

FEBRUARY 2017

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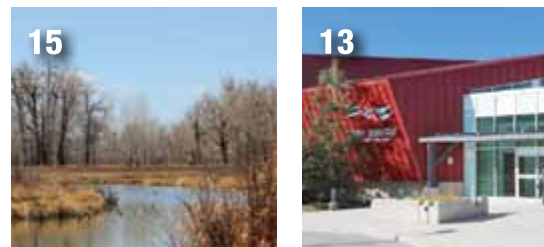


www.deerfootcarpet.com

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DEER RUN COMMUNITY ASSOCIATION

2223 146th Avenue SE, Calgary, AB T2J 6P8
Phone 403-278-3117

info@deerruncalgary.com • www.deerruncalgary.com

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stefansydor1@hotmail.com

All editorial content must be submitted by the 1st of the month for the following month's publication.

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

The Deer Run Community Association and Great News Publishing do 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 |



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.

PRESIDENT'S MESSAGE

By now we would have had the free Family Skate Party... I am assuming we had good weather and were able to have it this year. Last year it was a puddle and a little warm for the ice. Thanks to all the volunteers, the rink rats and our staff for helping out.

Rink Rats – what can I say? The crews have been doing a great job, the ice is looking good. Thank you to Brian Moule for keeping us organized and everyone has been working hard to get the large amounts of snow removed from both rink and parking lot.

More fun... Plans are underway for another Fun Money Casino for Mar 25. This is a great event that many of you have probably enjoyed in the past. I know Karina and I sure have. We will have music, special drinks, lots of prizes, Silent auction items etc. Our Fun Money Casino is a good fund raiser for us – so please invite your friends and neighbors. If you are in a position within a company that could donate, we are looking for donations for prizes and silent auction items, please contact the front desk.

Advance Notice – Community Clean up tentatively (upon city approval) is set for Sept 9, 2017

Thank you to Richard Gotfried and Peter Demong for donations to kids' Xmas party.

I see we had some fireworks again News Years Eve that lasted about ½ an hour, thank you for who was responsible for the show. Not saying it wasn't, but please make sure in future that area is cleaned up after.

We are looking at replacing lights around rink. Wondering if there is someone in area that might be able to donate bucket truck time to help us do this. We are able to offer a Tax deductible receipt for value of the use, and remember we are able to offer that for donations in future if that helps on your taxes.

That's it for this letter, thanks again for reading and see you at the Free Family Skate Party.

Kim Semeniuk



Deer Run Community Association

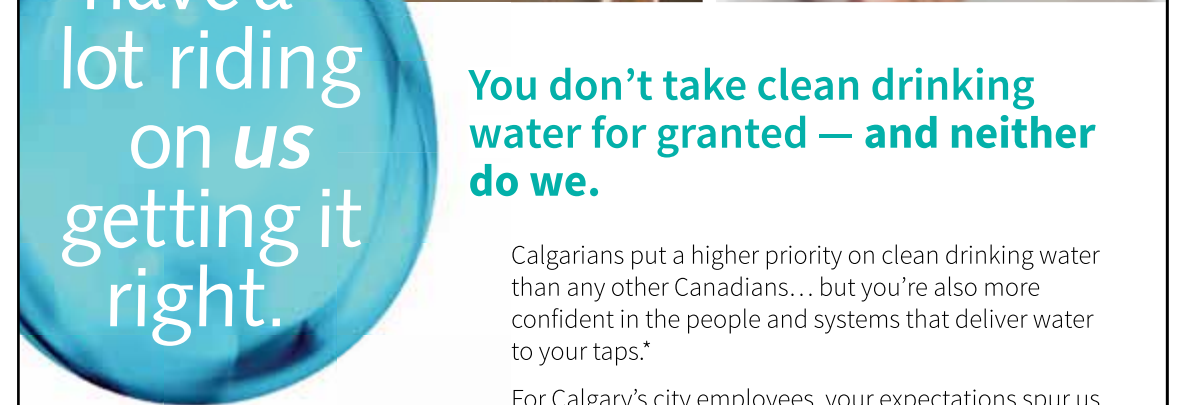
2223 - 146th Avenue S.E., T2J 6P8
 Phone 403-278-3117 or 403-278-4961
 Fax 403-278-4961

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 |
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| Program Director | Paul Vansickle | | paul@deerruncalgary.com |
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| Director at Large | Mike Isakeit | | mike@deerruncalgary.com |
| Director at Large | Kathy McFarland | | kathy@deerruncalgary.com |
| Director at Large | Donovan Harris | | donovan@deerruncalgary.com |
| Director at Large | Wanda Kemp | | wanda@deerruncalgary.com |
| Director at Large | Bill Mitchell | | |



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Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.*

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As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

CUPE
 Calgary's city employees
 Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey

Deer Run Community Centre
 Mon./Wed./Fri. 9:30 am

CALL LORI @ 403-256-6808
 for more information.



NEW STUDENT OFFER AVAILABLE



www.deerruncalgary.com

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 \$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 |
|---------|--------|---------------|--------------|

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 | |

CALGARYFOOTHILLSOCCER.COM

| | | | |
|-------|-----------|-------|--------------|
| Brent | Mon Thurs | Child | 403 278 7620 |
|-------|-----------|-------|--------------|

ADULT VOLLEYBALL

| | | | |
|-------|---------------|-------|--------------|
| Tracy | Mon, Thurs PM | Adult | 403 278 6233 |
|-------|---------------|-------|--------------|

JAZZERCIZE

| | | | |
|------|------------------|-------|--------------|
| Lori | Mon, Wed, Fri AM | Adult | 403 256 6808 |
|------|------------------|-------|--------------|

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 |
|-------|---------|------------|----------------------------------|

PRE SCHOOL

| | | | |
|----------|--|--|--------------|
| Michelle | | | 403 278 7107 |
|----------|--|--|--------------|

JAZZERCISE/CORE TRAINING

| | | | |
|-------|--------------------|--|--------------|
| Patsy | Tues 6:15 - 7:15pm | | 403 225 4410 |
|-------|--------------------|--|--------------|

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 |
|------|------------|--|--------------|

ZUMBA

| | | | |
|-------|--------|--|------------------------|
| Andre | Sunday | | www.aduberry.zumba.com |
|-------|--------|--|------------------------|



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.



BOTTLE DRIVE

Wilma Hansen Junior High Band Students are collecting bottles in your area for fund raising. February 6th, 4 - 6 PM.

You are also able to bring your donations to the school during this time.

Thank you.



Now pay online at
www.deerruncalgary.com
Deer Run Out Of School

Offers quality child care for school age children, by meeting all your child's needs

We are conveniently located at the Deer Run Community Centre, right next door to Deer Run School.

Hours 6:30 am to 6:00 pm

| | |
|--------|-------|
| 3 Comp | \$425 |
| 2 Comp | \$375 |
| 1 Comp | \$300 |
| ECS | \$650 |

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

Community Membership Mandatory

For more information phone Susan / Debbie at 403-271-3704 or email dr_oos@telus.net or droos@deerruncalgary.com

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 14

WE'VE PACKED A LITTLE SOMETHING EXTRA ONTO EVERY NEW TRICO PASS

RECEIVE A COUPON FOR UP TO \$50 towards a Trico Program, Personal Training Package, or Daily/10-Visit Pass

CONTACT GUEST SERVICES TO LEARN MORE

Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.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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REN SNOW REMOVAL: For all your snow removal needs please text or call 403-816-3058 - No Contracts to sign, Affordable Rates.

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

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

~continued next page~

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BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

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FAMOUS FIVE DISTRICT

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

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

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

Footloose Photography
BY SHERI

MATERNITY, NEWBORN AND FAMILY PHOTOGRAPHY

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

February at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Recession Busters

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

Did You Know?

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

Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.tricocentre.ca.



- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

Families

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

Children & Youth

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



Groundhog Day

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

BRAIN GAMES SUDOKU

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



Deer Run Real Estate Update

Last 12 Months Deer Run
MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2016 | \$400,000 | \$390,000 |
| November 2016 | \$567,450 | \$540,000 |
| October 2016 | \$341,700 | \$325,250 |
| September 2016 | \$577,400 | \$553,500 |
| August 2016 | \$410,000 | \$400,000 |
| July 2016 | \$369,800 | \$370,000 |
| June 2016 | \$441,000 | \$436,000 |
| May 2016 | \$514,900 | \$491,250 |
| April 2016 | \$484,900 | \$460,000 |
| March 2016 | \$438,450 | \$436,750 |
| February 2016 | \$399,900 | \$387,500 |
| January 2016 | \$524,900 | \$500,000 |

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

| | No. New Properties | No. Properties Sold |
|----------------|--------------------|---------------------|
| December 2016 | 0 | 3 |
| November 2016 | 6 | 4 |
| October 2016 | 5 | 6 |
| September 2016 | 10 | 4 |
| August 2016 | 5 | 7 |
| July 2016 | 4 | 5 |
| June 2016 | 8 | 8 |
| May 2016 | 8 | 2 |
| April 2016 | 3 | 5 |
| March 2016 | 4 | 2 |
| February 2016 | 9 | 2 |

To view more detailed information that comprise the above MLS averages please visit deer_run.great-news.ca



FRIENDS OF FISH CREEK MID-WINTER UPDATE
Leaving a Legacy for Cherished Green Spaces and Healthy Families
Public Information Session
Saturday, March 4, 2017
2:00 pm at the Fish Creek Environmental Learning Centre

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to www.friendsoffishcreek.org/estate-2

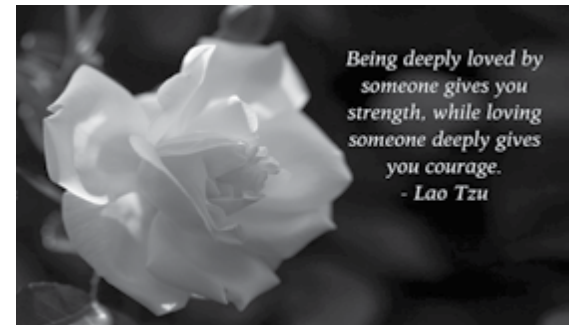
The February Fish Creek Speaker Series
Beaches, Birds, and the Boreal Forest – Lesser Slave Lake Provincial Park
Thursday, February 23, 2017 7:00 pm – 8:00 pm

Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit www.friendsoffishcreek.org/event/beach

Introducing Yo-Qi: A Wellness Experience
The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “Yo-Qi” is a combination of Yoga and Qi Gong – and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- January 26** – Boost Your Immunity
- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

To register and for more information visit www.friendsoffishcreek.org/programs/wellness-clinics





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

Hello Ward 14!

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

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



| Name | Age | Contact | Course |
|----------|-----|--------------|--------|
| Calla | 17 | 403-278-8736 | Yes |
| Chloe | 19 | 587-777-1066 | Yes |
| Heather | 29 | 403-719-5371 | Yes |
| Kate | 23 | 403-437-3559 | Yes |
| Margaret | 45 | 403-475-2643 | Yes |
| Marina | 15 | 403-708-3657 | Yes |
| Sarah | 21 | 403-808-9306 | Yes |
| Tracey | 16 | 403-455-9421 | No |

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Calling All PARENTS
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Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Counciltalk

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

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

Ward 14 Community Calendar

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

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

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

Go directly to the Community Calendar by visiting calgary.ca/ward14calendar, or just looking around on calgary.ca/ward14.

A final note

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

Feel free to contact me anytime!



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

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

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

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

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

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

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