

OCTOBER 2016

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## JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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# CONTENTS

Message from the Board	5
Thanks to Business Sponsors	10
Reporting Crime	12
Your Community Business of the Month	14
Real Estate Update	16
Guides Famous Five District	17

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# Deer Ridge Community Association



Box 43052

Calgary, Alberta  
T2J 7A7

Visit our website at [www.deerridgeca.com](http://www.deerridgeca.com)  
If you have any questions or concerns, please contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com)

## Board of Directors & Community Contacts

### EXECUTIVE

President	VACANT	
1st Vice President	Dawn Wallace	403 606 7331
2nd Vice President	Alana Somers	403 466 8100
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	403 466 8100
Casino Coordinator	Bob Hall	403 278 6817
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

### Councillor Demong's Ward 14 BBQ

It was an enjoyable day at the Councillor's Ward 14 BBQ. Everyone had a great time and many Deer Ridge Community Association memberships were signed up, free to residents, courtesy of Councillor Demong. Thank-you to everyone who came by the Deer Ridge table to say hi and thank-you to Councillor Demong!

### Queensland/Deer Ridge Community Clean-up

Thank-you to the Queensland Community Association and the City of Calgary for the clean-up opportunity. It was great to see the garbage trucks and recycling kept busy.

### Volunteers

Thank-you to Karen, Bob, Gord, Barb for volunteering time and effort assisting with: Membership Drive, Councillor Demong's Ward 14 BBQ, and Queensland/Deer Ridge Community Clean-up.

### Deer Ridge Gardens

In spite of the hail this summer the gardens were very bountiful this year! Harvest will continue through the month. New beds are ready to go for additional gardeners next year! Please contact us to make plan for spring.

### Autumn is here

With the shortening days and longer shadows, pedestrians and drivers need to be extra aware. Take your time and watch out for each other. Let's all get home safe.



## Halloween

Share your favourite Halloween photos with us on Facebook and Twitter. We look forward to seeing them all.

## Deer Ridge Community Association Monthly Meeting

Do you have suggestions for your community? Would you like to volunteer on the Board? These meetings are a great opportunity with representation from (or in person) Richard Gotfried MLA, Councillor Peter Demong, and Neighbourhood Partnership Coordinator Lisa Pichurski. Your Calgary Police Service Community Resource Officer, Cst. Matt Forest, will also be present this month. All residents are welcome to attend.

The next board meeting is:

Date & Time: Tuesday, October 18th, 2015 at 7 PM

Location: Trico Centre - Meeting Room 6 (Note: This room is a change from the previous month.)

You may contact the Deer Ridge Community Association by visiting the website: [DeerRidgeCA.com](http://DeerRidgeCA.com), or by email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com). You may also like us on Facebook, and follow on twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA).

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



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

# VOLUNTEER FORM



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

We are updating our 2016-2017 list of volunteers. If you are interested, please fill out the form below and return by mail, or visit [www.DeerRidgeCA.com](http://www.DeerRidgeCA.com) and fill it out online.

Join us at the next board meeting to learn more. Tuesday, September 20th, 2016  
in Room #8, 7:00pm at the Trico Centre for Family Wellness.

Deer Ridge Community Association, PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-733

Email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)

Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA

## Deer Ridge Community Association, Volunteer Activities 2016 – 2017

- **Community Clean-Up** (Sept 18, 2016: set-up/take down, assist City staff directing people and receiving items, community signage and posters)
- **Fundraising Casino** (January 11th & 12th, 2017: money, money, money!)
- **Family Winter Skate** (January: set-up/take down, food and beverage service, event preparation, community signage and posters)
- **Ice Rinks** (Nov-March: maintaining ice surface)
- **Tennis Courts** (May-Oct: maintaining court surface)
- **Children's Christmas Party** (December: event preparation)
- **Volunteer Recognition** (Spring: event preparation)
- **Membership Drives** (Aug-Oct: door-to-door delivery of membership forms)
- **Movie at Yellow Slide Park** (July & Aug: event preparation, set-up/take down, food & beverage service, contact businesses for raffle prizes, community signage and posters)
- **Community Festival** (July: set-up/take down event tables, community signage and posters)
- **Community Gardens** (May-Oct: building new garden structures, painting, prepping beds at start of season, post-harvest activities)
- **Special Projects: playground rebuilds, pathway to rinks and gardens, etc.** (ongoing: planning, cost estimates, coordination with The City, organizing volunteers, construction)
- **Association Board Member or Committee Member** (various roles to suit individual's time available to volunteer)
- **Doesn't matter to me. I'll help with whatever is needed.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Ideas or Comments:



# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

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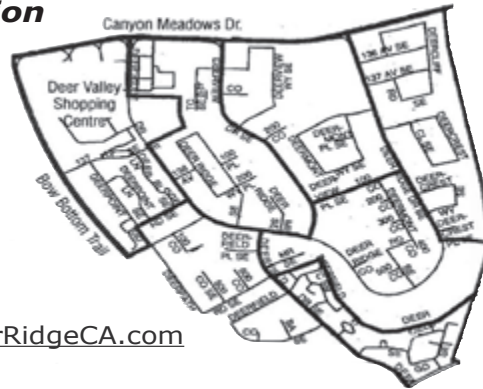


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**Deer Ridge Community Association  
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Form**



**Membership Year:**  
AGM June 16<sup>th</sup>, 2016 – August 31<sup>st</sup>, 2017

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

Online membership payment available at [DeerRidgeCA.com](http://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:**

<b>Mail completed form &amp; cheque payable to:</b>	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
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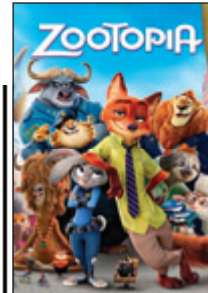
Two membership cards, printed with last name(s), will be mailed to your household.

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The Deer Ridge Community Association presents:

# “Movie In Yellow Slide Park”

## SATURDAY JULY 23 AND AUG 20, 2016



The Deer Ridge Community Association hosted two free Movie in Yellow Slide Park events this summer showing “Zootopia” in July and “Kung Fu Panda 3” in August on the big screen.

Thank you to all that attended and made these events a success! Over 250 people came out to each event and enjoyed hot dogs, chips, beverages, freezies, popcorn, bouncy castle, face painting and a local business sponsored prize raffle. A special thank you to the Calgary Police Mounted Patrol and the Calgary Fire Department for attending the July event and to Richard Gotfried MLA and Christina for lending tents to keep the volunteers shaded and dry.

The Deer Ridge Community Association cannot be successful without the volunteer support and commitment for planning these events. Many thanks to: Alana, Dawn, Bob, Laura, Lanis, Karen S, Barb, Gord, Sean, Craig, Adolpho, Olivia, Ron, Karen J, Gil, Roy, Yahir, Brent, Erica, Gustavo, Luz, Tracey, Nick, Linda, Chris and other friends, family and neighbours that help in many ways.

If you are interested in volunteering or your business would like to make a donation for the prize raffle at future Movie in Yellow Slide Park events, please contact the Deer Ridge Community Association at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com). See you next year!





# Thanks to the following "Movie In Yellow Slide Park" 2016 July & August Business Sponsors



## DONATIONS:

- Adorn Hair Salon
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- Deer Point Liquor Store
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- Donair Hut
- Federation of Calgary Communities
- Goji's Frozen Yogurt
- Great Clips
- KFC
- M&M Meat Shops
- Pang Pang restaurant
- Pet Valu
- Richard Gotfried, MLA
- TD Canada Trust
- Winkin Owl

## DISCOUNTS ON SERVICES:

- Inland Audio Visual
- Vienna @ Let's Face It! (July)

# Furnace Scam Warning for East Calgary

The City of Calgary has joined with the Calgary Police Service to once again warn residents after receiving several reports of aggressive and potentially fraudulent furnace salespeople visiting homes in eastern Calgary.

The salespeople go door-to-door telling residents that they are building inspectors and that they must be allowed inside to inspect the home's furnace or else the residents could face fines. Once inside, the salespeople claim to find problems with the furnace and/or hot water tank and aggressively try to sell the homeowner new ones.

Police investigators are currently working with The City of Calgary Licence Division to investigate these incidents. Calgarians who have similar experiences are asked to report it to our non-emergency line at 403-266-1234.

The Service and The City would like to share the following tips with Calgarians when faced with situations like these:

- Always ask to see identification to confirm that people are who they say. Legitimate door-to-door salespeople are required to have visible identification in Calgary.
- City of Calgary building inspectors generally only visit homes by appointment, or in emergencies. They always have City of Calgary photo identification and drive marked City of Calgary vehicles.
- Before allowing a contractor into your home, ensure you are dealing with an approved contracting company that is properly licensed and insured. The City of Calgary's new contractor tips and tools page on [calgary.ca/myhome](http://calgary.ca/myhome) provides valuable advice and an online business licence database for valid contractors.
- If you encounter a door-to-door salesperson or business without a business licence, report it to 311.
- If you are told your furnace does not meet safety codes and must be replaced, you can often check this information with The City of Calgary's Technical Assistance Centre at [calgary.ca/tac](http://calgary.ca/tac) to make sure it is true.

For information on building codes and how to protect yourself from contractor fraud, visit [calgary.ca/myhome](http://calgary.ca/myhome).



## MLA CALGARY - FISH CREEK RICHARD GOTFRIED

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October is a time to reflect with gratitude on the people and good in our life. This October I have much to be thankful for, family, friends, and a love of serving the people and province of Alberta.

Legislative Session will be starting at the end of October and I expect some lively debate! When we are not in session, the business of the Legislature of Alberta still goes on. Committees have met throughout the summer and will continue to do so through the fall. There are currently 10 committees for the Legislative Assembly of Alberta, which comprise of standing committees, special committees, and legislative policy committees. I hold a position on both the Standing Committee on Alberta's Economic Future and Standing Committee on Public Accounts. The mandate of the Standing Committee on Alberta's Economic Future relates to the areas of Agriculture and Forestry, Advanced Education, Infrastructure, Economic Development and Trade, Culture and Tourism, and Labour. The Standing Committee for Public Account's mandate is to review the reports of the Auditor General of Alberta and the public accounts of the province. It is an honour to serve on both of these committees and represent not just the constituents of Calgary-Fish Creek but the interests of Albertans at this critical time of financial instability.

Currently two of the Standing Committees are inviting public input to review two pieces of legislation: Child and Youth Advocate Act and the Lobbyists Act. The Child and Youth Advocates responsibility is to represent the rights and interests of youth and children who are involved in the youth justice system or who are receiving interventional services. As the role of the Lobbyist has evolved, a review of the act is an opportunity to ensure the legislation is more current with new mediums of communication and connecting with politicians. I would encourage you all to visit the assembly website [www.assembly.ab.ca](http://www.assembly.ab.ca) to access both of these surveys.

It was a pleasure for the office to be represented at Andrew Sibbald School's new playground opening. It is a beautiful new playground and will be well used by the school and community for generations to come. I com-



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](http://www.tricocentre.ca) to find out more.

## October 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, swim, 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.)

## Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

## Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCE-PI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or

*~continued on page 13~*

mend their efforts to enhance the children's school experience as well as benefitting the community. The parent group at Andrew Sibbald was able to access Alberta grants available to not-for profit community groups through Alberta Culture. Since 1998 Community Initiatives Program (CIP) and Community Facility Enhancement Program (CFEP) has distributed more than 1.1 Billion to not-for profit community groups across Alberta. The funding for CIP/CFEP grants are unique as the money does not come from general revenue/taxes but is sourced through lottery revenues.

Our next MLA Café sessions will be Friday October 28<sup>th</sup> 10-11am and Saturday November 5<sup>th</sup> 9-11am. I will continue to vary the times and days to allow for all to attend. I would encourage you to come out to meet me and my staff to share your thoughts on the legislative process and current government policy. Your engagement with me and my office ensures I can effectively represent you in Edmonton.

## Accountant Stanley Doherty, CPA, CMA

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# The Importance of Reporting Crime

Did you know that a substantial amount of crime isn't reported to police?

There are many reasons that people choose not to report a criminal offence. They may feel that it is too minor in nature or that nothing can or will be done. They may feel that it's not worth the time or effort or that police have more important things to do.

The Calgary Police Service pays close attention to reported crime statistics within communities and across areas of the city. In fact, statistical analysis can be a driving force behind how our Service chooses where and how to deploy resources.

Analysis of reported crime allows police to identify 'hot spots' of activity and also helps to measure and pinpoint emerging crime trends. A lack of accurate data makes identification of these locations difficult and unreliable.

So-called 'minor' crimes such as car-prowling (theft from vehicles), vandalism and other property related crime can be an indicator of a larger problem in a community. An increase in these types of crimes can indicate that an offender has moved into an area, that additional police resources are needed, or that something else has changed within the community. Becoming aware

of each of these factors is important for police to move forward in addressing community concerns.

## How to report a non-emergency crime

The emergence of technology has made crime reporting much easier and faster, and allows police to obtain an up-to-date glimpse of what is going on in the community.

- Online – [www.calgarypolice.ca](http://www.calgarypolice.ca)
- By phone – 403-266-1234 (police non-emergency line)
- Walk-in to your local District office

If there is an ongoing situation within your community, you also have the option of contacting your area Community Resource Officer (CRO) through your local District office to make them aware.

## How else can you help?

- Encourage your family, friends and neighbours to report crime or suspicious activity within your community.
- Be aware of your surroundings. If something or someone seems out of place, there is likely a good reason for this. Report any suspicious behaviour to the police.
- Lock it up! Don't provide offenders with any opportunity – secure your vehicle, garage and home (including closing windows when you are away and at night).



**COUNCILLOR, WARD 14**  
**PETER DEMONG**

[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eward14@calgary.ca](mailto:eward14@calgary.ca) or 403 268-1653

Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at [calgary.ca/ward14connect](http://calgary.ca/ward14connect). I encourage you to do so.

## Free Leaf and Pumpkin Drop-off

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit [calgary.ca/leaf](http://calgary.ca/leaf).

## Check your smoke detectors

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9<sup>th</sup> to 15<sup>th</sup> is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at [calgary.ca/fire](http://calgary.ca/fire).

## Being prepared for snow

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best

to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit [calgary.ca/roadconditions](http://calgary.ca/roadconditions) for current road conditions and progress. There is much more information about snow and ice control on [calgary.ca/snow](http://calgary.ca/snow) too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.

## October at Trico Centre cont'd

pick up a copy at Guest Services.

- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

### Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- 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

- All children's programs – from tots to teens – start in November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.
- Check out 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 lots of cool activities including leisure skate, youth shinny, and stick & puck.

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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.

# Phamtastic Esthetics & Spa



## YOUR COMMUNITY BUSINESS OF THE MONTH

### Phamtastic Esthetic and Spa

Operating for over 15 years, Phamtastic Esthetic and Spa has been the spot to fulfil your beauty needs, from spa pedicures and manicures, to a variety of waxing, and even facials. We pride ourselves in working in a clean and toxic free environment. Phamtastic Esthetic and Spa has had the honor of receiving the "Reader's Gold Choice Award" for 5 consecutive years. You are in safe hands with our highly trained professionals.

Phamtastic Esthetic and Spa opened in 2001 by owners Vu Tran and Linh Nhan. What started as a dream, turned into something more than they had envisioned. Vu and Linh decided that the Deer Ridge community looked like the perfect spot to open the business. With the peaceful surrounding, quiet & friendly community with Fish Creek Park close by, it was an easy choice of location. Starting inside Deer Valley Mall, Vu and Linh were welcomed graciously. They became part of a family, with every new client that has walked in, walked out as a new friend. After Deer Valley's new makeover, Phamtastic Esthetics and Spa is now located by the Starbucks and across the parking lot of Wal-Mart, on the corner of Canyon Meadows Drive and Bow Bottom Trail.

Phamtastic Esthetics takes both appointments and walk-ins. Our staffs love to make sure you feel welcome and comfortable. For example, during wedding season we have had bridal parties come in and bring their own champagne; we love to help make your day special.

Want to have a relaxing day with your partner? Try our new additions to our famous Spa Pedicures, we offer a full one hour massage focusing on your feet only. We also offer hot stone massage with pedicures if you want to try something exotic. Thinking of becoming a regular? Purchase one of our personalized tool kits for only \$10, which will only be used on you, and you can be guaranteed great sanitation. We offer gift cards that can

be purchased for your loved ones and we also offer special packages at discounted prices. Seniors can come in every Tuesday to get a special 15% off any service. We also sell a wide range of professional grade products, from OPI to Gehwol cream, at an affordable price.

Open 7 days a week to make it convenient for you!  
Monday – Friday: 9am – 7pm, Saturday: 9am – 6pm, Sunday & Holidays: 10am – 5pm. Call us at 403-278-4744 or visit our website: <http://www.phamtasticesthetics.com/> for additional information.

Come in for a visit! We'd love to make new friends, and make sure you have an amazing time during your visit.

## Phamtastic Esthetics & Spa

**Deer Valley Market Place**  
#218-1221 Canyon Meadows Dr SE  
Tel: 403-278-4744 or 403-278-4781

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- Brow and Lash tint
- Shellac Gel Nail
- Body massages
  - » Thai Herbal Massage
  - » Hot & Cold Stone Massage
- Packages and Gift Certificates Available
- Open 7 days a week & Holidays
- Services for Men and Women
- Toxic Free - environmentally friendly

**15% OFF ALL SERVICES**

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Deer Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**WHITTON ELECTRICAL SERVICES:** Master Electrician with 10 plus years' experience. Offering service up grades, panel changes, fixtures, aluminum wiring change out and more! Big box companies say it's not possible? Let me take a look! Fully licensed and serving Calgary and area. Call or text Kyle at 403-371-8383.

**ARTWOOD FLOORS:** We supply, install, sand, stain, and finish site and pre-finished hardwood floors. 20 years of experience. Dustless sanding, commercial grade finishes and quality workmanship at competitive prices. For a free estimate call 403-251-9980 or visit our website at [www.artwoodfloors.ca](http://www.artwoodfloors.ca).

**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](mailto: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.

**THE CONTRACTOR YOU'VE BEEN LOOKING FOR:** Y.E.S. Contracting is your easy solution. Knowledgeable and reliable, licensed, registered and insured. All your trades in one call. Book now to get your electrical, plumbing and general projects completed! Carl 403-671-4714.

**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](http://www.communitymediation.ca), 403-269-2707.

**DISCIPLE HOMES & IMPROVEMENTS INC.:** Renovation experts interior and exterior. Book now for new roofs, siding, soffit and eavestrough. Members of BBB, licensed and insured. Email us at [info@disciplehomes.com](mailto:info@disciplehomes.com) or call 403-207-5708. Visa and MasterCard accepted.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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

## Animal Trivia

Carnivorous animals will not eat another animal that has been hit by a lightning strike.



## VOTE JACK REDEKOP FOR YOUR FEDERAL CONSERVATIVE MEMBER OF PARLIAMENT

"My name is Jack Redekop and I am seeking the Conservative nomination in your communities. I have lived, worked and volunteered in the constituency for over 25 years, which has allowed me to develop a deep understanding of the challenges our communities face. I believe that politics is about people and that the most effective representatives are those who have deep roots in the communities they wish to represent.

**As a lifelong conservative, I also believe that conservative values are what make Canada great!**



I ask for your support in my bid to become your next Member of Parliament. I have been a member of Jason Kenney's board for the last ten years, most recently as President and am further endorsed by Richard Gotfried, MLA for Calgary, Fish Creek.

For More Information Visit:  
[WWW.JACKREDEKOP.CA](http://WWW.JACKREDEKOP.CA)

# Jack

CALGARY MIDNAPORE



## Deer Ridge Real Estate Update

Last 12 Months Deer Ridge  
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$409,900.00	\$398,000.00
July 2016	\$362,400.00	\$361,700.00
June 2016	\$352,400.00	\$344,625.00
May 2016	\$347,250.00	\$340,000.00
April 2016	\$330,000.00	\$320,000.00
March 2016	\$399,900.00	\$380,000.00
February 2016	\$414,900.00	\$401,000.00
January 2016	\$349,900.00	\$326,500.00
December 2015	\$314,900.00	\$300,000.00
November 2015	\$387,444.00	\$370,000.00
October 2015	\$344,950.00	\$335,000.00
September 2015	\$0.00	\$0.00

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

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

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [deer-ridge.great-news.ca](http://deer-ridge.great-news.ca)

**FP**

## Footloose Photography

BY SHERI

**MATERNITY, NEWBORN AND  
FAMILY PHOTOGRAPHY**

403.512.1221 | [macdonaldsheri@gmail.com](mailto:macdonaldsheri@gmail.com)  
[sherimacdonald.zenfolio.com](http://sherimacdonald.zenfolio.com)



## FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides is underway again for the 2016-2017 year. Haven't registered your daughter yet? Registration is open year round! So, go to [www.girlguides.ca](http://www.girlguides.ca) and locate the unit finder button to find the unit best suited for you.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. Camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. Want to join us? Contact Pat, [isteads@telus.net](mailto:isteads@telus.net) for info.

Have you seen the girls out with the fall Chocolatey Mint cookies yet? They are available now. If you were missed in the sales campaign, contact [isteads@telus.net](mailto:isteads@telus.net) and we'll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though; cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.



## TRIVIA

The stately, sandstone Lougheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city.

<http://www.lougheedhouse.com/>

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## STEP INTO FALL

Are you thinking of becoming more active?  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

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

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

By completing the 3 questionnaires you will receive:

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

To participate contact:

Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board.





CUSTOMER SATISFACTION GUARANTEED

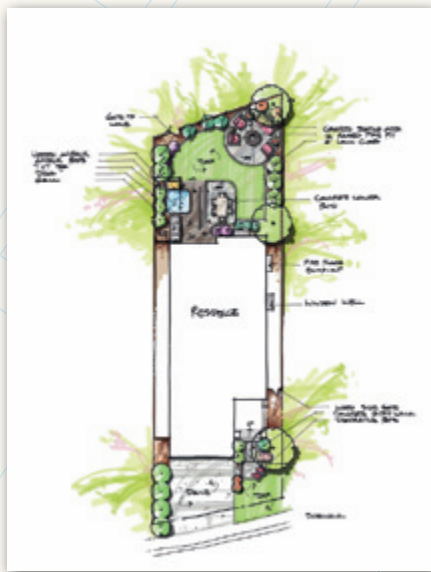


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Queensland Scouts will be taking orders for Scout Popcorn in our neighbourhood Starting September 25th

If we miss you and you would like to order popcorn, email us at [qs-a172@gmail.com](mailto:qs-a172@gmail.com) or call us at 587-287-9934.

Thank you for your continued support of local youth programming!



# Dr. Diane Fennell

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