and put up on the fridge, the heartwarming play is all about the power of being a little bit different. www.lunchboxtheatre.com
- **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend festival of free neighbourhood walking tours. Register to learn about different neighbourhoods and buildings in the city from passionate volunteers, and share your knowledge of the areas, too. www.janeswalk.org
- **May 13 to 15 - Calgary Reads Big Book Sale:** More than 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. www.calgaryreads.com
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. www.cowtownoperacompany.com
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/

MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at www.albertabeerfestivals.com.



MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. www.calgaryphil.com



MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. www.jazzyyc.com



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