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


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

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



f t For More Information Visit:
WWW.JACKREDEKOP.CA

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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

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Staff	Marlene, Paul, Chad	403 278 3117	info@deerruncalgary.com

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It's October, and students are settled into the school year. The mornings are colder, the leaves are falling and we start to think about the Thanksgiving holiday and reflect on all that we are grateful for.

We have much to be thankful for this year. We are grateful that we live in a city that highly values education. We see this through the increasing number of families choosing Calgary Board of Education schools for their children each year. We also see the value placed on public education by the City of Calgary and our communities, who provide tremendous support for our students. Your support helps our students succeed, and for you, we are grateful.

We are grateful for our employees. Nearly 14,000 people from all across the city of Calgary choose to work with the CBE and their efforts and passion make a difference in the lives of our students every day. Some are faces you see in our schools, and some work behind the scenes, but each employee contributes to our success.

We are grateful for our families and communities. By getting involved in school councils, volunteering in

classrooms, supporting schools with their fundraisers and projects and sharing your experiences you make our school system better.

We are grateful for our students. Their commitment, excitement and energy fuels our system. They are the reason we are here. Every day, we see our students learn, grow and challenge themselves and others. Our students inspire us and help us realize how much the work we all do to make this world a better place truly matters.

As community members, parents and educators, we have a chance every day to make a real difference in a child's life. We have a chance to engage children and encourage their lifelong learning. The moments we get to spend with our children and students matter. For that, we are grateful.

If you are interested in learning more about how the Board of Trustees advocate to protect public education and student success, we'd love to speak with you. Contact us at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu

PRESIDENT'S MESSAGE

Was hoping to escape some of our weather we been having on this trip to Victoria for work. May not be as cold and wet as Calgary but it is only going to be 13-15 Celsius, no rain at least. Left my poor wife Karina to fend the garden from the frost by herself. This is first year in three since we got out Samoyed that Karina has been able to put a garden in, so I know she is happy regardless.

We had another very successful community clean up again. Wanda did a great job on organizing once again, thank you Wanda and to the many volunteers that make this such a great event. Volumes were down a bit this year, but still was a great turn out.

Well if you been by the centre you would have seen the construction has started on the skate park. I've been told the kids have been frequently visiting to watch and check progress at the park. It's been a long wait and is scheduled to be completed by December. I know the kids are excited about its arrival, but I can't wait for them to have a proper place for them to be able to tone their skills. I also heard that the bike track is under construction in fish creek. I like the progress we are making in expanding our activity opportunities in the area.

We had Tyler from Boomboompow Pyrotechniques visit our last board meeting. We are entertaining the thought of using his services to produce a fireworks show, one date being looked at is New Year's Eve and/or our annual skate party. Fiscally this is something we cannot justify spending the communities money on as

revenues are tight. Tyler as a Deer Run resident is willing to work with is to either start a go fund me page and/or look for sponsorship. If this is something your corporation would like to help make happen please contact us. I will include further info in future newsletters it check our website or fb page.

Now the big topic, our AGM is coming up Nov 16. This is a VERY important one to attend as we are updating our bylaws that are severely outdated. We will be posting the proposed updated version on our website and have at front desk of the centre for review prior to meeting. Chartered members please note there are changes to how we govern your memberships in the future as well. So I cannot stress enough have a look at the proposed changes and please come to the meeting.

For those that still need your community membership please either purchase one online or visit the front desk at the centre.

Hope to see you all at the AGM.

Kim

Clothesline

Not sure what to do with your clutter? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.



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**Is Your Roof
Winter Ready?**

After the storms this summer now is the time to have your roof and gutters checked before winter sets in.

DRCA Programs

Along with our many programs that are returning this year:

Svaroopo Yoga, Foothills Indoor Soccer, Genbukan Ninpo and Jutitsu Martial Arts, Wado Kai Karate, Jazzercise, Volleyball, Ninjitsu, Pre-Schooler Playhouse and Deer Run Out Of School.

We would like to welcome our new programs:

Yoga Bears

Kaura runs a pre-school yoga program on Tuesday from 9:30 – 11:00. The children will learn some relaxing yoga poses and have other playtime.
Kaura: 403-809-1930

Zumba

Andre runs a fast pace Zumba class on Sunday from 10:30 – 12:00. Come out and spend some time hopping to the music.
Andre: www.aduberry.zumba.com

New Country Line Dance

Come out and learn new dances, socialize and maybe get a little exercise. Gwen will be teaching dances to some of the newest music on Wednesday and Thursday.
Gwen: gwen_newell@yahoo.ca or 403-256-6519

Jumping Jellies

This Class specializes in creating an inspiring environment for toddlers and preschoolers to exercise creativity through dance movement on Thursday and Sunday mornings!
Marina.marina@jumpingjellies.ca

Please check out our DRCA Program list for contact information to all our great programs.

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Fall Sessions

Jumping Jellies Programs:

Groovin Jellies \$180 for a 90 minute class
Unparented Class Ages 3-5
(Thursday 9-10:30am / Sundays 9:30-11am) **Runs
September 22, 25, November 10, 13
No Class October 9

Mommy and Me Play and Dance \$160 for a 60 minute class

Parented Class Ages 1-3
(Thursday, 10:30-11:30am/ Sundays 11-12pm) **Runs
September 22, 25, November 10, 13
No Class October 9

OFF LEASH AMBASSADOR'S PROGRAM CALGARY COMMUNITY STANDARDS

Saturday, October 22 11 am – 2 pm
Auburn Bay Off-Leash Area (55 Auburn Bay Drive SE)
PRE- REGISTRATION IS REQUIRED
City of Calgary FREE Dog Recall Training Event

Could you use a few tips from a professional dog trainer? Does your dog come when called? Under the Responsible Pet Ownership Bylaw, your pet must be in control at all times.

Certified Professional Dog Trainers (CPDT) from Animal Services will be providing the training for this event. Pre-Registration with a current pet license is required. Registration is open from September 26 to October 7. To register, go to the link www.calgary.ca/offleashvolunteer or call 311. Limited spots available, on a first come, first serve basis.

The event will also host free dog nail trims courtesy of Bark and Feathers, offer information and resources from Walks 'N Wags Pet First Aid and the P.U.P.P.Y. Program in partnership with Calgary Parks.

Bonavista Prowling

BE AWARE: there has been a rash of car break-ins in Bonavista according to an area resident. The prowling can go unnoticed at first because the thieves use keyless entry and fob-start systems to gain access to belongings within vehicles. Ensure that all belongings of any value, as well as garage openers, are taken out when parking – particularly overnight.

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DEER RUN COMMUNITY ASSOCIATION

FACILITY RENTAL RATES

403-278-3117 for bookings and inquiries
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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 \$100/year with DRCA membership

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

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

LINE DANCING

Gwen	Wed, Thurs		403-256-6519
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ZUMBA

Andre	Sunday		www.aduberry.zumba.com
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STEP INTO FALL

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

To participate you must be:

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

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

By completing the 3 questionnaires you will receive:

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

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

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



WALK WITH US TO END BLOOD CANCERS

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What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...



Deer Run Real Estate Update

Last 12 Months Deer Run
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$410,000.00	\$400,000.00
July 2016	\$369,800.00	\$370,000.00
June 2016	\$441,000.00	\$436,000.00
May 2016	\$514,900.00	\$491,250.00
April 2016	\$484,900.00	\$460,000.00
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

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

	No. New Properties	No. Properties Sold
August 2016	5	7
July 2016	5	5
June 2016	8	8
May 2016	8	2
April 2016	3	5
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

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



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IN & AROUND CALGARY

October in Fish Creek

Fish Creek Speaker Series

Exploring the Native Grassland Elements of Fish Creek Provincial Park

Thursday, Oct. 27, 2016 7:00 – 8:00 pm

Presented by Ian Macdonald, Professional Biologist and Botanist

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Fish Creek Provincial Park is one of the largest natural environment parks located in a large urban centre anywhere in Canada. It has been heavily impacted over decades by a variety of human uses and the growth of Calgary around all of its borders. However, even with all of this disturbance there remain many traces of the native grasslands that once flourished here. Join us to explore and learn about these grassland elements still in existence today. Ian Macdonald, is a professional Biologist and Botanist, who has spent a great deal of his personal time over the last several years surveying the north slopes of Fish Creek examining, recording and reporting on his findings of the native grassland elements. To register or for more info: friendsoffishcreek.org/event/grassland

Show Your Support for Fish Creek - Renew Your Membership or Become a Member

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future

generations. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season. Friends' membership benefits include discounts on courses like the popular Autumn, Winter and Spring Birding Courses, a subscription to our newsletter *Voice of the Friends*, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations.

We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park, such as Parks Day & Creekfest, A Taste of Autumn, the Fish Creek Community Fair and the Wellness Showcase. Minibus tours and wellness programs provide new and innovative ways to bring people together and celebrate nature.

All of our volunteer programs and community engagement activities are made possible by our modest membership fees. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership. We thank you for your continued support and look forward to seeing you in the park.

Ghosts in Fish Creek

Wednesday, October 26, 6:30 - 7:30pm

Join us, if you dare! Tour the historic Bow Valley Ranch area of Fish Creek Provincial Park to learn about the ghosts that are rumored to haunt here! Great for all ages (although it may be a bit scary for younger listeners). Tickets only \$7 per person, registration is required. For more info or to register: www.friendsoffishcreek.org/programs/other-tours



Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It*, and *Other Stories* by Norman Maclean.

Quarry Park Library

Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.



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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.

October at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

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



SAFETY SYNC

ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Price Freeze

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

Adults

- Register now for adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro Workshop, and Straighten Up (free info session followed by a 4-eweek workshop – for youth and adults.)

Older Adults

- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

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



Halloween Haunt

Welcome to Pieceful Acres Cemetery!! This is our first year in Queensland having just moved here from Haysboro. Pieceful Acres is a family friendly Walkthrough Yard Haunt full of fun things to look at and a few scary "bits n pieces". We made most of our display by ourselves using a lot of found and repurposed materials. There are many pop culture references hidden around our Haunt....see if you can find them all!

Come on over to 504 Queen Charlotte Dr SE during our open times and please bring a cash or non-perishable food donation to support the Calgary Food Bank.

We're open Saturday, October 29 7-10pm and Halloween Monday, October 31 5-9pm (we only hand out candy on Halloween night.)

Follow us on Facebook @ www.facebook.com/HalloweenCalgary



TRIVIA

The stately, sandstone Loughheed House, located in Calgary's beltline, is said to be one of the most haunted places in our city. <http://www.loughheedhouse.com/>



Guides
Canada

FAMOUS FIVE DISTRICT

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

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

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

Furnace Scam Warning for East Calgary

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

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

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

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

- **Always ask to see identification to confirm that people are who they say. Legitimate door-to-door salespeople are required to have visible identification in Calgary.**



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

For information on building codes and how to protect yourself from contractor fraud, visit calgary.ca/myhome.

HOME GARDENING WITH BARBARA



ALBERTA BEES

Barbara Shorrock

If I hadn't gone to hear Lyndon Penner speak and bought his latest book *Native Plants for the Short Season Yard*, I wouldn't have learned about the Helen Schuler Nature Centre. Because I had read about it I jumped at the chance to drive down to Lethbridge with a friend one day and visit the centre to see its rooftop garden planted with native grasses and flowers. (Actually we were on a mission to source Spudnuts but that's a different story.) We did indeed see the native garden, and it is wonderful, definitely worth the drive. But even better was the display on the main level. This display changes several times a year, at the time of our visit featuring Alberta's native bees. It was fascinating.

Everyone is familiar with *Bombus* the bumblebee, first to appear in the spring, and *Apis mellifera* the honeybee, so necessary for crop pollination, not to mention honey production. Gardeners know about the leaf-cutter bee and some have built boxes for mason bees to keep them in the neighbourhood. There are actually over 800 species of native bees in Canada; our scientists have identified more than 30 species native to Alberta, some of which look so much like flies that you need to look very closely to tell the difference. There are orchard bees and mining bees, sweat bees, carpenter bees and plasterer bees, to name just a few. Some sting, most don't. Most collect nectar and pollen, some are predators. Some, like the early-to-rise bumblebee and many of the smaller native guys, are out and about at the crack of dawn before the honeybee wakes up, and are more cold tolerant, foraging on cool cloudy days while the honeybee waits for the sun. Some bumblebee

species are solitary, while others live in colonies, typically in holes underground. Usually, only the queen survives our harsh winter; the workers die off. Many native bees rely upon the nectar from only a few species of plants – you can imagine what happens when those plants are eradicated for commercial development or monoculture (think vast expanses of neatly trimmed grass – totally useless to a bee). Yes, some of them have stingers, but if you behave calmly when working in your garden in the company of bees, there is rarely a problem (unlike wasps, who are constantly in search of trouble and have a more aggressive nature). If you care about the environment and would like to create a bee (and butterfly, incidentally) friendly garden, consider adding some native plants to your space. The list is very long indeed, including asters, blue flax, columbine, bee balm, clematis, honeysuckle, Jacob's ladder and on and on. No doubt you already have some of these in your perennial beds, whether native or hybrid species. Watch what is attracting bees from spring to fall – when you have identified the successful attractors, plant more. The other part of the equation is pesticides – the lack of them. A chemical that will kill a caterpillar or moth will kill a bee. Simple as that. A bee friendly garden is a pesticide free garden.

Seventy percent (70%) of all flowering plants need bees to pollinate so they can reproduce. The Department of Agriculture tells us that one-third of the human diet comes from insect-pollinated plants. Have you ever stood under a tree in bloom in the spring, and thought the whole tree was buzzing? Right. The pollinators are hard at work. Bees are hugely important to our society.

Barbara Shorrock is a member of the Queensland Garden Club, which meets monthly on the first Wednesday at the Queensland Community Centre. All are welcome; it doesn't matter where you live.

Trivia

Jack-o'-lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



your COMMUNITY BUSINESS OF THE MONTH

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

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



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

Want to have a relaxing day with your partner? Try our new additions to our famous Spa Pedicures, we offer a full one hour massage focusing on your feet only. We also offer hot stone massage with pedicures if you want

to try something exotic. Thinking of becoming a regular? Purchase one of our personalized tool kits for only \$10, which will only be used on you, and you can be guaranteed great sanitation. We offer gift cards that can be purchased for your loved ones and we also offer special packages at discounted prices. Seniors can come in every Tuesday to get a special 15% off any service. We also sell a wide range of professional grade products, from OPI to Gehwol cream, at an affordable price.

Open 7 days a week to make it convenient for you!

Monday – Friday: 9am – 7pm, Saturday: 9am – 6pm, Sunday & Holidays: 10am – 5pm. Call us at 403-278-4744 or visit our website: <http://www.phamtasticesthetics.com/> for additional information.

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

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Deer Valley Market Place

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PETER DEMONG

www.calgary.ca/ward14
eward14@calgary.ca or 403 268-1653

Greetings Ward 14!

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

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

Free Leaf and Pumpkin Drop-off

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

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

Check your smoke detectors

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

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

Being prepared for snow

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

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

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

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

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

BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 24

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

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CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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, 403-269-2707.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

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PERITUS YARD MAINTENANCE: is currently booking clients for snow removal and year-round lawn care. Residential, commercial, and acreage properties are welcome. We have been professionally serving the southern communities of Calgary for the past 14 years. Fully insured and a BBB accredited business. For quality, integrity and dedicated service please call Charles at 403-201-7182 or www.peritusyards.ca for an estimate.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower® distributor. References available. Wendell at 403-613-6807.

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

VOLUNTEERING....
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Starting September 25th

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

Legislative Session will be starting at the end of October and I expect some lively debate! When we are not in session, the business of the Legislature of Alberta still goes on. Committees have met throughout the summer and will continue to do so through the fall. There are currently 10 committees for the Legislative Assembly of Alberta, which comprise of standing committees, special committees, and legislative policy committees. I hold a position on both the Standing Committee on Alberta's Economic Future and Standing Committee on Public Accounts. The mandate of the Standing Committee

on Alberta's Economic Future relates to the areas of Agriculture and Forestry, Advanced Education, Infrastructure, Economic Development and Trade, Culture and Tourism, and Labour. The Standing Committee for Public Account's mandate is to review the reports of the Auditor General of Alberta and the public accounts of the province. It is an honour to serve on both of these committees and represent not just the constituents of Calgary-Fish Creek but the interests of Albertans at this critical time of financial instability.

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

It was a pleasure for the office to be represented at Andrew Sibbald School's new playground opening. It is a beautiful new playground and will be well used by the school and community for generations to come. I commend their efforts to enhance the children's school experience as well as benefitting the community. The parent group at Andrew Sibbald was able to access Alberta grants available to not-for profit community groups through Alberta Culture. Since 1998 Community Initiatives Program (CIP) and Community Facility Enhancement Program (CFEP) has distributed more than 1.1 Billion to not-for profit community groups across Alberta. The funding for CIP/CFEP grants are unique as the money does not come from general revenue/taxes but is sourced through lottery revenues.

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

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

SUPPORTING FAMILIES WITH MENTAL HEALTH CONCERNS: Monday, Oct 3, 7-9 pm at Brentview Baptist Church, 3512 Charleswood Dr NW. Tools and strategies for caregivers of those with mental illness. No charge but limited seating, call to register 403-464-7244.

HUGE LULULEMON, IVIVVA AND TRIPLE FLIP SALE: at Triwood Community Association - 2244 Chicoutimi Dr NW; follow signs off Charleswood Drive. Big sale with 100's of used quality items. One day - Saturday, Oct 1st, 8am-Noon. Cash, Visa, MC and Debit accepted. Call 403.401.7851 or visit www.facebook.com/usedlululemonsale.

SALE OF BOOKS & LEARNING MATERIALS: ARE YOU an educator, parent, or grandparent looking for books, games, and posters? 3415 Caribou Dr. N. W. Calgary Sat. & Sun. Oct. 1 & 2, 2016, 10:00 a.m. to 2:00 p.m. Cash sales only.

BOW CLIFF SENIORS: CRAFTERS WANTED: Annual Bow Cliff Christmas Craft Fair and Bake Sale. November 26, 2016. 10AM to 3PM. **SET UP STARTING AT 8AM.** 6' and 8' tables available starting at \$30. Reserve your table today (403) 246-0390. info@bowcliffseniors.org or download the registration form at www.bowcliffseniors.org; 3375 Spruce Drive SW.

Editorial Content DEADLINE 1st of each month for the next month's issue
Kelly@deerruncalgary.com

www.facebook.com/deerrunpage

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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Great News Publishing and the Deer Run Community Association do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

BRAIN GAMES SUDOKU

9	6	8	1	4	5	3	2	7
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