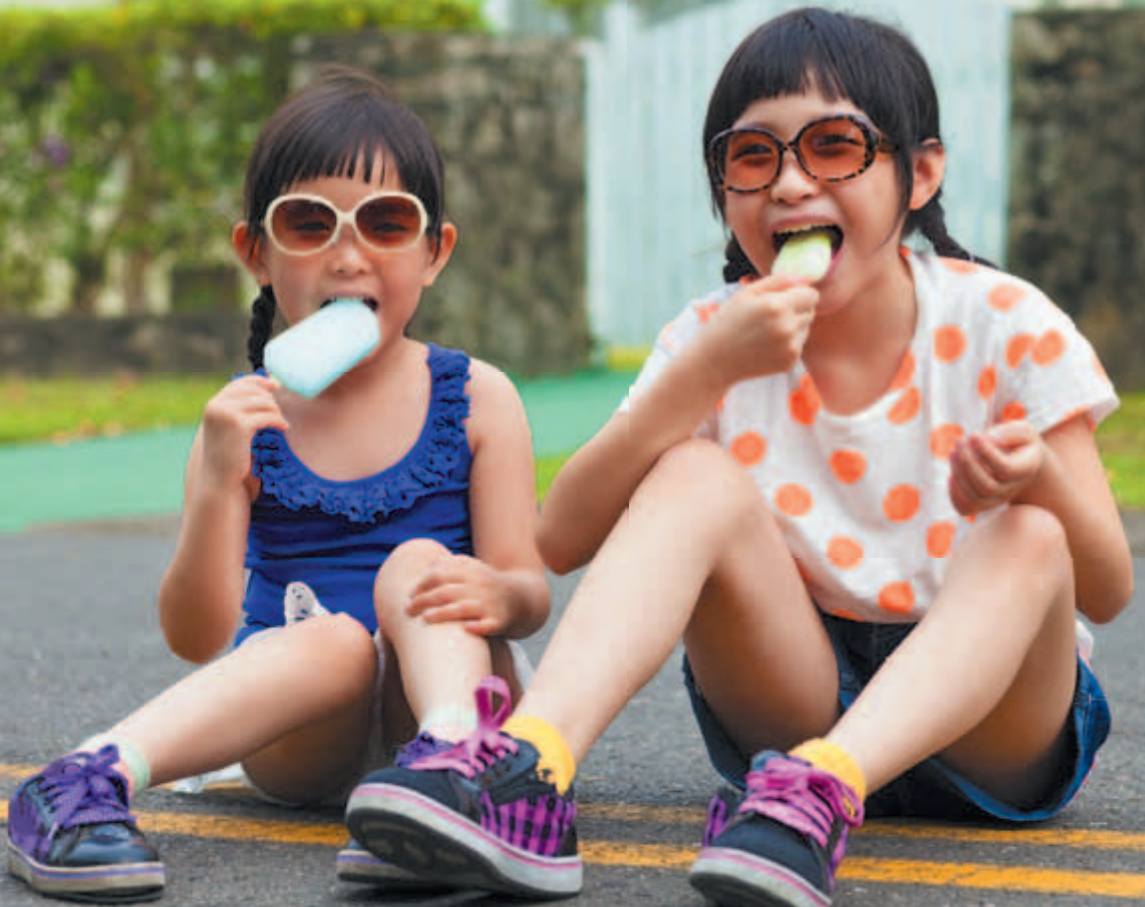


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IMPORTANT NUMBERS

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

Deer Run Community Child Care

PROGRAM FEES

It is mandatory for all families with children in the program to have a valid community membership!

3 Components

\$450.00 / month
(Mornings, Lunch, Afterschool)

2 Components

\$400.00 / month
(Mornings & Afterschool /Mornings & Lunch /Lunch & Afterschool)

Kindergarten

\$675.00 / month

Fees for PD Days, Spring Break & Christmas Break are included in the above

1 Component

\$325.00/ month

PD Days

\$40.00/ day

20 spots are available per PD Day and must be preregistered and prepaid



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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, 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			
Ways and Means	Susan Tam		susantam@deerruncalgary.com
Capital Expenditures	Terry Gallant		terry@deerruncalgary.com
Newsletter	Kelly Sigethy		kelly@deerruncalgary.com
Sports Director	Brian Moule		brian@deerruncalgary.com
Social Director	Lori Froese		lori@deerruncalgary.com
Membership Director	Lydia-Ann Fox		lydiaann@deerruncalgary.com
Director at Large	Mike Isakeit		mike@deerruncalgary.com
Director at Large	Donovan Harris		donovan@deerruncalgary.com
Director at Large	Wanda Kemp		wanda@deerruncalgary.com
Director at Large	Bill Mitchell		

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.



Free 8th Annual Clean-up & Waste Disposal

WHEN: Sept 9, 2017, 9AM-1:30PM (Sharp)
WHERE: DRCA- 2223-146 Ave. SE, Ph: 403-278-3117
HOSTED BY: Deer Run Community Association
 Calgary Waste & Recycling | Calgary Community Standards

Volunteers are a must for this to run smooth so we can repeat this again next year. Please call the centre to volunteer. The purchase of your DRCA membership is appreciated and helps support events like this one.



COMMERCIAL WASTE WILL NOT BE ACCEPTED.

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 - 403 257 4638
Sat AM
Adult & Child

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Sept to End of June

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Brent - 403 278 7620
Mon Thurs
Child

ADULT VOLLEYBALL

Tracy - 403 278 6233
Mon, Thurs PM
Adult

JAZZERCIZE

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

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

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403-225-1444

Gayle Parent – 403-271-7024,
Tuesday & Thursday from 7:30 – 9 PM
Laurie Hislop - www.blisswithin.ca –403-585-9045
Monday – 1:30 – 3pm, 7:30 – 9 PM,
Tuesday – Deeper 9:30-11:15 AM,
Wednesday – 9:30-11 AM, 7:30PM

For more information on Svaroopa® Yoga, go to:
www.svaroopayoga.org.

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Mon-Fri
5 -12 yrs
dr_oos@telus.net

PRE SCHOOL

Michelle - 403 278 7107

JAZZERCISE/CORE TRAINING

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

CHILDREN'S YOGA (AGES 2-6)

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

BLISSFUL YOGA FOR MOMS AND TOTS

Tuesdays 1:30 to 2:30pm

LINE DANCING

Gwen - 403-256-6519
Wed, Thurs

ZUMBA

Andre - www.aduberry.zumba.com
Sunday

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 17

YOUR CITY OF CALGARY

2017 Election Ward Boundary Changes

In October, Calgarians will vote to elect their Mayor, Councillors and School Board Trustees. During the 2017 Municipal Election, new ward boundaries will come into effect, which could change who the candidates are on your ballot and your voting station location. A total of 58 communities were impacted by the ward boundary changes. If you are in a community that has changed wards, you will be voting in a different ward than the last municipal election. It is important that you check your ward so that you know what candidates are running in your ward and where to find your designated voting station. To check your ward, visit www.electionscalgary.ca, or call the Elections & Census Office at 403-476-4100 (Option 2).

Deer Park

WINTER CLOTHING EVENT

Need winter clothes for you and your family? The Annual FREE Clothing Give-A-Way is happening again this year, for one day only! Clothing is donated and is gently used.

When: Saturday, Sept. 23 from 10am-1pm

Where: Deer Park United Church, 77 Deerpoint Road SE

Who: Anyone!

Do you have WINTER clothing to give away? We will be accepting clean, gently used winter clothing on the following days only:

Day Time Drop-offs:

Sept. 18th, Sept. 19th, Sept. 20th, and Sept. 21st from 9 a.m. -noon and 1 p.m. -4p.m.

Evening Drop-off:

Wednesday, Sept. 20th from 6 p.m.-8 p.m.

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE). If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263. We are always looking for volunteers to help organize and sort clothing for the event!

3 Steps for a More Youthful You this Fall

Don't you wish you had the tools to ensure health and wellness at every stage of life? With these active aging tips from Personal Trainer & Traditional Foods Teacher, Susan Hildebrandt, you'll be empowered to do just that!

STEP 1

Keep your cells strong with fresh, local, organic food.

As we age, our cells are impacted. They breakdown, are less resistant to stress, and the ability to reproduce diminishes, eventually leading to cell death. One way to keep our cells healthy is to eat nourishing, mineral rich foods. The Alberta growing season is relatively short, but luckily many local producers have methods that extend harvesting well into fall! Check out your grocery store or farmers markets for these wholesome foods:

- 1. Leafy Greens:** Deep leafy greens are mineral rich and keep the immune system strong. Some leafy greens, like kale and collards, are tougher and harder to digest. Parboiling until bright green is recommended before other preparation, such as light steaming or sautéing. Less tough leafy greens, such as chard, beet and turnip greens can be lightly sautéed or steamed, and the real softies like spinach can be eaten raw.
- 2. Blueberries, Raspberries and Saskatoons:** All of these berries grow wild in and/or around Calgary and are known to be antioxidant rich and potent immune boosters.
- 3. Fermented Foods & Drinks:** Fermented vegetables (cucumbers, kimchi, sauerkraut), dairy (yoghurt, kefir & creme fraiche) and drinks (kombucha and water kefir) are all probiotic rich, aid digestion and improve immunity!

STEP 2

Get out there and play! It's great for your immune system.

- 1. Exercise outdoors.** We have an abundance of local green space in and around Calgary. Take advantage of the clean air at our nearby forest and mountain regions. It's a beautiful time of year to enjoy our outdoors.
- 2. Swim in natural clean waters.** Here in Alberta, the natural bodies of water are mostly cold, but some research suggests that cold water is even better for the immune system. It's especially refreshing after a hike. Although fall is just around the corner, there are still plenty of warm days available for a quick dip.



- 3. Exposure to sunlight and sensible sunbathing.** Research suggests the best time for Vitamin D3 absorption in Alberta is between 11 am and 3 pm from April through end of September. Giving yourself approximately 20 minutes in the sun at a time is ideal for most.

STEP 3

Keep yourself well hydrated.

It's recommended we drink 7 to 10 cups of water per day. If you struggle to drink enough water, or are simply looking to try something new, flavour it! All you need is a mason jar or water jug, fresh ingredients like mint, cucumber, or lemon, and filtered water. Let the ingredients stand for half an hour, and voila!

Now put these tips into action and take the next step! Find a WOW! WorkOut Women small group program that works for you this fall: <http://livewelllifestyleservices.com/index.php/workout-women/>.

ABOUT LIVEWELL LIFESTYLE SERVICES

LiveWell Lifestyle Services exists to inspire healthy lifestyles of women in South Calgary. We do this by empowering women to find fun, meaningful and relevant ways to move well every day, choose and prepare nourishing foods to eat well every meal, and fine-tune their lifestyles to be well for life. For more information on our small group exercise classes, personal training services and traditional food workshops, visit www.LiveWellLifestyleServices.com.

REGISTER NOW
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WorkOutWomen.ca
403-660-4194
info@LiveWellLifestyleServices.com

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

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



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FRIENDS of Fish Creek

September in Fish Creek!

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 15, 2017 6:30-9:30pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park

Celebrate the Friends' 25th Anniversary and Raise a Glass to 25 Years of Bringing the Park and Community Together! Featuring Keynote Speaker Kevin Van Tighem, author of *Our Place/Changing the Nature of Alberta*. Sample beer and wine from local producers Chinook Honey, Tool Shed and Six Corners, and bid on amazing silent auction items donated by local organizations. A Taste of Autumn tickets are only \$60 and you will receive a tax receipt for \$30! Sponsorship opportunities are available!

WestJet Gift of Flight Raffle tickets are only \$20 each.

Win one return trip for two people on WestJet! Draw at A Taste of Autumn on September 15, 2017. Only 500 tickets were printed and it is not essential to attend A Taste of Autumn to win! For tickets or more info please contact the Friends of Fish Creek or visit friendsoffishcreek.org/event/autumn17

Membership

As we celebrate our 25th Anniversary, we invite you to renew your commitment to Fish Creek for the 2017 – '18 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members and members receive admission to educational talks, a discount on the popular birding courses, and much more! We invite you to renew your commitment online at www.friendsoffishcreek.org/membership

Fish Creek Speaker Series: Planned Giving for Healthy Families

Wednesday, September 27, 7:00 pm – 8:00 pm
Presented by Aaron Bickman, Trust and Estate Practitioner in the Wills & Estates group of McLeod Law
Your estate plan should reflect what is most important to you and your loved ones. Creating a solid and comprehensive estate plan will minimize the tax your family pays, ensure harmony within your family, preserve wealth and protect your family's future. Learn why proper estate planning is important, what documents you need to have in place, and the basics of planned giving with a focus on charities that you value the most. To register visit friendsoffishcreek.org/event/plan

Forest Bathing: Discovering the Medicine of the Forest

Tuesday, September 12, 6:30 pm - 8:30 pm
Shinrin Yoku is used in the Japanese healthcare system. Doctors prescribe time in nature to reduce stress and overwhelm and to increase creativity and overall wellness. This gentle model is ideal for all types of people and abilities. Join instructor Ronna Schneberger for this two-hour workshop and learn about the concept and practice of this healing modality. friendsoffishcreek.org/event/forest

ReWilding Through Restoration with Drew McKibben

Sunday, September 17, 1:00 – 3:00 pm
Join Drew McKibben to learn about ReWilding Through Restoration and how the Friends work to minimize the overall decline in ecosystem health in Fish Creek. friendsoffishcreek.org/event/rewilding-walking-tour

Wellness in Fish Creek!

Experience Yoga and a Full Moon Guided Meditation outdoors in beautiful Fish Creek Provincial Park. Engage your senses in the outdoors and allow the beauty of the park's natural surroundings to nurture and support physical, mental, and spiritual health and creativity. For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Good Grief! Nature Walking Through Grief and Loss

Our 8-week program starts September 11 and offers those experiencing grief and loss, just that; a gentle, accessible, guided walk through nature, to observe, to chat, to enjoy fresh air and the natural world.

Only \$25. friendsoffishcreek.org/event/good-grief2



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

Hello Ward 14!

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

Ward 14 Communities BBQ

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

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

I will see you there!

2017 Municipal Election

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

Green Cart Program Rollout

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

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

MacLeod Trail and 162 Avenue Interchange

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

As I write this we are preparing to open the new interchange to vehicles. As you read it, the interchange will be nearing completion. If you are looking for the latest information about the progress of construction or just details about the project, I recommend visiting calgary.ca/macLeod162ave.

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



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📧 gotfriedmla

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

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

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

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

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

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



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

September at Trico Centre

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

Registration for Fall Programs

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

Canada 150 Play List Event at Trico Centre

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

Children & Youth

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



Adults/Older Adults

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



Name	Age	Contact	Course
Elizabeth	14	403-816-3595	Yes
Heather	30	403-719-5371	Yes
Kate	24	403-437-3559	Yes
Kayla	13	587-575-9676	Yes
Margaret	45	403-475-2643	Yes
Marina	15	403-708-3657	Yes
Mitchel	12	403-473-6617	Yes
Natasha	26	403-805-2851	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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.

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Councillor Peter Demong

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