

SEPTEMBER 2017

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

THE DEER RIDGE

JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Councillor Peter Demong

WARD 14 COMMUNITIES

BBO

SAT, SEPTEMBER 16
11 AM TO 2 PM



Get there early for a

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and support your

COMMUNITY ASSOCIATION

At Southcentre Mall parking lot

Sponsored by:

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Southgate Chevrolet Buick GMC, Canyon Creek Toyota,

Jack Carter Chevrolet Cadillac Buick GMC,

Waste Connections of Canada, Pacific Developments, Southcentre Mall,

Spolumbo's, Safeway, Spruce Meadows, South Trail Insurance,

No Bull Bookkeeping, & Great News Publishing

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DEER RIDGE COMMUNITY ASSOCIATION

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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

BOARD OF DIRECTORS' MESSAGE

We hope everyone has had a fabulous safe and happy summer!

Movie at Yellow Slide Park

At the time of writing this, the event is still a few days away. Deer Ridge volunteers have been busy and Ms. Somers, Movie in the Park Coordinator, has done a great job of making sure everything is in place.

The involvement from local businesses has been fantastic with many donations received for raffle items. Thank-you to Councillor Peter Demong for WCEF grant of \$1500 for the event. Thank-you to MLA Richard Gotfried for use of two festival tents as well as donation of water, juice and condiments. A big thanks to additional volunteers offering to help on the day!

Based on what we have thus far, anticipated attendance, and upcoming weather forecast, it should be safe to say the event will be a great success!

We hope you and your family were able to join in on the fun! More details to come in the October newsletter issue.

Councillor Demong's Ward 14 BBQ

It's that time of year again! Councillor Demong invites you to his annual Ward 14 Communities BBQ.

Date: Saturday, September 16th, 2017

Time: 11 a.m. to 2 p.m.

Location: Southeast corner of the Southcentre Mall parking lot (near CIBC)

Further details can be found in Councillor Demong's letter within this newsletter. You can also find more information by visiting www.calgary.ca/ward14bbq.

We look forward to seeing you at the Deer Ridge Community Association tent!

Calgary Public Library

Did you know?



Calgary Public Library cards are free for everyone. The Book Truck is here for you in Deer Ridge every two weeks!

Dates: Saturday, September 9th and Saturday, September 23rd

Time: 1 p.m. to 3 p.m.

Location: 342 Deerpoint Gardens SE.

You may also visit online at <https://calgarylibrary.ca/booktruck/> to check Book Truck schedule for additional dates and locations.

Kids Help Phone

24 hour 1-800-668-6868, kidshelpphone.ca

- Anonymous and confidential
- Toll-Free professional, bilingual counselling and referral services for youth up to 20.
- Online and phone counselling available.

Calgary Police District 6

Welcome to our new Community Resource Officer, Constable Mike Moore. Over the past few months Cst. Moore has been active in Deer Ridge including an occasional game of basketball with community youth and helping to promote Calgary Police Service at "Movie at Yellow Slide Park."

Here is your contact information for the District 6 station:

8325, Bonaventure Drive S.E.
Monday to Sunday 8 a.m. - 8 p.m.
Closed statutory holidays
Phone: 403-428-6600

Community Gardens

Be sure to visit the community gardens located near the ice rinks in the greenspace along Deermont Way S.E. It's been a busy season keeping the beds watered with this summer's high temperatures but everything is growing and looking great. New gardeners are always welcome to get involved! You can visit online at DeerRidgeCA.com for updates or Facebook: [DeerRidgeCommunityGarden](https://www.facebook.com/DeerRidgeCommunityGarden)

Do you have suggestions for your community?

Would you like to volunteer on the Board?

The next board meeting is:

Date: Tuesday, September 19th, 2017

Time: 7:00 p.m.

Location: Trico Centre (11150 Bonaventure Drive SE) – Multi-Purpose Room #7/8

We hope to see you there!

Deer Ridge Community Association Membership

Memberships expire annually on August 31st. The cost of membership is still only \$15 per household. If you have not already purchased your membership please fill out and mail in form included in newsletter or purchase your membership online at DeerRidgeCA.com/Membership

Your membership makes a difference in your community!

Deer Ridge Community Association



Box 43052
 Calgary, Alberta
 T2J 7A7
 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	Dawn Wallace	403 606 7331
1st Vice President	Karen Stevenson	403 278 3353
2nd Vice President	Alana Somers	403 466 8100
Treasurer	Kim Waytowich	
Secretary	Barb Chapin	403 285 9482
PAST PRESIDENT		
Past President	Bob Hall	403 278 6817
DIRECTORS AT LARGE		
Director at Large	Lanis Anderson	
Director at Large	Laurie-Anne Bulmer	
Director at Large	Tracey Burch	
Director at Large	David Burns	
Director at Large	Luz Jaimes	
New Director at Large	Adolpho Scollo	
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
Newsletter Coordinator	Luz Jaimes	

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.



Good Food Box Program



What is the Good Food Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.



Box Options

Small Box: \$25, 20-25lbs* of fruits and vegetables

Medium Box: \$30, 30-35lbs* of fruits and vegetables

Large Box: \$35, 40-45lbs* of fruits and vegetables

**These weights are just an approximate. Weights will vary depending on produce size and density.*

How The Good Food Box Works

The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centers, senior centers, apartment complexes etc. When a member of the community wishes to order a GFB they are matched with the closest depot to them by calling into our office. They are then given the contact details of the depot and are responsible for contacting the depot, placing their order and payment as well as pick-up of the GFB on delivery date. Customers pay \$25, \$30, \$35 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery.

How Does the GFB Operate?

The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at our warehouse. Our volunteers then divide up the produce into portions and put the Good Food Boxes together. The boxes contain the maximum produce possible in them for the price.

Ordering, Delivery, and Pick-up Schedule

Please contact **Kiran McKee 403-278-8263** at **Deer Park United Church**, 77 Deerpoint Rd SE T2J 6W5

Place Order Before:

Delivery:

September 12th, 2017	September 21st, 2017
October 10th, 2017	October 19th, 2017
October 31st, 2017	November 9th, 2017
November 28th, 2017	December 7th, 2017

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 and fill it out online.

Deer Ridge Community Association, PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331

Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Deer Ridge Community Association, Volunteer Activities 2016 – 2017

- **Community Clean-Up** (June 25, 2017: 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** (June: 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:

Back to School Pedestrian Safety for Children

CHILDREN

POINT across the road with your arm to tell drivers that you are ready to cross.

PAUSE until all vehicles stop and you have made eye contact with drivers.

PROCEED with your arm out, and keep looking both ways as you cross.

DRIVERS

Follow posted speed limits.

Be ready to stop for pedestrians at any time, especially in areas where children play.

PARENTS

Walk with your child often and role model safe pedestrian behaviour.



Teach your child to recognize traffic safety signals and the signals of a crossing guard.

Be sure that your child walks on the sidewalk or as far away from the road as possible, facing traffic.

Make it a rule to cross the street at pedestrian crosswalks or corners only, and to cross railway tracks at designated crossings only.

Make sure that your child knows that he or she must never play on the street or around or between parked cars.

Talk to your child about being a distracted pedestrian. It is not safe to listen to music, text, or talk to friends while crossing the street.



Children ages 5 to 9 are at high risk for pedestrian injuries. Safety research shows children less than 9 years old have not developed the learning skills they need to judge the speed or distance of traffic.

Children less than 9 years old should always have an adult or older child help them cross the road. Parents should make sure their children can demonstrate how to cross the road safely before allowing them to walk to school or around their community without supervision.

LOOK OUT FOR EACH OTHER!

Last Revised: September 29, 2015

Author: Provincial Injury Prevention Program, Alberta Health Services





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



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: 403-606-7331 |
Website: DeerRidgeCA.com | Email: DeerRidgeCA@gmail.com | Facebook: Deer Ridge
Community Association | Twitter: @DeerRidgeCA



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.



September 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Registration for Fall Programs

• Registration for Fall programs is ongoing. Check the new program guide – online and in our stands.

Canada 150 Play List Event at Trico Centre

• Saturday, September 2 from 10am to 2pm – come to Trico Centre and complete 20+ events from the Canada 150 Play List including dodgeball, boxing, rowing, skating, karate, Pilates, cycling, tag, kinball, stick pull, and more. Check www.tricocentre.ca for details.

Children & Youth

- Skating lessons for all ages (2yrs to teen/adult) and private lessons too. Intro to Figure Skating, Powerskating & Hockey, Recreational Hockey, and Intro to Hockey for Adults and Children.
- Swimming lessons for all ages (parent and tot to swim patrol to adult.)
- Registered programs for children and youth: dance, sports, gymnastics, creative, and more. See Fall 2017/ Winter 2018 Program Guide for all the details. Lots of new options for all ages.
- New for children and youth: Circus Arts, Rhythmic Gymnastics, YogArt for Teens, Youth Yoga, Badminton & Volleyball, Cross Country Running, First Serve Tennis, Floor Hockey, and HIT the Gym.
- A.B.L.E is an inclusive activity program designed for individuals with adaptive needs. Whether they are mental, social, physical or visual challenges, this program will give kids an open space to Adapt, Believe, Learn, and Experience. 3-6 yrs, 7-11 yrs, 12-17 yrs.

Adults/Older Adults

- Adult registered fitness starting in September Cardio Dance, Cardio Kickboxing, Ballet Barre Blast and more
- Cool new adult fitness options: Buti Yoga, Fitness Sampler for Beginners, Yoga Sampler for Beginners.
- Older adult options: Balance Builders Level 1: Fall Prevention for Older Adults, Bones and Balance, Chair Yoga, and the brand-new Walking Pole Clinic.
- Baby & Me: Mommy and Me Fitness, Mommy and Me Barre, Stroller Fit, and Mommy and Me Aquafit.
- Small group training: Only 4 participants in these programs! Trim & Tone, Focus on Lifting, Posture Training.





“Scary” Investment Moves to Avoid

By Kevin O’Hagan, PFP, FMA, CIWM

If you have young children or grandchildren, you know what’s really important. Yes, it’s Halloween time again, which means you’ll see plenty of witches and vampires scurrying around. You’ll no doubt find these characters more amusing than frightening, but you don’t have to look far to find things that are a bit more alarming — such as these scary investment moves:

Paying too much attention to the headlines — Some headlines may seem unnerving, but don’t abandon your investment strategy just because the news of the day appears grim.

Chasing “hot” investments — You can get “hot” investment tips from the talking heads on television, your next-door neighbour or just about anybody. But even if the tip was accurate at one point, by the time you get to a “hot” investment, it may already be cooling down. And, even more importantly, it simply may not be appropriate for your individual risk tolerance and goals.

Ignoring different types of investment risk — Most investors are aware of the risk of losing principal when investing in stocks. But if you shun stocks totally in favour of perceived “risk-free” investments, you’d be making a mistake because all investments carry some type of risk. For example, with fixed-income investments, including GICs and bonds, one risk you may encounter is inflation risk — the risk that your investment will provide you with returns that won’t even keep up with inflation and will, therefore, result in a loss of purchasing power over time. Another risk you can incur is interest-rate risk — the risk that new bonds will be issued at higher rates, driving down the price of your bonds. Bonds also carry the risk of default, though you can re-

duce this risk by sticking with bonds that receive the highest ratings from independent rating agencies.

Failing to diversify — If you only own one type of investment, and a market downturn affects that particular asset class, your portfolio could take a big hit. But by spreading your dollars among an array of vehicles, such as stocks, bonds and government securities, you can reduce the effects of volatility on your holdings. (Keep in mind, though, that diversification cannot guarantee profits or protect against loss.)

Focusing on the short term — If you concentrate too much on short-term results, you may react to a piece of bad news, or to a period of extreme price volatility, by making investment moves that are counterproductive to your goals. Furthermore, if you’re constantly seeking to instantaneously turn around losses, you’ll likely rack up fees, commissions and possibly taxes. Avoid all these hassles by keeping your eyes on the future and sticking to a long-term, personalized strategy.

You can’t always make the perfect investment choices. But by steering clear of the “scary” moves described above, you can work toward your long-term goals and hopefully avoid some of the more fearsome results.



FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be underway again for the 2016- 2017 year. Haven’t registered your daughter yet? Registration is open year-round! Go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you. We’re hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we’ll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don’t have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Hello Ward 14!

It has been a hot summer so far! I hope everyone has had their share of dips in the pool, and ice cream cones. There are still many warm days ahead, but the signs of autumn are on their way.

Ward 14 Communities BBQ

My BBQ is a sure sign that September is here (or maybe it is the other way around). Join me on September 16 from 11 a.m. to 2 p.m. in the parking lot of Southcentre Mall. You can visit www.calgary.ca/ward14bbq for more info, or www.calgary.ca/ward14connect for email updates.

There will be many interesting exhibitors, all of Ward 14’s community associations, MLAs, MPs, and a delicious Spolumbo’s sausage on a bun for attendees. Of course, none of those things would be there without amazing sponsors. Thank you to Genstar, United Communities, ATCO, Mattamy Homes, Southgate Chevrolet Buick GMC, Canyon Creek Toyota, Jack Carter Chevrolet Cadillac Buick GMC, Waste Connections of Canada, Pacific Developments, Southcentre Mall, Spolumbo’s, Safeway, Spruce Meadows, South Trail Insurance, No Bull Book-keeping, and Great News Publishing.

I will see you there!

2017 Municipal Election

Another autumn tradition! Calgarians will vote for their Mayor, Councillors, and School Board Trustees in the 2017 Municipal Election. You can choose to cast your ballot during the Advance Vote from October 4 – 11, excluding October 9 (Thanksgiving) or on Election Day, October 16. There are many ways to vote, so be sure to check the website www.electionscalgary.ca for a complete list of voting options. Voting station locations will be available online after September 19, 2017, or you can watch the mail for your official Election Guide.

Green Cart Program Rollout

I want to briefly remind everyone that the majority of Ward 14 will be receiving green carts starting August 28 with collection starting on October 2. If you are away during this time, you will still get your bin. I encourage

you to ask your neighbours to bring the cart on to your property. Look for all necessary instructions inside the bin when you receive it, and visit calgary.ca/greencart for more info

Macleod Trail and 162 Avenue Interchange

One sure sign of autumn is the end of construction season, but the end of this bit of construction has been coming for more than just a season. Those of us who drive the road every day have dealt with it for many months, and those who have dealt with it behind the scenes—like me—are coming to the end of a process that lasted many years. I am very proud to have worked on this project. I know it will benefit Calgarians for decades to come.

As I write this we are preparing to open the new interchange to vehicles. As you read it, the interchange will be nearing completion. If you are looking for the latest information about the progress of construction or just details about the project, I recommend visiting calgary.ca/macleod162ave.


Of course, you can always contact me if you would like to speak with me about the interchange, or anything else. Enjoy the wonderful weather while it lasts!

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let’s Talk.

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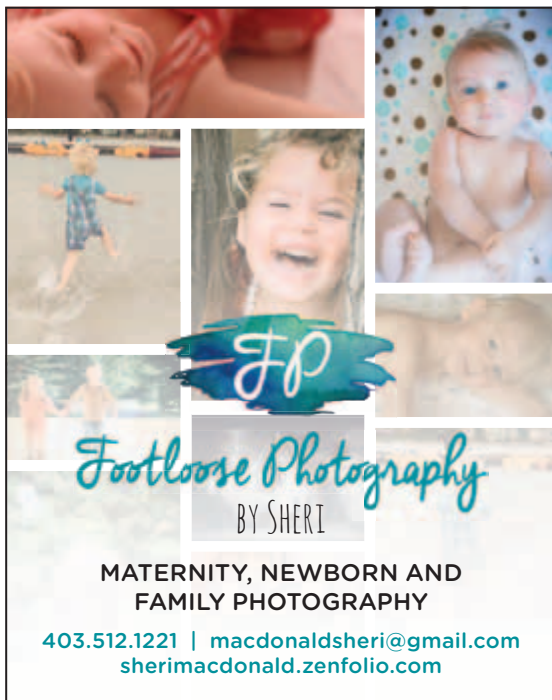
Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870



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As September arrives we often turn our minds back to more regular routines with school, work and sport. There will be much change this fall, particularly in the Alberta political landscape. I would encourage you to be aware of municipal elections for mayor, councillors, and trustees this October 16th. If you have not registered to vote, I would encourage you to do so. Be informed and be aware of the issues. Politics do matter to us all!

October 28 has been set as the leadership vote for the newly established United Conservative Party (UCP), for which I now sit. If you are interested in having a voice in who will be the leader of the party, I would encourage you to get involved. It will be "one member one vote", so all members will have a direct impact on the outcome and a say in the direction of the new party. As House Leader for the UCP, I will be maintaining a neutral position with respect to the leadership. Please be aware that under Legislative guidelines we cannot sell memberships at the office, but if you do have questions on process or where to go, please do not hesitate to ask.

Alberta Small Businesses are the lifeblood of this province. Government does not create jobs nor "first stage" wealth, but rather provide support, essential services and the network and regulatory framework that private sector jobs and companies exist in. History has shown that governments can either allow companies/businesses to flourish or hinder them with red tape and unjustifiable levies and expenses. This summer's special project has seen my team reaching out to and visiting businesses in the community to listen to the challenges and opportunities they face. Once all of the research has been evaluated I will be sharing some of the key findings and personally visiting those businesses interested in further dialogue. Calgary-Fish Creek is dominated by small, entrepreneurial businesses which is generally the case across Alberta. Did you know that 95% of all business in Alberta are classified as small business, supporting between 1 and 49 employees? Alberta also far exceeds the national average in terms of small busi-

ness contribution to the overall provincial GDP. It has been valuable for me and my team to share with owners/managers some of the resources that are available to them for support and networking. I would strongly encourage anyone operating a business or looking to start one to access www.smallbusiness.alberta.ca. The website has access to information on start-up, operations, finance and regulations all specific to small business. Contact numbers and emails are also available on the site, to which answers to specific questions can be addressed. Using available resources strengthens the connectivity and resiliency of our province and allows investors and decisions makers to monitor trends in issues or regulations affecting them. A strong, supportive wealth-creating business environment allows our province to sustain health, educational and social services for all without the need to carry irresponsible, inter-generational debt.

We will once again be resuming MLA Café's this fall, so please join me at my office for coffee, conversation, and to address issues facing our province commencing September 29th at 10-12noon. As always, your voice helps me to more effectively represent you!

PLUMBER
PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
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- ✓ Sewer and Drain Cleaning
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- ✓ Hot Water Tank Specials

Call Mark: 403.862.3973



Letter to the editor
.....

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,

Sincerely,
Laura
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.



Hue Knew?

When the company got its start, blue, black, brown, green, orange, red, violet, and yellow were the eight original crayon colours that Crayola made in 1903. Now they make an array of 120 colours!

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?
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Investment Advisor
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If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

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HALLOWEENKENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

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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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LIVING KINDNESS YOGA Classes at the Parkland Community Hall. Peaceful Meditative Movements: a flowing and gentle hatha yoga. Classes for ages 3 to 50+. The Theory and Practice of Meditation: making effective use of Yogic, Buddhist & Christian meditative methods. Please see website www.livingkindnessyoga.ca for dates, times and registration details.

YOGABEARS KIDS' YOGA CLASSES: Kids' yoga, cooperative games, mindful relaxation, songs, and stories. Saturdays, 1:30 – 3:00. Starts September 23. Ages 3-6 years. Cost: \$135.00 /10 classes. Downstairs Deer Run Community Centre. Maximum 10 students. To register or for more info call/text Kaura at 403-809-1930 or visit www.yogabears.ca. or on Facebook www.facebook.com/kaurayogabears.





Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.



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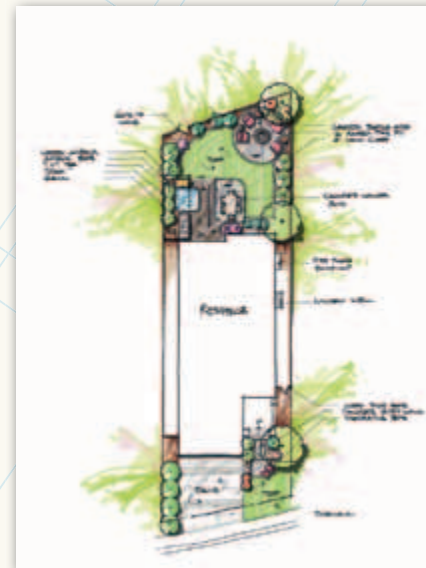


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