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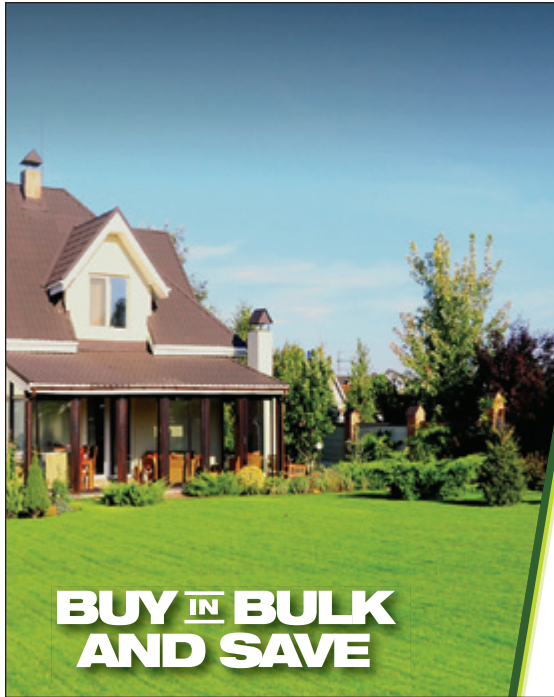


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Deer Run Community Association

2223 - 146th Avenue S.E., T2J 6P8
 Phone 403-278-3117 or 403-278-4961
 Fax 403-278-4961

Centre Hours

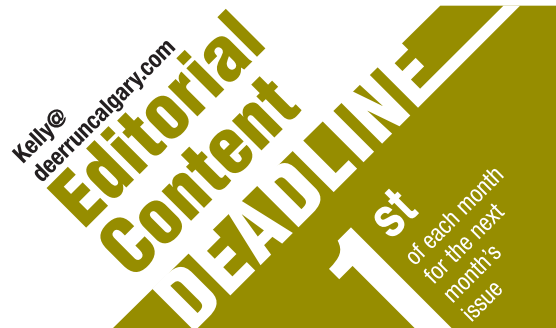
Monday to Friday 9:00 am to 10:00 pm
 Saturday & Sunday 9:00 am to 5:00 pm

**Function Rental Inquiries
 please call 403-278-3117**

Deer Run Centre			
Manager	Susan Read	403 278 3117	info@deerruncalgary.com
Staff	Marlene, Paul, Chad	403 278 3117	info@deerruncalgary.com
The Executives			
President	Kim Semeniuk		kim@deerruncalgary.com
Vice-President	David Brooke		david@deerruncalgary.com
Treasurer	Susan Mitchell		susan@deerruncalgary.com
Secretary	Etienne Bley		etienne@deerruncalgary.com
Past President	Don Zver		don@deerruncalgary.com
The Directors			
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Capital Expenditures	Terry Gallant		terry@deerruncalgary.com
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Social Director	Lori Froese		lori@deerruncalgary.com
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Director at Large	Bill Mitchell		



www.deerruncalgary.com



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Deer Run Community Association

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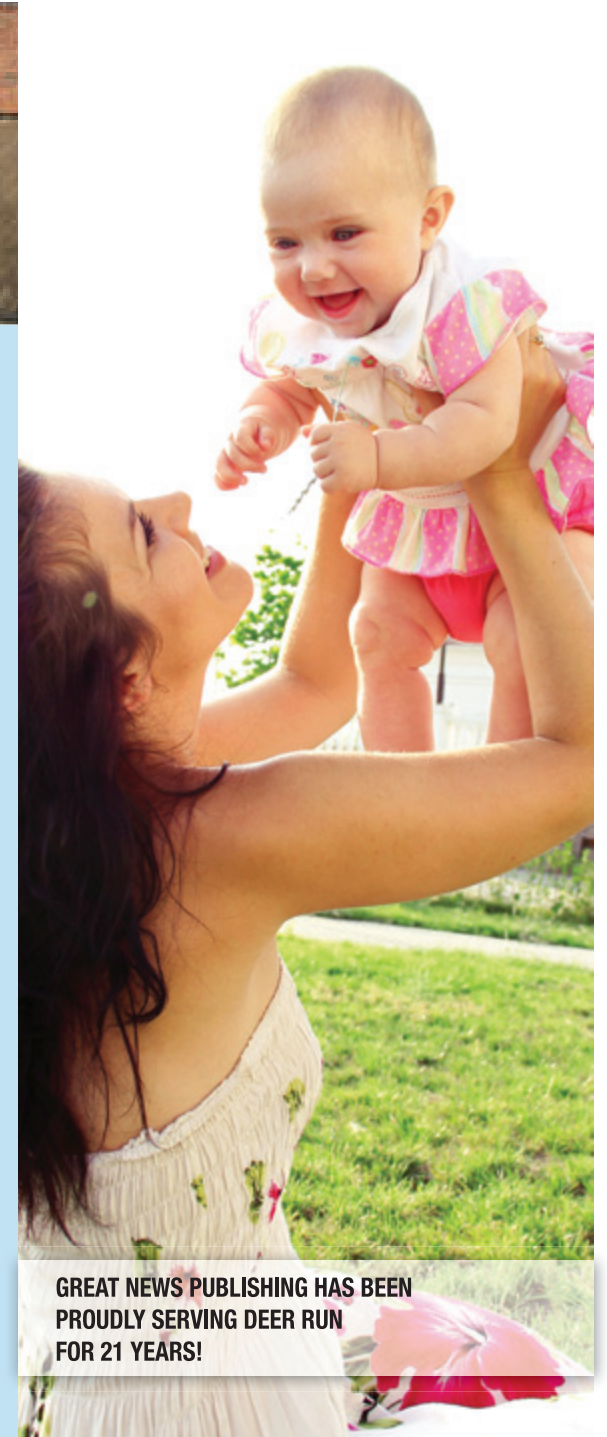
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DEER RUN COMMUNITY ASSOCIATION

FACILITY RENTAL RATES

403-278-3117 for bookings and inquiries
24 Hour Cancellation Policy applies

Rooms

Boardroom	\$20/hour
Multi-purpose Room	\$30/hour - \$150 Flat rate
Gym	\$55/hour \$600 flat rate

Audio/Visual Equipment

Overhead Projector	\$5
TV/DVR rental	\$50 with \$25 set up
Projector and 4x4 Screen	\$75 with \$25 set up
Outdoor Equipment	

BBQ \$100

Fitness

Racquetball	\$6/person/hour with DRCA membership
Weight Room	\$5 drop in \$85/year with DRCA membership

• Treadmills, Stepper, Bike, Elliptical Trainer, Chin up machine, Free Weights and Bench

Book Trivia

The highest paid author is James Patterson at \$94 million. He published 14 novels in 2011. -Forbes

The Dance Factory
Summer Dance Camps
Ages 3-4 yrs, & 5-6 yrs
July 4th-8th
\$150
* 10% off if you mention this AD

For more info, please contact: tdfsummerdance@hotmail.com 403 278-1817 Register In Person: Deer Run Plaza, 2091-146 Ave SE

DRCA PROGRAMS

If you are interested in any of these programs please contact the centre for more info or to register 403 278 3117.

KARATE

Heather	Sat AM	Adult & Child	403 257 4638
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NINPO AND JUJUTSU MARTIAL ARTS

Youth (8-15)	Mon 6-7 pm, Wed 6-7 pm	403 816 3474
Sept to End of June		
Adults (16+)	Mon 7 - 9 pm Wed 7-9pm Sat 10-12 noon	Year Round

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Brent	Mon Thurs	Child	403 278 7620
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ADULT VOLLEYBALL

Tracy	Mon Thurs PM	Adult	403 278 6233
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JAZZERCIZE

Lori	Mon, Wed, Fri AM	Adult	403 256 6808
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YOGA

Laurie Hislop M & W 10-11:30 am & 7:30-9 pm 403-271-9045
Gayle Parent Tues & Th 7:30-9 pm 403-271-7024
Trish Durkin Sat 10-11:30 am 403-256-6013
Elaine Nesta Coordinator & special programs 403-225-1444

OUT OF SCHOOL

Susan	Mon Fri	5-12 yrs	403 271 3704 dr_oos@telus.net
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PRE SCHOOL

Michelle			403 278 7107
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JAZZERCISE/CORE TRAINING

Patsy	Tues 6:15 - 7:15pm	403 225 4410
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CHILDREN'S YOGA (AGES 2-6)

Tuesdays 9:30 - 11:00
YogaBears' Kaura Grant
403-809-1930
www.yogabears.ca

BLISSFUL YOGA FOR MOMS AND TOTS

Tuesdays 1:30 to 2:30pm



UPCOMING EVENTS

Parade of Garage Sales

May 14



Jelly Bean Dance

May 27

Doors open at 5:30 – 8pm

Get together with your friends,
eat snacks and win prizes.

Bring a friend



Stampede Breakfast

June 18

Ball Tournament

August (Date TBA)

Community Clean Up

September 10

PRESIDENT'S MESSAGE

Well this has definitely been the earliest that I have seen the trees with leaves and my tulips flowering. We have had an amazing winter so far but am holding to the rule of placing the garden in till may long weekend as there is some cooler weather still to come, short blasts, but still some snow.

With another successful fun money casino behind us, I would like to thank Lori Froese for organizing the event, with help of many others from the board that worked on getting items from local businesses for door prizes and silent auction items. I will have a full list of local businesses for next newsletter. When out shopping, please be sure to give them any business to meet your needs.

Our next function is June 18 which is our Stampede Breakfast which is always a great time for the family. In August, we will have our Annual Slow Pitch Tournament and September 10 is our Community Clean Up, so please mark these dates on your calendar.

That is all for this month, wishing you all a good one and hope we get the moisture we need without it turning cold.

Kim

IN & AROUND CALGARY

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

Annual Carolling Party

Prompted by a call of gratitude from the Calgary Food Bank, I'm reminded that we want to thank the many residents of the Deer Cross area for their contributions during our 16th Annual Carolling Party, held on December 23rd, 2015.

Between our door to door collections and the contributions of our guests, we gathered an amazing total of 281lbs of food, and \$582.65!

Once again, a great time was had by all, and we're looking forward to next year's edition of the Cadman Carolling Party!

If you'd like to join us, give your contact info to the front desk of the DRCA, and they'll pass it on to us.

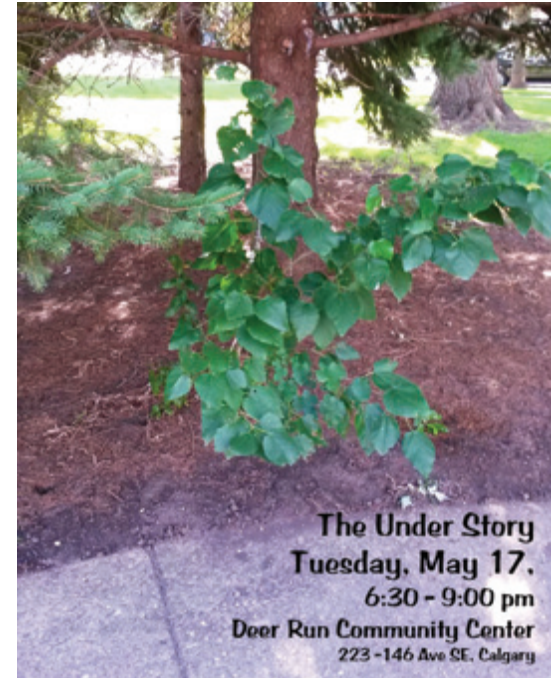
Thank you,

Catherine Cadman, 403-271-4480

Deer Run Gardening

The Under Story

Are you finding it difficult to grow anything under that tree in your back yard? Learn fun and successful way to incorporate under story growth and/or other landscape techniques to rekindle your relationship with your mature tree. www.eventbrite.ca/e/the-under-story-tickets-22289261782.



The Under Story
Tuesday, May 17,
6:30 - 9:00 pm
Deer Run Community Center
223 -146 Ave SE, Calgary

Pruning and Planting 101

Come hungry for knowledge about tree planting and pruning, and leave with a healthy appreciation for Calgary's Urban Forest. This is a beginner to intermediate course, but also a great venue for community experts to help educate their neighbours and discuss community tree care. After this course you can feel confident planting and maintaining your trees. This course gives you a healthy portion of demonstration leaving enough room for a tree fueled Q&A with a certified City of Calgary Urban Forestry Technician. Each participant will also receive a take-away with extra information and a surprise treat. www.eventbrite.ca/e/pruning-and-planting-101-tickets-22254120674.

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IN & AROUND SCHOOLS

Special activities in May for École St. Cecilia School students

In May, all École St. Cecilia School students will participate in special activities and focus on the value of "caring".

The Marian Celebration will take place early in the month. The Marian Celebration, or May Crowning, is an event that recognizes Mary the Blessed Virgin as queen of heaven and earth and the importance of our own mothers as Mother's Day approaches. We welcome Fr. Paul for our Pentecost Celebration later in May.

Students will also participate in the NED Show that promotes a school culture of kindness, resiliency and excellence. The key takeaways from this event are for students to Never give up, Encourage others and Do your best.

On the field trip front, Kindergarten students will visit Safety City to learn about the rules of the road, especially important as bike season approaches, and our Grade 1 students are off to the Leighton Art Centre, a non-profit art gallery and museum.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.

IN & AROUND CALGARY

Important Information for Calgary Homeowners

Are you a new homeowner? When your home is built, City of Calgary inspectors ensure it is safe and meets Alberta's safety codes but a technically-sound building depends on many factors beyond following building regulations.

As a homeowner, you should ask many questions about the quality, safety and bylaw rules about your home before you move in.

The City's new web guide for Calgarians offers tips and important information about home maintenance, renovations, inspections, development rules and more. Visit calgary.ca/myhome.



THE PARKLAND 167 SCOUTS

167th Parkland Scouts – Group News:

New this year: All registrations will be accepted **on-line only** at www.scouts.ca.

Early registration for the 2016-2017 Scouting year will begin in May. Watch the website for further information. Contact Stefanie Caskenette at 167parklandregistrar@gmail.com if you have any questions.

Parkland Scouts is made possible with help from our amazing volunteers! If you wish to join as a volunteer, or have questions about volunteering, please contact Stefanie today!

Parkland 167th Scouts Groups:

Beavers: Kindergarten – Grade Two

Cubs: Grade Three – Grade Five

Scouts: Grade Six – Grade Nine

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 14



Now that is some serious Calgary soccer pride.

AND WE'RE PROUD TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

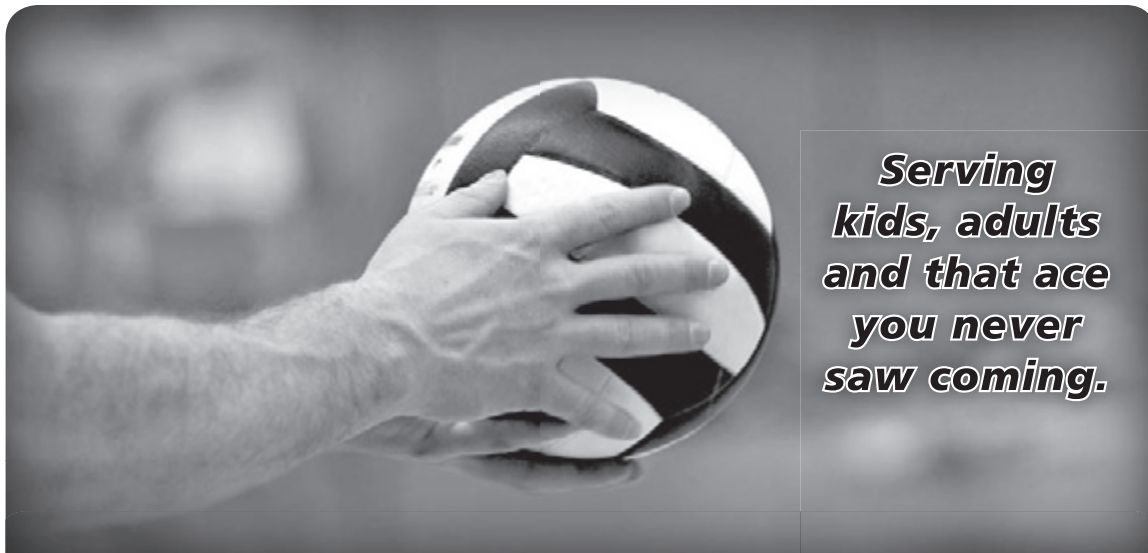
And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

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We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.



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Professional Tennis Lessons in Deer Run!

Tennis is more fun, more exercise, when you know how!

May/June: Three Categories of Group Tennis Classes:

- a) **Kids and Teens...**after school classes* **ages 7-14 Mondays or Tuesdays**
- b) **Adult Evening Classes*** (and teens ages 15+) **Monday or Tuesdays**
- c) **'Parent & Tot'** for ages 4-6 (parent 100% involved on court 100% of time with tot)

Group Classes, one lesson per week (Mondays or Tuesdays) for Kids/Teens and Adults Group Classes*, Novice, Beginners, Intermediates. Weekly 75 min. fun classes* over May/June.*

July: Two different tennis weeks weekday mornings for Kids/Teens

- a) **Week of July 11-14 (Four 75 min. morning classes* in four days back to back)**
- b) **Week of July 25-28** (Same as above)

This is for kids ages 7-14, keen on learning tennis during summer holidays different age groups in two different July weeks. Four lessons (75 minutes each) in four days back to back.

Tennis volunteers welcome! There is a great potential for junior tennis in Deer Run, it helps a lot when volunteers step forward to help nurture tennis for tots, kids, teens, families, adults, seniors.

'Two Stage' Registration Process, bending to Deer Run

Stage 1: Send me an email (TennisProKevin@gmail.com, subject heading-'Deer Run'), tell me your interest

and particulars, (group or private lessons, age of the kids, what day in the week in May/June is good day after school/eve (group lessons), and the same for July tennis weeks in mornings for Kids/Teens. This is your 'expression of interest', aggregated with others to determine community demand and calendar fit. When you have done the above, you are on the 'Deer Run Tennis Expression of Interest List' for follow up for group or private lessons, aggregated with other responders for forming group lessons, or private/semi-private lessons.

Stage 2: When the demand for group lessons becomes clear, and sufficient from other Deer Run community members, you will be contacted to confirm group lesson class registration, or in the alternative potential semi-private/private lessons, in the event there is not enough demand for group classes in a certain category. Private Lessons, or smaller group lessons, are always the default alternative when group lessons are not a fit for busy personal schedules.

* All group classes intended rely on sufficient demand/response from Deer Run Community

Who is the Tennis Pro?

Kevin Gardner is a Tennis Canada Level 2 Certified Instructor, a veteran teaching kids and adults in communities (have taught over 10,000 (kids, adults and PE teachers), and guarantees fast learning, while you are having great fun! :)

Take Action Now! Send email to TennisProKevin@gmail.com, tell me your particular interest for Kids, Teens, 'Parent & Tots', and Adults.



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.

May 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, skate, or play shinny, plus with a membership you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Registered Program for All Ages this Summer!

It might seem a bit early to think about summer, but we want you to know that we have more registered summer programs than we have ever had before. Adult fitness, adult small group training, older adult programs, parent & tot, preschool, children and youth. Register now for these new-to-summer programs plus check out summer day camps, 3-14 yrs, weekly or daily, full day, half, day, pre and post care.

Spring Programs for Adults

- May start adult fitness: Fit 101 and Strong is the New Skinny: Part 2
- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm).

Spring Health for Older Adults

- Bone Builders: Weight Training for Older Adults. Six-week class starts Tuesday, May 17 or Wednesday, May 18.

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab., and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- 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.

Spring Activities for Families, Children, Youth

- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See 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 leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

BRAIN GAMES SUDOKU

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



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calgary.fishcreek@assembly.ab.ca
www.richardgotfried.ca
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Community Caring

Spring has finally sprung and the good weather means there are lots of great community initiatives and activities afoot. We have some amazing organizations in Calgary – Fish Creek, but two community initiatives I would like to applaud and feature are the Bonavista and Parkland Cares groups.

Both were formed last October when local volunteers noticed the growing need for social and community support. Since then, both Bonavista Cares and Parkland Cares have participated in a number of projects. Bonavista Cares assisted in a neighbourhood clean-up, they sponsored a family over the Christmas season through NeighbourLink, an organization that provides essential items to neighbours in need. Bonavista Cares is also working with the Syrian Refugee Community Connection, which connects new Syrian families with local families for one year to build relationships, friendships and to help with the transition to Calgary life.

Parkland Cares mission statement reflects the mandate of both of these organizations. It reads, "Parkland Cares is a community based organization of families and neighbours committed to helping others." Parkland Cares collected food that was donated to the Deer Park United Church's food bank, they organized homemade meals to support a family in crisis. In addition, Parkland Cares organized a card-making table at Park96's Easter Egg Hunt where children made cards that were sent to residents at the Canyon Meadows Retirement Residence. They also held a successful bake sale and promoted a community wide collection of mother and baby care items that were donated to Calgary Healthy Family Collaborative. Both groups will be participating in a Calgary Food Bank sorting evening including making children's Birthday Bags!

I am a firm believer that building strong communities builds a stronger city, province, and country. All of us can make a difference in the lives of others. Please look to where you can best assist within your community. For more information on Bonavista Cares or Parkland Cares, or to become involved in their next project please email bonavistacares@gmail.com or parklandcaresyyc@gmail.com.

com. I know that together we can make a difference during these difficult times in the lives of friends, neighbours, and communities.

IMPORTANT DATES FOR THE CALENDAR

Deerfoot Engagement: Thursday, June 23, 7-9pm
 Engagement and communication with local officials is critical to my role, which is why I am pleased to partner with City Councillors Shane Keating and Peter Demong, along with other SE MLAs to host a Deerfoot Trail conversation. I encourage you to come, listen and connect with experts from the City and the Province on current and future developments affecting Deerfoot Trail commuters. (venue TBA)

MLA Café: Friday, May 13, 10am - 12pm

I am appreciative of the feedback and visits regarding the Budget Discussion during the roundtable budget sessions hosted in April. Please continue to share your feedback on what matters most in our communities and our province at the next MLA Café at my office, #7 1215 Lake Sylvan Drive SE.

Stampede BBQ: Saturday, July 9, 11 am - 2pm

Save the date and please stand by for further details on constituency Stampede festivities in June's newsletter. Giddy Up!

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Deer Run Real Estate Update

Last 12 Months Deer Run
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$438,450.00	\$436,750.00
February 2016	\$399,900.00	\$387,500.00
January 2016	\$524,900.00	\$500,000.00
December 2015	\$487,450.00	\$481,800.00
November 2015	\$414,950.00	\$397,500.00
October 2015	\$488,000.00	\$505,000.00
September 2015	\$354,900.00	\$353,000.00
August 2015	\$472,400.00	\$462,500.00
July 2015	\$578,700.00	\$568,500.00
June 2015	\$524,900.00	\$525,700.00
May 2015	\$467,000.00	\$466,000.00
April 2015	\$414,944.00	\$402,000.00

Last 12 Months Deer Run
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	4	2
February 2016	9	2
January 2016	5	1
December 2015	1	2
November 2015	2	6
October 2015	7	5
September 2015	8	3
August 2015	1	10
July 2015	10	6
June 2015	9	6
May 2015	13	9
April 2015	5	10

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



COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Greetings Ward 14!

Normally in May we would just be starting to venture out into the outdoors after our winter hibernation, but this year it feels like we have had several months of spring already.

Spring yard waste drop-off at City Landfills

There has also already been a month for you to bring your spring yard waste to City landfills free of charge. Why mention it now? Because you still have almost another full month left. All City landfills will be accepting leaves, branches, and plants until May 29, but make sure they are in a paper yard waste bag or left loose. Free mulch is also available at all City landfills until May 29. You can find details at calgary.ca/waste.

Preventing theft in Ward 14

I recently came upon some very interesting statistics courtesy of the Calgary Police Service. They broke down Calgary's break and enter (B & E) statistics by community. In all, Ward 14 fared well in comparison, but a couple of salient points were apparent. Almost half of residential B & Es were unforced entries, and the vast majority of garage B & Es were unforced. Can you imagine how much crime we could stop by just locking our doors?

Here are some crime prevention tips from the Police:

- Do not leave garage doors open
- Keep the door to your attached garage locked
- Keep your front, rear, and patio doors locked, even when at home
- Do not leave valuables near the entrances in your home
- Do not leave your vehicles unlocked when parked outside
- Do not leave your garage door opener in your vehicle
- Close all windows and doors at night

They may seem like common sense, but sometimes that seems less common than it ought to be.

Two more key points: do not be afraid to report suspicious activity to the police, and get involved with your local community association. The police visit them

IN & AROUND CALGARY

Celebrate Neighbour Day on June 18

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 18 the day you get to know your neighbours! Visit calgary.ca/neighbourday for ideas to help you celebrate.

regularly to share information and hear concerns. You can contact the police at 403-266-1234 for non-emergencies, and at 911 for emergencies.

May Counciltalk

As always, thank you to everyone who turned out for my April Counciltalk meeting. I learn new things every time, and I hope others do too. There are only two more Counciltalks before the summer. We will meet on May 14 between 12 p.m. and 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.). You will always be able to find details and future dates at calgary.ca/counciltalk, and I also send email reminders about upcoming Counciltalk sessions and other things. You can sign up for reminders at calgary.ca/ward14connect.

I hope you know that you can always contact me in a few different ways. For one, you can fill out the contact form at calgary.ca/ward14. You can also call or email. I do not usually include my phone number and email in the body of this column because they are shown in the header, but just in case they are: 403-268-1653 and eaward14@calgary.ca.

Goodbye for now!

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The lunch program will no longer be offered as a one component option.

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FAMOUS FIVE DISTRICT

Thank you to so many who supported our District Carnival. It was a fun time and the money raised will be used by units in our district for camps, activities and program.

Did you hear, the Classic Cookies have arrived! Some units are going door to door, but if we've missed you, please contact Pat, isteads@telus.net with your address and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Beginning June 1, 2015, new members will be able to register for the fall program start. Watch for more information in the coming months about registering your daughter for Girl Guides. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider.

Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some trainings offered in June and be ready for a fun time in September. Contact Pat, isteads@telus.net, for more info.



Footloose Photography
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Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine



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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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~continued on page 23~

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Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

IN & AROUND CALGARY

Friends of Fish Creek

www.friendsoffishcreek.org

Run for Fish Creek in the Scotiabank Charity Challenge! Sunday May 29

If you share our vision of a sustainable Fish Creek Provincial Park, we invite you to take steps towards preserving this amazing natural resource. Help the Friends raise \$10,000 to support conservation and community outreach activities in Fish Creek Provincial Park! Whether you live near Fish Creek, enjoy running, walking, or cycling here, or are simply interested in the long term sustainability of this park, you can run or walk for Fish Creek as part of the Scotiabank Charity Challenge on Sunday, May 29. You don't have to be an athlete to join. All you need is a passion for Fish Creek Provincial Park because that's what unites us as a team and carries us all over the finish line!

A Journey through the Mountains and Meadows of Kananaskis

Wednesday, May 25, 2016 — 7:00pm – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
Presented by John McFaul, Professional Hiking Guide and Owner of Alpenglow Nature Hikes

Kananaskis Country has an abundance of breathtaking hiking trails that offer a truly unique way to explore the natural wonders of this region. Discover, or revisit, the high alpine meadows of Plateau Mountain, swathed in beautiful highland flowers like moss campion. Explore the fragrant pine/aspens woods of Jumping Pound Creek that seem to reverberate with the drumming of the rough grouse. Gaze upon sparkling mountain tarns ringed with golden larch like Chester Lake, and be dazzled by the sunny meadows of glacier lilies treaded by grizzly bears. Join John McFaul of Alpenglow Nature Hikes for a virtual hike through the majestic mountains and meadows of Kananaskis Country.

MAY MOON CALENDAR

 New Moon May 6	 First Quarter May 13	 Full Moon May 21	 Last Quarter May 29
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The Feline Mystique

I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to

be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

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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
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Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
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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
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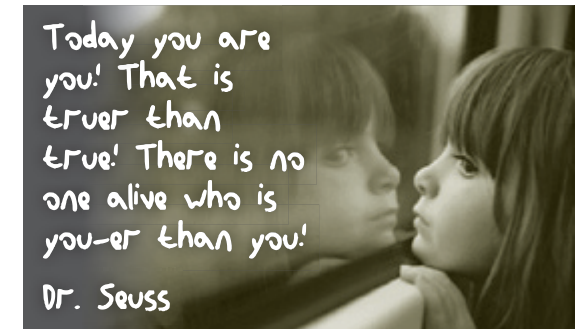
COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

GIGANTIC INDOOR GARAGE SALE: Saturday, May 28, 8am-2pm. Deer Park United Church. 77 Deer Point Road SE. Hardware, kitchenware, toys, jewelry, artwork, linens, books, electronics, sports equipment.



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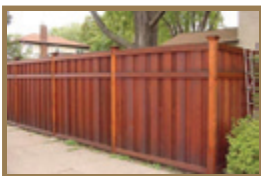


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Photo Credit: Alberta Guide Dogs

your COMMUNITY business of the month

Anytime Fitness

Anytime Fitness Deer Ridge is your NEW friendly neighbourhood gym in Deer Ridge! Whether you're a beginner or fitness fanatic, we welcome you to get to a healthier place!

Our club is brand new, a part of the Anytime Fitness Franchise and privately owned by us, Sandy and Cory Fisher. Our family has always enjoyed an active and adventurous lifestyle. We have been members of various fitness clubs for all of our adult lives. For a number of years, we lived in and visited many countries which satisfied our need for adventure. We are now back in Calgary to settle and very excited to start our next chapter – Anytime Fitness Deer Ridge!

It is because of our love of fitness and the importance we place on it for health and happiness that we decided to fulfill a lifelong dream of opening our very own Fitness Club. We welcome all members of this and surrounding communities to our 'home away from home'. We have a great environment for beginners, elite athletes, young and old. Our aim is to provide a clean, convenient, welcoming environment for our members that include exceptional fitness equipment and group fitness classes.

We offer convenience and culture. Over 2 million members choose Anytime Fitness. Why? Because it's convenient, affordable, and fun. And with 24/7 access to thousands of our clubs around the globe, you can work out on your terms. Fitness has never been so easy. We fit your busy schedule and on-the-go lifestyle. With your membership, you can work out when it's best for you—day or night! Our clubs are open 24 hours a day, seven days a week, 365 days a year.

At Anytime Fitness you hold the key, literally. Access to our clubs is protected by our state-of-the-art security system and will only be granted with the proper key. Once inside, you have full use of cutting-edge strength training and cardio equipment.

Your Anytime Fitness membership allows you to visit thousands of clubs, at no extra cost. As a neighbourhood-

style fitness club, we are right where you need us. Close to home or close to work, we've got you covered.

Did I mention Personal Training? How fortunate we are to have Jackie Fiegel as part of our Anytime Family. She is an incredible and experienced personal trainer. Jackie provides a complimentary training session to all new members and is available to work with you to help you meet your fitness goals. And of course, one of the first faces you will see is Alexis - our H2i (Hired to Inspire). Another blessing for us! She is a bundle of knowledge and friendliness wrapped together in one package!

Most important of all, we have the BEST MEMBERS around! Thank you to each of you for coming in and training and being so friendly. You have made the club atmosphere everything that we hoped it would be! For that, we are grateful! What an amazing start! Keep training! We love to see you each day. Help make us the best gym on the planet!

We are located at 14919 Deer Ridge Drive SE, in Deer Valley Shopping Center in the lovely community of Deer Ridge. Come on in to visit us! We love giving tours of the club! Please mention this ad to get your FIRST MONTH FREE!

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ReTree YYC Fair

Stop by and learn how to care for your trees.

Our free event will have tree experts, giveaways, games for kids and a food truck. Visit calgary.ca/trees for more information about the ReTree Community Program.

Saturday, May 14, 2016

12 – 4 p.m.

North Glenmore Park

(Snowy Owl picnic site – only accessible from Crowchild Trail SW)

Free mulch!

We will have free bags of mulch on a first come, first serve basis.



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Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon