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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

Board of Directors & Community Contacts

EXECUTIVE

President	VACANT	
1st Vice President	Dawn Wallace	403 606 7331
2nd Vice President	Alana Somers	403 984 3901
Treasurer	Laura Rivero	403 452 0181
Secretary	Barb Chapman	403 285 9482

PAST PRESIDENT

Past President	Bob Hall	403 278 6817
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DIRECTORS AT LARGE

Director at Large	Karen Stevenson	403 278 3353
Director at Large	Lanis Anderson	
Director at Large	Laurie-Anne Bulmer	
Director at Large	Tracey Burch	
Director at Large	David Burns	
Director of Membership	Dawn Wallace	403 606 7331

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Alana Somers	403 984 3901
Casino Coordinator	Bob Hall	403 278 6817
Casino Coordinator	Laura Rivero	403 452 0181
Ice Rink Coordinator	Bob Hall	403 278 6817
Tennis Court Coordinator	Larry Lemieux	403 278 2199
Trico Representative	Karen Stevenson	403 278 3353
Newsletter Advertising	Great News Publishing	403 263 3044

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

New Board of Directors Announcements

The AGM held in June was well attended. Thank-you to all those who were able to join us and participate, your votes make a difference!

The nominations for new board members resulted in three new volunteers joining the board as Directors at Large. Welcome to the board: Ms. Laurie-Anne Bulmer, Ms. Tracey Burch and Mr. David Burns. The previous Past-President, Ms. Karen Stevenson, is now serving as Director at Large. Ms. Stevenson will continue as our representative on the board for the Trico Centre for Family Wellness. The position of 2nd Vice-President has been filled by Ms. Alana Somers who is also the Movie at Yellow Slide Park Coordinator. Mr. Bob Hall will continue on the board as Past-President. For a full list of the Board of Directors & Community Contacts please see page four of this newsletter.

Movie in Yellow Slide Park 2016

Please join us 7:00 p.m. on Saturday August 20th, 2016 for free our movie event at Yellow Slide Park. Bring your lawn chairs and blankets and enjoy a free night of food and entertainment for the whole family.

Please bring a non-perishable food donation for the Calgary Food Bank and be eligible for a raffle prize! Some suggestions for Emergency Food Hamper: canned soup, fruit juice, macaroni & cheese, canned green veggies, canned tomatoes, canned fruit, rice, pasta, pasta sauce, peanut butter, canned fish, canned meat and protein, baby food, baby formula and diapers.

Please see our Movie in Yellow Slide Park 2016 Poster in this newsletter for further details. Movie title announcements will be posted on signs around the community as the event date approaches.

Additional volunteers are always welcome! If you would like to volunteer to assist at the event, or if you have a business and would like to contribute/sponsor elements at the event, please contact us.

Park n' Play & Stay n' Play

The City of Calgary in partnership with Deer Ridge Community Association presents:

Park n' Play & Stay n' Play

These free, safe, supervised programs help children make new friends learn new games and activities that they can use on their path to a healthy and active lifestyles.

August 8-12, 2016

60 Deerpath Rd SE (greenspace on the NW corner)

Stay n' Play FREE

Ages 3Y – 5Y

10:00 am – noon

Participants must be accompanied by an adult/guardian (Max 2 kids per adult)

~continued next page~

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

MESSAGE FROM THE DEER RIDGE BOARD CONT'D

Park n' Play FREE

Ages 6Y – 12Y

10:00 am – 3:30pm

Play Faster This Summer!

Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. Entry to these programs is on a first-come, first-served basis, each day. We encourage you to supply us your information by pre-registering prior to program starting to help you save time filling out forms at the program when you arrive. For more information visit calgary.ca/communitysummerprograms.

2016-2017 New Memberships and Membership Renewal

The 2015-2016 memberships expire on August 31, 2016. 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!

Deer Ridge/Queensland Community Clean-up Day

This year Deer Ridge will again be partnering with Queensland for the Community Clean-up Day. Bring your general household garbage, yard waste, electronics recycle, wood, etc. and dispose/recycle your waste in City of Calgary Refuse Trucks & Recycle containers. The city will be providing three packer (garbage) trucks and crews. This is a free service providing residents the opportunity to dispose of items that do not fit in their waste and recycling carts.

When: Sunday September 18th, 2016 from 9:00 a.m. to 2:00 p.m.

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.

Ward 14 Communities BBQ

Please mark you calendars for September 24th and join in on the fun at Councillor Peter Demong's Ward 14 BBQ. The BBQ will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m. Further details can be found in Councillor Demong's column within this newsletter.

Deer Ridge Community Association Monthly Meeting

The next meeting is September 20th, 2016. All Deer Ridge residents are welcome to attend! Come on out and meet your new board members. Join in on the conversation and share your suggestions, concerns, and comments regarding your community.

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: September 20, 2016 at 7 PM

Location: The Trico Centre for Family Wellness - Meeting Room #8

We hope to see you there!

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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.

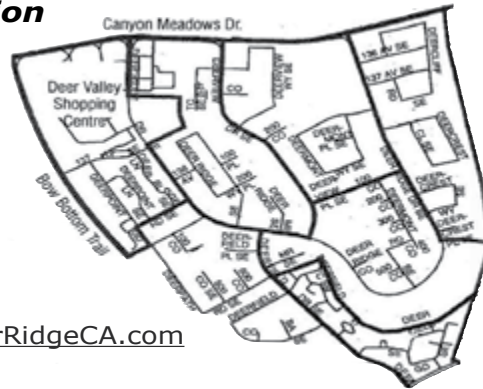
Bring your lawn chairs and blankets and enjoy a free night
of food and entertainment for the whole family!

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





**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.

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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
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
July 2015	\$362,500.00	\$348,000.00

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

	No. New Properties	No. Properties Sold
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
July 2015	2	5

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



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CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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.

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. 9:30-11:00am or 1-2:30pm. 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.



It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!



IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
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Hall of Fame Gallery & Museum Tour

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FAMOUS FIVE DISTRICT

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

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



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Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shoed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

Councillor Peter Demong

WARD 14 COMMUNITIES

BBQ

**SAT, SEPTEMBER 24
11 AM TO 2 PM**



Get there early for a

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and a **FREE COMMUNITY
MEMBERSHIP**

At Southcentre Mall parking lot

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Summer truly flies by as we usher in the glorious month of August. The weeks ahead are for appreciating long summer days, warm evenings and creating special memories with family and friends. Pancakes were a daily staple before and during Stampede and it was great to connect at many events across the constituency. I hope you had as much fun as I did! This year marked my first Stampede BBQ in Bonavista Downs and included games, food (sizzling Spolumbo's!), and music. Mark Saturday, July 8 on your calendar now for 2017!

In my last newsletter I noted great stay-cation opportunities right here in Calgary. One of my Festival-Faves is **GlobalFest**, which runs from August 18th to 27th, where I will be thrilled to host a booth with my Calgary Caucus colleagues. Please stop by and say "Hi" if GlobalFest is in your calendar. GlobalFest offers world-class pyro-musical entertainment while celebrating and showcasing culture, art and food from around the globe. On a starry summer night, the spectacular fireworks are a perfect back-drop for a fun and economical family night out...creating memories to cherish for years to come.

Another great stay-cation is **Alberta Farm Days**. Launched four years ago, this provincial initiative highlights the great work and contribution of farmers

and ranchers across Alberta. Did you know that 1 in 8 jobs in Canada and over 80,000 jobs in Alberta are agriculture based? Agriculture contributes over 100 billion dollars annually to Canada's GDP. Here in Alberta, we are blessed with rich farmland, sprawling ranchlands, and what I believe is the best beef in the world! This year farmers and ranchers will open their doors to the public on August 20th and 21st. If you want to see how honey is made, visit a bison ranch, or meet an alpaca, here is your chance to get up close and personal. There are unique opportunities for both young and old and I welcome you to visit **www.albertafarmdays.com** for locations, times and details.

If you wish to venture outside of Calgary please visit **www.TravelAlberta.com** for a complete listing of events and attractions across our province. As I often say, we are truly blessed to enjoy such rich natural resources, scenic beauty and friendly, industrious and hospitable people across our great province.

"**MLA Gone Walkabout**" is what I will be doing over much of the rest of the summer and fall to connect with as many businesses, community organizations and people in Calgary-Fish Creek. I have already heard from many regarding the impact of government policies and legislation on you, your businesses and personal finances. Nonetheless, I want to hear from as many constituents as possible to ensure I fully understand and appreciate the struggles you and your family currently face as I share my vision for a brighter future. As always, my office and I are ready, willing, and able to connect and assist in any way we can with community issues. My MLA Cafés will re-commence in September, so keep an eye out for future dates and join me for a chat and a coffee!

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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.

August 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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 Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.


New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Crocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

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.



Plant Trivia
The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.



COUNCILLOR, WARD 14 PETER DEMONG

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

Hello Ward 14. I hope you're having a great summer. I know it's easy to let the idea that summer is almost over creep in, but in reality our best weather is still ahead...

Ward 14 Communities BBQ

That is exactly why I hold my Ward 14 Communities BBQ in September. I learned my lesson after holding the very first version of the BBQ in June. It was fun, but also rainy. You can expect the likelihood of rain to be much less in late September.

The Ward 14 Communities BBQ is on September 24 to be exact. We will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m., and even if the weather does not cooperate you will be able to find shelter.

Given the state of our economy, I have been nothing short of amazed by the generosity of local businesses this year. So far 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 have all stepped up with their support. Because of their help there will be plenty of free community association memberships for attendees, and also a burger and beverage for everyone.

There will be all sorts of exhibits ranging from the interesting to the informative and everything in between. You will be able to visit everyone from your MLA, to a local scout troop, to reps from the Calgary Zoo. Every City of Calgary department that you can think of

will be there for you to visit, and there will be much more.

I invite you to join me on September 24! Visit calgary.ca/ward14bbq for more information.

Stay Connected!

You can visit calgary.ca/ward14 to get updates on things like Counciltalk, my BBQ, and other City related things, or you could let me do the work for you. I send email updates about those things and others, but you need to give me permission first. You can do so by filling out the online form at calgary.ca/ward14connect.

Flying your drone safely and legally

With the help of our friends at the Calgary Police Service, I would like to share with some small but helpful tidbits for staying safe and preventing crime over the next several columns. I will start with what seems like the most summer-related topic of them all—recreational drones.

I know that it may seem like an odd subject, but in the future it could be very important: even the City is investigating how drones can be used.

The Federal Government regulates the use of drones, but to launch from City property (like a park) you must get permission from the City (as with any property owner).

Use common sense! Don't operate your drone near large groups of people; near moving vehicles, or anywhere you could distract drivers; within restricted, or controlled airspace; or anywhere that may interfere with first responders. You may not fly your drone closer than 9 km to an airport; higher than 90 metres above the ground; or closer than 150 metres to people, animals, buildings, structures, or vehicles.

This is not an exhaustive guide for drone use, but is a window into it. Visit tc.gc.ca/safetyfirst for more information.

Thanks for reading, and please feel free to contact me anytime.

SOUTH CALGARY WADO KAI KARATE
BEGINNER TO BLACK BELT

SOUTH CALGARY & OKOTOKS KARATE

OPENINGS FOR BEGINNERS




McKenize Lake School
Mondays 4:30 - 5:30pm Ages 6 - 12 years

Deer Run Community Centre
Saturdays 9:30 - 10:45am Ages 6 - Adults

West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 - 6:30pm Ages 6 - Adults

Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 - 6:30pm Ages 7 - Adults
Thursdays 5:30 - 7pm Ages 12 - Adults



403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

COMMUNITY ANNOUNCEMENTS

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

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

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Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	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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Living Kindness Yoga

Yoga Courses and Workshops

Peaceful Meditative Movements for Adults 18-50

A flowing Hatha Yoga that builds Strength, Flexibility, and Stamina in a Mindful and Gentle way

**Aug. 2, 9, 16, 23, 30 | 7:30 – 9:00pm
& Aug. 27 | 4:00 – 5:30pm**

6 classes. Please bring a yoga mat, cushion, and blanket to class.

**Parkland Community Hall
505 Parkvalley Road SE, Calgary**

Peaceful Meditative Movements for Adults 50+

A flowing Hatha Yoga that builds Strength, Flexibility, and Stamina in a Mindful and Gentle way

**2:00 – 3:30pm
Oct. 15, 22, 29 & Nov. 5, 12, 19**

6 classes. Please bring a yoga mat, cushion, and blanket to class.

**Parkland Community Hall
505 Parkvalley Road SE, Calgary**

Meditation Courses and Workshops

Meditation for Adults of All Ages

Learn to relax your body, calm your mind, and experience inner peace

**7:30 – 9:00 pm
Aug. 3, 10, 17, 24 & 31**

5 classes. Please bring a cushion and blanket to class.

**Parkland Community Hall
505 Parkvalley Road SE, Calgary**

The Theory and Practice of Meditation

Making effective use of Yogic, Buddhist, and Christian meditative methods

**7:30 – 9:00 pm
Sept. 8, 15, 22, 29 & Oct. 6
or Oct. 13, 20, 27 & Nov. 3, 10
or Nov. 17, 24 & Dec. 1, 8, 15**

5 classes. Please bring a cushion and blanket to class.

**Woodcreek Community Assoc.
1991 Woodview Drive SW, Calgary**

Limited space available. Please register early.

**To register, contact Denise-Marie
denisemarie@livingkindnessyoga.ca | 403-862-5727
www.livingkindnessyoga.ca**

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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Footloose Photography
BY SHERI

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