

FEBRUARY 2017

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# DEER RIDGE

JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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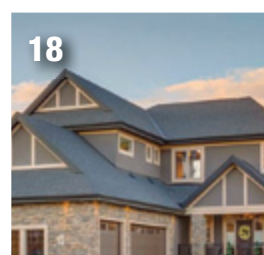
**Life.**  
**We don't**  
**want you**  
**to miss it.™**

Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at [heartandstroke.ca](http://heartandstroke.ca)

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## DEER RIDGE COMMUNITY ASSOCIATION

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7  
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[www.deerridgeca.com](http://www.deerridgeca.com)

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[deerridgeca@gmail.com](mailto:deerridgeca@gmail.com)  
 All editorial content must be submitted by the 5th of the month for the following month's publication.

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### Published by Great News Publishing

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

## IMPORTANT NUMBERS

| ALL EMERGENCY CALLS 911                 |                |
|---|----------------|
| Alberta Adolescent Recovery Centre      | 403-253-5250   |
| 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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\* According to the 2016 RBC Canadian Water Attitudes Survey

# 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          | VACANT       | 403 452 0181 |
| Secretary          | Barb Chapman | 403 285 9482 |

### PAST PRESIDENT

|                |          |              |
|----------------|----------|--------------|
| Past President | Bob Hall | 403 278 6817 |
|----------------|----------|--------------|

### 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

### Deer Ridge Family Winter Skate

Thank-you to all in attendance at this year's Family Winter Skate in January. It was a fun afternoon on the rinks and the ice was fantastic! Thank-you to the rink volunteers for all their efforts.

The free hotdogs and hot chocolate were warmly welcomed and re-energised the lil' folk heading back out on the ice. Special thanks to Starbucks for the donation of hot chocolate.

### Deer Ridge Community Association Treasurer Position

The board is looking for a volunteer to fill the executive position of Treasurer. This position will require approximately six hours average per month with additional time required for year-end reports. All executive members of the board are unpaid volunteers.

This is a great opportunity to be actively involved in board governance, management of facilities, community programming and planning of your community.

Please mail or email your résumé in confidence to the Deer Ridge Community Association.

### Membership

Membership application forms are available in this Deer Ridge Journal and online at [DeerRidgeCA.com](http://DeerRidgeCA.com). If you would like to become a registered/paid member of the Deer Ridge

Community Association please mail the completed forms in with a cheque for \$ 15.00 to the Deer Ridge Community Association Box 43052, Calgary, Alberta T2J 7A7. Your membership not only supports the Deer Ridge Community but also makes available to residents the following ongoing special offers from your Community Partners:

- Trico Centre for Family Wellness - 20% discount on membership pricing
- Play It Again Sports - skate sharpening (get coupon at [DeerRidgeCA.com](http://DeerRidgeCA.com))

- Deer Point Alterations & Repairs - receive 10% off repairs and alterations \$100.00 or more.
- Cornerstone Music Café - receive 10% off
- Around The Bend - receive 10% off
- Fortified Fitness – receive 20% of regular priced membership (get coupon at [DeerRidgeCA.com](http://DeerRidgeCA.com))”

Please visit [DeerRidgeCA.com/community-partners](http://DeerRidgeCA.com/community-partners) for more details.

### Counciltalk

Please join Councillor Demong at the next Ward 14 Counciltalk. This is a great forum to talk to the Councillor directly.

Date: February 25, 2016

Time: 12 p.m. – 2 p.m.

Location: Chaparral Lakehouse

Address: 225 Chaparral Drive S.E.

### Deer Ridge Community Association Monthly Meeting

Do you have suggestions for your community? Would you like to volunteer on the Board?

The next board meeting is:

Date & Time: Tuesday, February 21st, 2015 at 7 PM

Location: The Trico Centre - Meeting Room 7/8

You may also 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 if you can spare a few hours a month, please get involved and join the Deer Ridge Community Association Board!





Guides  
Canada

# FAMOUS FIVE DISTRICT

Another reminder to mark your calendar: The Annual Carnival is open to everyone and we'd really appreciate your support. The date is March 4, and the location is Queensland Community Hall. Activities will be on-going from 11:00 am to 4:00 pm but get there early for the best baking and stay late to see if your name is the last on the list for the silent auction items! Lunch and snacks will be available along with fun and fellowship.


February is a special month for Girl Guide members. It's the time when we celebrate the birthdays of the founders of the organization – Lord and Lady Baden-Powell. During this month, units will be learning about Girl Guides and Girl Scouts from around the world with games, songs and sometimes some new food! If you have a special Girl Guide or Girl Scout memory, please remember to share it with a girl. Our young members today love to hear about the camps, friends and opportunities that are part of our memories.

Thank you to all for your support with the fall Mint cookie campaign. Keep an eye out for the Classic Cookies coming in late March.

## Accountant

**Stanley Doherty, CPA, CMA**  
 #8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4  
 Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd  
**dohertysb@shaw.ca**  
**accountingservicescalgary.net**  
**Personal and Corporate Taxes**  
*Financial Statements • GST • Payroll • Reviews*  
*Audits • Consulting • Business Startup Assistance*  
**English 403-257-1582 • Español 403-457-4829**

## FEBRUARY MOON CALENDAR



# IN & AROUND CALGARY

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

**February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

## YOKI & JEFF'S REAL ESTATE REPORT YEARLY REPORT JANUARY - DECEMBER

| DETACHED HOMES                     | 2015      | 2016    |
|------------------------------------|-----------|---------|
| <b>BUNGALOWS/BILEVELS</b>          |           |         |
| Lowest Price                       | 490,000   | 410,100 |
| Highest Price                      | 1,035,250 | 720,000 |
| Average Price                      | 615,877   | 568,172 |
| Number of Sales                    | 26        | 16      |
| <b>1 ½, 2, 2st SPLIT, 3 STOREY</b> |           |         |
| Lowest Price                       | 555,000   | 462,000 |
| Highest Price                      | 1,214,880 | 972,500 |
| Average Price                      | 666,788   | 622,912 |
| Number of Sales                    | 14        | 16      |
| <b>3, 4 &amp; 5 LEVEL SPLITS</b>   |           |         |
| Lowest Price                       | 545,000   | 471,500 |
| Highest Price                      | 607,000   | 623,000 |
| Average Price                      | 576,000   | 559,133 |
| Number of Sales                    | 2         | 3       |

Only 4 properties currently listed for sale in Parkland as of January 3, 2017. There's low supply and that is always a good time to sell. If you are thinking of selling please call.



*"To give real service you must add something which cannot be bought or measured with money-sincerity and integrity"*

## Yoki & Jeff Nichol

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# 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.

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: \_\_\_\_\_

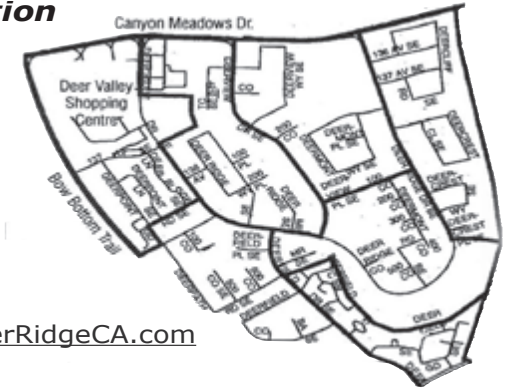
Address: \_\_\_\_\_

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

Ideas or Comments:



## Deer Ridge Community Association Membership Request / Renewal 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<br>PO Box 43052, Calgary, AB, T2J 7A7     |
| <b>Online:</b>                                      | <a href="http://DeerRidgeCA.com/Membership">DeerRidgeCA.com/Membership</a> |

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

Deer Ridge Community Association PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331 |  
Website: [DeerRidgeCA.com](http://DeerRidgeCA.com) | Email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) | Facebook: Deer Ridge  
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## Trivia

# Groundhog Day

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

# 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."

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

**THE CONTRACTOR YOU'VE BEEN LOOKING FOR:** Y.E.S. Contracting is your easy solution, [youreasolution.ca](http://youreasolution.ca). 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.

**E.G.K. RENOVATIONS:** Renovations / developments, drywalling, taping, texturing, tile work, painting, t-bar ceilings, carpentry, flooring, window and door replacements, plumbing and electrical, all handyman services and more! Serving Calgary and area for over 30 years! WCB and BBB accredited. Licensed and insured. Contact Erich at 403-606-2493.

**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.

**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.

**YOGA BEARS KIDS YOGA:** Ages 3-5. Deer Run Community Centre. Tuesdays 9:30 - 11:00am. January 10 - March 14, 2017. Drop-in or pre-register to hold a spot for your child. Yoga, mindfulness, songs, games, stories and relaxation. Mats provided. \$15.00 drop-in or \$135.00 for 10 classes. Call Kaura 403-809-1930 or visit [www.yogabears.ca](http://www.yogabears.ca)

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## Valentine

# Chocolate Trivia

Richard Cadbury produced the first box of chocolates for Valentine's Day in the late 1800s. Today, over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S. per year.

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BEFORE



AFTER



BEFORE



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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 |
|----------------|----------------------|--------------------|
| December 2016  | \$409,900            | \$400,000          |
| November 2016  | \$423,450            | \$418,500          |
| October 2016   | \$457,950            | \$448,500          |
| September 2016 | \$367,400            | \$350,500          |
| August 2016    | \$409,900            | \$398,000          |
| July 2016      | \$362,400            | \$361,700          |
| June 2016      | \$352,400            | \$344,625          |
| May 2016       | \$347,250            | \$340,000          |
| April 2016     | \$330,000            | \$320,000          |
| March 2016     | \$399,900            | \$380,000          |
| February 2016  | \$414,900            | \$401,000          |
| January 2016   | \$349,900            | \$326,500          |

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

|                | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| December 2016  | 4                  | 3                   |
| November 2016  | 3                  | 4                   |
| October 2016   | 2                  | 2                   |
| September 2016 | 5                  | 2                   |
| August 2016    | 4                  | 5                   |
| July 2016      | 5                  | 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                   |

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



MLA Calgary - Fish Creek

**Richard Gottfried**

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada T2J 3Z5 • Ph: (403) 278-4444

F: (403) 278-7875 [calgary.fishcreek@assembly.ab.ca](mailto:calgary.fishcreek@assembly.ab.ca) [www.richardgottfried.ca](http://www.richardgottfried.ca) • @GottfriedMLA

[facebook.com/RichardGottfried4FishCreek](https://facebook.com/RichardGottfried4FishCreek)

In February, love and family are in the air! One of my perennial favourite pastimes is Family Day. Did you know that former Premier Don Getty and Lieutenant Governor Helen Hunley officially proclaimed Family Day as a statutory holiday in 1990? Premier Getty had a firm belief that the strength of Alberta was in embracing the importance of family and family togetherness. As in past years, all provincial museums will be open free of charge on Monday, February 20th. I would encourage you to explore our Alberta heritage while gratefully recognizing the pioneers who built our province. For a full listing of all Alberta museums please visit: [www.culture.alberta.ca](http://www.culture.alberta.ca)

I too feel strongly that our province was built and has thrived on the entrepreneurial spirit and prairie work-ethic of diverse, passionate, hard working Alberta families. Families come in all shapes and sizes but our resiliency as a province, and as proud Albertans, is at its best when government develops and enacts policies that strengthen and support families, rather than placing undue burdens through punitive taxation and heavy-handed regulation. Know that I will continue to fight, each and every day, for the best interests of Alberta families as your representative in the Provincial Legislature.

Now that I have children in post-secondary, they along with many others look forward to reading week. The original purpose of reading week was to give students an opportunity for additional research and reading, but it also has been extremely beneficial in raising awareness of mental health. Mental health is not just an issue on post-secondary campuses but it is something that touches each of us in the community. The most common forms of mental illness are depression and anxiety. Often mental illness can be exacerbated by external stresses in our lives, such as loss of a loved one, family or employment challenges or financial pressures. Other factors, such as chemical imbalances can cause physiological changes in our minds and bodies. While our focus should remain on diagnosis and treatment in the same manner as we address any other illness, there are still stigmas attached to mental illness. By continuing to talk about the issues and support those in need with kindness and compassion, we breakdown the stigmas around mental

health and as community we are stronger. Local and national agencies such as the Distress Centre and Canadian Mental Health Association can provide support and resources, so please do not hesitate to reach out for yourself, family and friends as required. Remember, help awaits and is readily available when you most need it!

As always, the issues that matter to you are important to me. I will be hosting two MLA Café's in February to accommodate varying schedules. Please find time to visit us at the office February 24 10-12pm or February 27 5-7pm. Your feedback and concerns will assist me in better representing you as we commence the Spring Legislative Session in March!

Happy Valentines Day, Family Day, a belated Gung Hei Fat Choi and all the best for a happy, healthy if not challenging 2017...Year of the Rooster!

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17





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.

### February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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 pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule.

### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at [www.tricocentre.ca](http://www.tricocentre.ca).
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

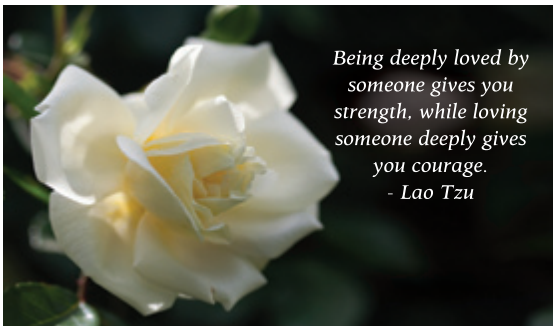
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

### Families

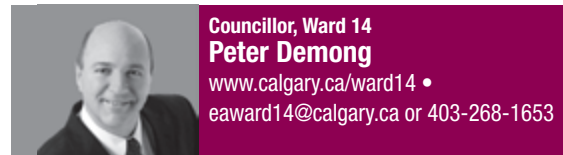
Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

### Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule and details.



*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.*  
- Lao Tzu



Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

### Counciltalk

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit [calgary.ca/counciltalk](http://calgary.ca/counciltalk) for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

### Ward 14 Community Calendar

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting [calgary.ca/ward14calendar](http://calgary.ca/ward14calendar), or just looking around on [calgary.ca/ward14](http://calgary.ca/ward14).

### A final note

Finally, it is the month of love, and Valentine's Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let's not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!

## BRAIN GAMES SUDOKU

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



# Ask Charles

*I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?*

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working

relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).*

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