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JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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Deer Ridge Community Association



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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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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.



IN & AROUND CALGARY



Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

Calling All BABYSITTERS

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.

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MESSAGE FROM THE DEER RIDGE BOARD

Deer Ridge/City of Calgary ReTree Workshops

There was good turn-out for the "Planting and Pruning – 101 Workshop" and "The Under Story Workshop". Thank you to Deer Park United Church for the use of facilities and thank-you to the City of Calgary for the workshops here in Deer Ridge.

Annual General Meeting

Mr. Bob Hall ended his final term as President. He will continue on the board for an additional year as Past-President. Through Mr. Hall's leadership, the community association has successfully: maintained existing facilities, added new features to the community such as replacement of the playscape at Yellow Slide Park, the new Community Gardens and two installations of a Little Free Library, as well as the many administrative tasks and managing membership, newsletter and the community web blog. Thank-you very much Mr. Hall for all your volunteer efforts and passion for the community!

Thank-you to everyone who attended the Deer Ridge Community Association Annual General Meeting. Your participation in the Association is very important in establishing and fulfilling the common goals, needs and interest of our community. Newly appointed Board Executives and Directors will be announced in the August edition of the newsletter.

Community Festival

On Sunday June 26th, 2016, the 2nd Annual Community Festival was held at Deer Point Plaza. Thank-you Sylvia from Cornerstone Music for organizing and hosting this fun event. Thank-you to the volunteers who assisted as well as the talented artists and artisans. A great time was had by all who attended. We look forward to next year!

Movie in Yellow Slide Park 2016

Please join us on Saturday July 23rd, 2016 and Saturday August 20th, 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.

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.

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)

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.

ATCO Gas

The area projects under the Urban Pipeline Replacement (UPR) Program are proceeding well, including additional considerations to minimize disruption of residents and local businesses.

MESSAGE FROM THE DEER RIDGE BOARD CONT'D

Please see <http://www.atcopipelines.com/upr/Projects/Fish-Creek> and <http://www.atcopipelines.com/upr/Projects/ATCO-Gas-Lake-Bonavista-to-Sun-Valley-Gas-Line-Installation> to view updates.

2016-2017 New Memberships and Membership Renewal

Special thanks to Mr. Bob Hall for custom design and

printing of all the new membership cards for 2016-2017! Current 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!

"We Care"

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IN & AROUND CALGARY

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.

- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

Zeus is somewhere

He disappeared February 20th from Queensland Pl. (9 mos. Old)

Somebody has taken him in thinking he was a stray, although he has a home and is much loved and missed.

He is neutered and microchipped. Now 1 yr old. \$500 reward.

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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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PEACEFUL MEDITATIVE MOVEMENTS FOR ADULTS 50+: by Living Kindness Yoga. A flowing Hatha Yoga that builds strength, flexibility, and stamina. Saturdays 2:00 - 3:30pm June 11, 18, 25, July 16, 23, and August 6. Parkland Community Hall. To register, please contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

MEDITATION FOR ADULTS OF ALL AGES: by Living Kindness Yoga. Calm your mind, relax your body, and experience inner peace. 7:30 - 9:00pm Wednesdays June, July, and August, plus Tuesday July 26. There will be a new set of five classes starting the first Wednesday of each month. To register, contact Denise-Marie at denisemarie@livingkindnesscompanions.ca, 403-862-5727. Please bring a cushion, yoga mat and blanket.

~continued next page~



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.

July 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.)

Membership Specials while the Pool is Closed

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.** There is still lots to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

- Purchase a new membership up until August 14, 2016 and RECEIVE 14 MONTHS FOR THE PRICE OF 12.
- Purchase an All-Inclusive 10-Visit Pass up until July 31, 2016 and receive 13 VISITS FOR THE PRICE OF 10.
- If you were a member on Feb 19, 2016 when the pool closed for its makeover, make sure to drop by Guest Services and fill out your form to receive A THREE-MONTH FREE EXTENSION ON YOUR MEMBERSHIP and 5 FREE PASSES*

Summer Fun for Families, Children, Youth

- **Summer Day Camps:** Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Good quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care.
- More registered summer programs than ever before including Parent & Tot classes, preschool, children and youth. 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) Drop-In Dodgeball (10-14 yrs.) Check the Summer 2016 Program Guide for details.
- Skating Lessons – what could be a better way to spend a hot summer than in a cool skating rink. Parent & Tot, Preschool Learn to skate, Youth Learn to Skate, Teen Learn to Skate, and private lessons.
- Intro to Hockey for 6-8 yrs, Intro to Hockey Adult & Child (4-6

BUSINESS CLASSIFIEDS

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

VENDOR'S MARKET: Queensland Community Center. July 24, 11-5pm. 50+ Vendors offering beauty products, jewellery, clothing, arts, crafts and much more! There will be 3 amazing door prizes available. All proceeds from door prize tickets go to Alpha House Detox Center to help our needy. Two Food trucks, cotton candy, face painting, and balloons!

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yrs with parent/caregiver), and Power Skating & Recreational Hockey (7-12 yrs.)

Summer Programs for Adults

- Check out these registered summer programs: Core Fusion Barre, Obstacle Race Training, Stroller Fit, Fit 101: For the Absolute Beginner, and Sore Joints Training.
- Even though it is summer, there is still lots to do in the Fitness Centre. Choose from more than 55 dryland drop-in fitness classes every week. Free for members, drop-in fee for non-members.

Summer Programs for Older Adults

- Balance Builders: Fall Prevention for Older Adults, Bone Builders: Weight Training for Older Adults, Chair Yoga, and Sore Joints Training are registered fitness classes for older adults offered over the summer.
- Drop-in Pickleball is offered several times a week over the summer. 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.

**AUGUST 5 TO 7
EXPO LATINO**

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com



**AUGUST 13
CALGARY JAPANESE
FESTIVAL OMATSURI**

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com



**AUGUST 13 TO 14
CALGARY DRAGON BOAT
RACE AND FESTIVAL**

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

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• **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com

• **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com

• **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagrass.ca

• **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca

• **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca

• **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com

• **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca



**Deer Ridge Community Association
Membership Request / Renewal
Form**



Membership Year:
AGM June 16th, 2016 – August 31st, 2017

Thank-you in advance for your support!
Membership fee \$15.00

Online membership payment available at DeerRidgeCA.com

Name:

Additional Family Members:

Mailing Address:

Phone Number(s):

Email Address(s)*:

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

Membership Request & Payment options:

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

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

Deer Ridge Community Association PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-998-3144 |
Website: DeerRidgeCA.com | Email: DeerRidgeCA@gmail.com | Facebook: Deer Ridge
Community Association | Twitter: @DeerRidgeCA

The Deer Ridge Community Association Presents;

"Movie in Yellow Slide Park"

Come out on Saturday July 23, 2016 and Saturday August 20, 2016 for a great free movie in Yellow Slide Park. Free hotdogs, soft drinks and prize raffle.



We will begin serving food at 7:00 pm and the movie will start at dusk. Bring your lawn chairs and blankets and enjoy a free night and fun for the whole family. **Please bring a donation for the Food Bank.**

Movies TBA – Check back for Updates

Please contact Alana at 403.466.8100 to get involved



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Summer brings quality family time, beautiful weather and many community-spirited events, festivals, and activities across our province. I am excited to spend even more time in my home constituency now that Spring Session of the Legislature has concluded.

I want to thank everyone who sent their thoughts and concerns to my office regarding the economy, fiscal responsibility and the now legislated Carbon Tax. This Tax is NOT revenue neutral, as many of us tried to achieve through amendment, and although an estimated 60% of households may receive rebates, there will be out of pocket expense for all Albertans that many will have difficulties paying while still making ends meet. Essentially, Albertans will be paying more for less while our government, and you the taxpayer, go further into debt. Albertans do not run their homes like this, and our government should not either. As many of us are tightening our belts in a responsible manner, I ask the Premier to direct her cabinet to do the same.

Many Albertans are experiencing financial challenges; so why not consider a "staycation" this season? Go for a walk, ride a bike, or visit a nearby park to enjoy free activities that will benefit you and your family physically and emotionally. For me, I have numerous annual events that I seldom miss. Pick your favourites or join me at FolkFest, Dragon Boat Races and GlobalFest to name a few.

Tourism Calgary's website: www.visitcalgary.com offers a wealth of resources, upcoming events, tickets, and unexplored opportunities here in Calgary. We are blessed to have Fish Creek Park and Lake Sikome within walking and biking distance from our homes. Lake Sikome opened for the season on June 25 from 10:00 am-7:30pm daily. There are also many scheduled activities at Fish Creek Park! In addition, Creekfest is an outside event for the entire family on July 17th at the Park's information centre near the Bow Valley Ranche. For more information on activities within the park please visit www.friendsoffishcreek.org/ or www.bowvalleyranche.com.

A "staycation" can be just stepping out the front door for a block party or our back door for a new playground. Right behind my office is the Bonavista Downs Community's new playground. Playground building binds communities together and builds lasting friendships. It was a pleasure to visit the build site on a rainy day and see the progress in action. Thanks to the association and volunteers in their efforts to strengthen our community.

I am looking forward to hosting you all this summer at my First Annual Stampede BBQ Lunch. Please join me at the Bonavista Downs Mall on Lake Sylvan Drive for food, music, and activities for children Saturday July 9th 11-2pm. Although RSVP's are not required, please give us a call or send an email if you plan to attend to help us plan more effectively.

As always, your feedback is important to me. I welcome you to visit me at a future "MLA Café" or to follow me on Facebook or Twitter for further constituency or event information. You can also email or call me to schedule a meeting at your convenience.

Thank you and enjoy a great summer!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 16

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BRAIN GAMES SUDOKU

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

CALGARY



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.

Programs run weekdays and are weather dependant.

Dates: August 8-12, 2016

Community: Deer Ridge

Address: 60 Deer Path Rd. SE

Stay n' Play

Ages 3Y – 5Y

10:00 am – noon

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

Park n' Play

Ages 6Y – 12Y

10:00 am – 3:30pm

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Deer Ridge Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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COUNCILLOR, WARD 14
PETER DEMONG
 www.calgary.ca/ward14
 eaward14@calgary.ca or 403 268-1653

Howdy Ward 14!

With all that this province has gone through in the last year or so, I hope we can all take some time this month to celebrate in a way that only this city knows how—with the Calgary Exhibition and Stampede! Let's have a good time and show our Albertan neighbours the same.

Counciltalk

I want to extend a tip of the hat to all the patrons of Counciltalk, and especially to those who have attended since the beginning. They have seen just how much it has grown.

The next Counciltalk date will be posted on calgary.ca/counciltalk, and you can sign up for reminders at calgary.ca/ward14connect.

Ward 14 Communities BBQ

I try to gradually ramp up my marketing of the Ward 14 Communities BBQ over the summer to a climax in September. There is still a lot of preparation to be done, and RSVPs to be confirmed. So this month I will go a little more in depth, and hopefully you will tune in next month for more detail.

For those who don't know, my BBQ is a membership drive for Ward 14 community associations. I round up money from generous sponsors to pay for the cost of the event and buy everyone who attends a membership to their community association. We raise a lot of money for the community associations and they add a lot of members, but there is also a chance to visit with and learn about the City of Calgary's various departments and partners. There will be a free burger and beverage too.

This year the BBQ will be on September 24 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You are welcome to join. We will have a lot of fun.

MGA Review

The Municipal Government Act (MGA) defines everything

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

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

about the City of Calgary (and every other municipality in Alberta for that matter). Without the MGA as provincial legislation the organization—that City Council manages—would not have official power to operate. In general, the MGA governs all of Alberta's municipalities in three main areas: Assessment and Taxation, Governance, and Planning and Development. It determines how the City of Calgary pays for the services it delivers, how decisions are made, and how the city is built and grows.

The provincial government is reviewing the MGA. Any changes to the act will impact how the city operates, but they could also impact you directly and profoundly. The MGA determines how you are taxed, how you elect representatives in the City, and what you are allowed to build on your property.

I would like to hear your views on this important topic, and I would like you to arm yourself with some information about it. The website mgareview.alberta.ca is filled with useful information about the MGA, and you can contact me anytime. Finally, decisions about the MGA ultimately fall on the Provincial Government, so you local MLA should probably hear what you think about this too.

Have a great July, and a great Stampede. Happy Trails!



How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

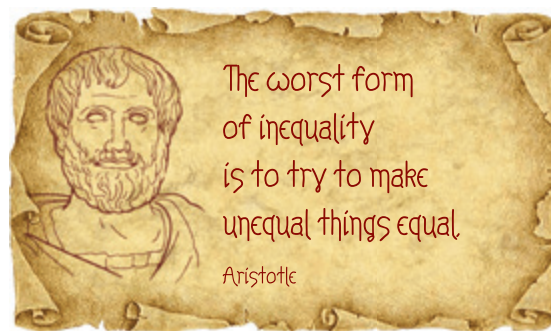
And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need

to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).

- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
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
June 2015	\$369,900.00	\$365,500.00

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

	No. New Properties	No. Properties Sold
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
June 2015	1	3

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



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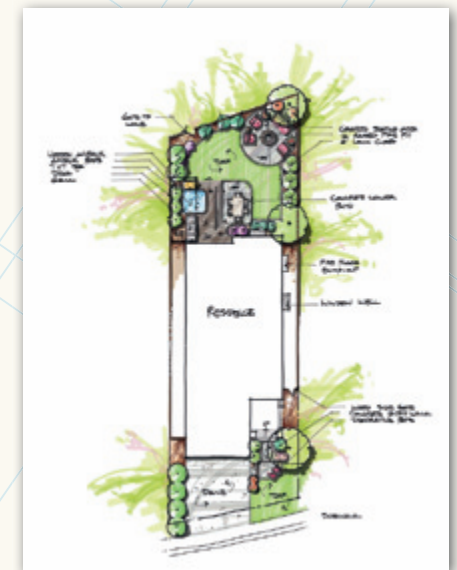


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