

MAY 2019

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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5 Excellent Reasons to Advertise in Community Newsletter Magazines

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- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
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Spring has sprung!

Great to see the flowers starting to come up. The Easter party is almost here at time of me writing. I am sure Etienne and the wonderful group of volunteers made it a great time as usual. Thank you!

Would like to thank all the volunteers that came out to help wire in the new security camera's at the center. Saved us a bunch on install with the alarm co. Thank you Lori and especially the Klein Family who did another great job with the Fun Money Casino. Good times were had, and money was raised from our silent auction for the center. Thank you to all sponsors who donated items for the Silent Auction.

Winter was hard on our snow removal equipment, and was fatal on our brush for the tractor. We will be waiting for our new budget to purchase a new one for next season.

We have also over the last few years leaks in our roof. It has come up in our life cycle and city engineers have deemed it past repair and needs to be replaced. Total preliminary costs have gone up to about 620k, grants available so far \$425k, with a possible additional 125k from province leaving a bit of a shortfall. We do have funds aside, but the city is seeing what in addition they can do to help so we don't use up our reserves. We are looking at the work to be done this year.

As mentioned Alberta Job Corps have been working at the center and they are doing a great job sprucing up the place. Welcome again to Grace Anglican Church, hope the first month at the center has treated you well.

Another thought we are looking at is a golf simulator for the facility to utilize some of our under used spaces and start golf lessons. If anyone knows of a simulator that could be donated (for tax deductible receipt) or purchased at a reasonable cost please forward us the info. Also if your able to teach golf for the kids please get in contact with the rob(this is for planning for the future).

A few things coming up in the area

- May 11 Deer Run Community is having an open house- come check out programs offered, what is happening at the center, the great work done by Alberta job corps, and generally what we are about. Our programs offered will be doing demonstrations, there will be food and a great time had by all.

- Also on May 11 Lord Beaverbrook High School has two events one in morning and other in evening
- 10am-2 pm Show and Shine – lots of classic and restored cars in back parking lot showcasing their new autobody and automotive shops. They offer discounted rates for work done on your vehicles, check them out.
- 5 pm – 12 am - the jazz band/choir are having a dinner dance at the legion on Horton rd. \$45 per person, contact Penny Ham at 403-640-2595 for tickets.
- June 22 is also our Stampede Breakfast at the center, always a great time, food and awesome people.
- May 16-30 Glass House will be setting up at the center, offering their classes on glass blowing. Contact rob for further info on their classes.

We have had some more closures in the neighborhood, We first saw Tim Hortons close, now Brass Monkey and Winkin Owl have closed. Please help support our local businesses. Some that have supported us that we should make sure we support back are Filo's, Lighthouse pub, Cornerstone Café, Cast Iron Grill and Starbucks to name a few. Get your Deer Run Membership (\$30) and check out where you get discounts at some local businesses for being a member.

Lots of good things happening within your community. Have a few hours a month, see where you can volunteer to help make our community a better place. Enjoy the nice weather (fingers Crossed) and chat with you soon.

Kim Semeniuk

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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

Mon – Fri 9:00 am to 9:00 pm
 Sat 9:00 am to 8:00 pm
 Sun 9:00 am to 3:00 pm

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

Deer Run Centre			
Central Manager	Rob Garnett	403 278 3117	rob@deerruncalgary.com
Front Desk		403 278 3117	info@deerruncalgary.com
The Executives			
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Secretary	Etienne Bley		etienne@deerruncalgary.com
Past President	Don Zver		don@deerruncalgary.com
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Director at large	Dagan Cardinal		dagan@deerruncalgary.com
Droos Director	Mercy Musakanya	403 271 3704	

www.deerruncalgary.com



EVENTS

Jelly Bean Dance	May 24, 5-7pm	Kids Grade 3-6
Parade of Garage Sales	May 18	
Stampede	Sat Jun 22, 9-noon	Community residents
Ball Tourney 2019	Aug 16-18	
Community Clean-up	September 14	



Deer Run 2019 PARADE OF GARAGE SALES

It's that time of year again –
Spring Cleaning Time!

Clean out your closets, drawers, garages, basements and sheds and turn those unwanted items into \$\$ **on Saturday May 18 from 9:00am to 3:00pm**. If you do not have enough stuff, join up with a neighbour or make it a street event! Last year's participants were very pleased with the turnout and we know this year should be another big success for all of us out there "selling our stuff".

To register and have your garage or yard sale advertised **free of charge**, please contact **Dorothea Sautter** or **Rob Garnett** at the Deer Run Community Centre with **your name, address, phone number, and email address**. Lawn signs, directional maps, and a list of all participating homes will be available for pick-up at the Community Centre the evening before the sale.

If you do not have enough stuff, join the "**car boot sale**" in the **community parking lot**. **Tables can be rented for \$5**.

On the morning of the sale, directional signs will be placed on the main streets directing buyers into the community.

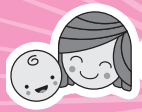
Registration deadline is May 11 (no exception, sorry)

Dorothea Sautter (sponsor)
Royal LePage Benchmark
403-613-8133
dorothea@royallepage.ca

Rob Garnett
Deer Run Community Centre
403-278-3117
rob@deerruncalgary.ca



**GARAGE
SALE**



Deer Run mybabysitterlist

Name	Age	Contact	Course
Korbin	13	403-262-5654	Yes
Kayla	14	587-575-9676	Yes
Mitchel	14	403-473-6617	Yes
Will	14	587-578-0704	Yes
Allyson	15	403-478-3014	Yes
Yusef	15	587-703-9507	Yes
Elizabeth	16	403-816-3595	Yes
Jillian	16	587-830-5920	No
Tracey	18	403-455-9421	No
Calla	19	403-278-8736	Yes
Chloe	21	587-777-1066	Yes
Tessa	22	403-797-4025	Yes
Sarah	23	403-808-9306	Yes
Kate	25	403-437-3559	Yes
Natasha	27	403-805-2851	Yes
Heather	32	403-719-5371	Yes
Britt	33	403-999-9709	Yes
Sheila	40	403-472-2583	No
Margaret	47	403-475-2643	Yes
Ana Isabel	57	587-707-9361	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.

I don't have kids, so I don't need a DRCA membership

That's what I thought too, I lived in Deer Run for over twenty years before I finally went to a DRCA AGM. I only went that year because I had heard that they wanted a big turnout to send a strong message that the residents of Deer Run were willing to fight for our green space. So I went to the meeting and somehow ended up volunteering to join the board. It was only then that I realised how much value community associations provide to ALL residents. Our Community Centre is a vital part of Deer Run, offering everything from out-of-school and pre-school programs to drop in conversation groups for seniors. I'm still on the board almost ten years later, in fact my Husband joined a few years ago too. It can get hectic but the time and effort it takes to put on events like the Stampede Breakfast or Kids parties is worth it when we see the end result. If I knew thirty years ago what I know now I would have got a membership with no question, \$30 isn't a huge amount to me but multiplied by hundreds it can be a huge benefit to the community.

(Tell us what DRCA means to you)

DRCA Board

DONATIONS

In April, DRCA will be renovating our Sheila Cross Boardroom to create a relaxing new space for seniors to enjoy. In anticipation, we're looking for donations to help make this dream a reality! We need the following items in new or gently used condition: Electric kettle, card tables, lounge chairs, games (cribbage, backgammon, etc.), puzzles, and flooring.

DEER RUN COMMUNITY CENTRE

Spring Open House

MAY 11, 12 -4



- ✿ What's new?
- ✿ New, brighter look, new programs
- ✿ Something for everyone

DRCA Seniors (55+) **Tuesday Bridge and Cribbage Drop-in**

All skill levels welcome! Help for Beginners

Where: DRCA Board Room • When: Every Tuesday 1:00 – 3:00pm

Free for DRCA members • \$1 for non-members

Coffee and Tea provided

Call 403-278-3117 for more info



Storm Drains in Your Community

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

Keep your storm drains free and clear of snow and debris

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Homeowner responsibility

Your property's drainage systems (eavestroughs, downspouts, lot grading, landscaping) interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage Bylaw, the Drainage Bylaw and Community Standards Bylaw:

- Maintaining positive drainage on your lot – away from structures without adverse effect to neighbours or public property.
- Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

Protecting your Home

- There are many ways you can ensure your home is re-

silient during storm events:

- Conduct regular maintenance and clear debris in eavestroughs and downspouts.
- Ensure downspouts discharge a minimum of 2 metres from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.
- Keep any grassed or concrete swales on your property free from debris, ice or obstructions.
- Regularly inspect grading around your foundation and fill any settling or depressions.
- Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit calgary.ca/stormdrains for links to more information.

www.kilbco.com

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Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

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Volunteer With Us

Are you looking for an opportunity to help out in your community and meet some new people?

The Deer Run Community Centre offers numerous events throughout the year – **many free admission** – that need volunteers like you to help make them a success. We always need volunteers to make this successful and our current openings are:

- Monthly Adult Supervision of Jelly Bean Dances & Family Movie Nights
- Weekly Drop-in Program Set-up (Basketball, Wallyball, Volleyball, Table Tennis, Seniors Club)
- Annual Stampede Breakfast Volunteers
- Annual Fun Money Casino Night Casino Volunteers
- Annual Easter Party Volunteers
- Annual Family Christmas Party
- Seasonal Outdoor Ice Rink Maintenance
- Painting
- Seasonal Snow Removal
- General Handyman Work
- And more!

If you'd like to volunteer for any of the events above, or have involvement in general volunteer opportunities, please call Rob Garnett at: 403-278-3117

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.

Want a Safer Community? Get to Know Your Neighbours!

A great crime prevention tool is simply saying “hi” to your neighbours. The more interactions neighbours have with each other forms community relationships that will help increase neighbourhood safety. Here are three reasons that being neighbourly builds a safer community:

Belonging

Knowing your neighbours can increase a sense of belonging and respect. When neighbours have a relationship, neighbourly tension and community disputes can be reduced.

Be Alert!

If an emergency does arise, when you know your neighbours you can readily identify those who may have special needs, mobility issues, or those who need additional assistance.

Attitude Shift

Many neighbours watch each other but what if we change our attitude to watching out for our neighbours instead?! Watching out for your neighbours could make the difference in reducing criminal activity. When you can rely on the people who live closest to you it increases your sense of safety and prevents crime.

A great way to start to build a relationship is by using a *My Neighbour Card*



If you would like to grab some *My Neighbour Cards* for your street stop by our office at #110, 720 – 28 Street NE.



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
Friday 7-9pm Sat AM
Adult & Child

NINPO AND JUJUTSU MARTIAL ARTS

403 816 3474

Youth (8-15) Mon 6-7 pm, Wed 6-7 pm

Sept to End of June

Adults (16+) Mon 7 - 9 pm Wed
7-9pm

Sat 10-12 noon Year Round

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- 12:00p.m.

Contact Irina Bondarev, 403-714-6401
or irina_bondarev@hotmail.com, www.
canuck-ki-aikido.org

ADULT VOLLEYBALL

Ashley: ashleymiller6@live.com
Mon.-Fri. PM
Adult

JAZZERCIZE

Lori - 403 256 6808
Mon, Wed, Fri 9:30 AM

ADULT YOGA

Svaroopaa® Yoga is a supported style of hatha
yoga, which emphasizes precise alignments
in the asanas (poses), releasing tensions in the
spine and increasing flexibility, helping to reduce
or eliminate pain, balance your metabolism, calm
the mind and give the experience bliss. Suitable
for "every" body.

Join us in the cozy Yoga & Wellness Room.

Class size is limited to 10 students.

Cost is \$13-\$15 per class.

Continuing classes: 1 1/2 hour class

Elaine (Laksha) Nesta - Special Programs -

elainenesta@gmail.com

Laurie Hislop - www.blisswithin.ca

Gayle Parent - 403-271-7024,

Tuesday & Thursday from 7:30 - 9 PM

Laurie Hislop - www.blisswithin.ca -403-585-9045

Monday - Deeper 5:15-7PM, 7:30 - 9 PM

Tuesday - Deeper 1:15-3PM

Wednesday - 9:30-11 AM, 7:30PM

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

PRIVATE SESSIONS: 1 hour \$50

Learn how to set-up your practice and review the
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your mind. One Embodiment® session is equal to the
openings of 6 Svaroopaa® Yoga Classes.

OUT OF SCHOOL

Mon-Fri, 5 -12 yrs

Mercy: 403-271-3704

droos@deerruncalgary.com

PRESCHOOL

Michelle - 403-462-4825

JAZZERCISE/CORE TRAINING

Patsy - 403-225-4410

Tues 6:15 - 7:15pm

COUNTRY LINE DANCE

Contact information: gwen_nclد@outlook.com or
gwen_newell@yahoo.ca

Classes are all 1 hour

Classes:

Wednesdays 1:30 p.m. Beginners

Thursdays 6:20 p.m. Beginners

Thursdays 7:30 p.m. Advanced Improvers

Line Dancing is for everyone, no partner required, its
good exercise, lots of fun, and a great social outing.

Line Dancing is Brain Wellness, Body Happiness, and
Soul Satisfying.

SPORTBALL

Starting Jan. 2019. 1.5-3y Tue 9:30-10:15am

3-5y Tue 10:15-11:15am. calgaryadmin@sportball.ca

Deer Run Out of School Care



Looking for Child Care? Look no further. Deer Run Out of School (DROOS) is a fun play-based environment located right in the Deer Run Community Centre. We cater to children from Kindergarten to Grade 6 and offer a variety of fun and exciting activities for everyone. It is mandatory for all families with children in the program to have a valid community membership.

Our school year fees are as follows:

3 Components \$475.00/ month
(Mornings, Lunch, After school)

2 Components \$425.00/ month
(Lunch & After school or Mornings & After school)

Kindergarten

\$700.00/ month

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

1 Component \$350.00

PD Days \$50.00/day per child

20 spots are available per PD Day and children should be registered and the spots prepaid for

DROOS Summer Camps

Looking for fun and affordable summer camps? Come join us at DROOS Summer Camps as we explore in and around the city. Fieldtrips, games, crafts and even afternoon snack are based on a weekly theme (yes, our camp themes change every week). Registration opens Monday, April 23rd.

\$250/ week per child: includes afternoon snack, camp games, crafts and two fieldtrips every week.

We are a licensed and accredited program. Subsidy is available for those who qualify.

If you would like more information, please email droos@deerruncalgary.com.

If you are interested in enrolling your child in our program or have any questions or concerns, we can be reached via email at droos@deerruncalgary.com or by telephone at 403-271-3704 from 9 am – 6 pm Monday to Friday.

DEER RUN MEMBERSHIP



<http://deerruncalgary.com/memberships/>

Your membership helps fund events in the community such as: Jelly Bean Dances, Family Movie Nights, Easter Egg Hunt, Parade of Garage Sales, Stampede Breakfast, Family Skate Party and much more!

Deer Run Community Business Partners

Your membership has benefits at these businesses in the community:

- **Deer Point Alterations & Repairs: 10% off all items over \$10.00.**
- **Around the Bend Pretzels and Sandwiches: 10% off**
- **Michelle Murphy Interior Design: 10% off design services plus ask about a free consultation!**
- **Deer Valley Florist will give DRCA members a 10% discount on 'in-store' purchases.**
- **Bow Valley Ranche is offering a limited 10% discount on food purchases. Conditions apply, details in store.**
- **Great Clips in Deer Valley will give DRCA members \$2 off a haircut.**

Membership cards must be shown to get the discount.

Benefits of Membership

Having a community association membership is the BOM! What's the BOM?

Well, in addition to the many benefits you get from having a membership with your community association, their membership with us at the Federation of Calgary Communities also gets you more through the Benefits of Membership, or the BOM, program!

See below for the companies that are part of our Benefits of Membership (BOM) Program and how you can save with each of them.

- Cloverdale Paint

Whenever you need to buy paint or paint supplies you simply say you are a "Federation of Calgary Communities Club Member" and you will receive more than 25% off paint and more than 15% off paint supplies!

Servus Credit Union - Free banking

Open an account with Servus Credit Union, and you'll get:

- Six months of free banking
- One-year free safety deposit box
- 100% deposit guarantee
- Annual Profit Share®

Take advantage of a no obligation, free "financial fitness" check-up with an investment specialist and a will and estates expert and receive a \$50 gift card.

This offer is open to any Calgarian who is a member of their local community association.

Community is one of Servus's core values. After all, we live and work in your community.

Stealth Alarms - Monitoring Fee

Stealth Alarms is proud to offer all community association members 25% off burglary, smoke, panic and medical alarm monitoring fees. This discount, to the monthly monitoring charge, will provide 24/7 total protection of you and your home.



May in Fish Creek

Every Brick Tells a Story

Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit www.friendsoffishcreek.org/brick

Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators

Thursday, May 16, 2019 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park
Presented by Catherine Dowdell of cath-earth-sis Services Inc.

Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. www.friendsoffishcreek.org/event/may

Capture Nature Photo Contest runs May 1 to July 31

Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year,

the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement <https://friendsoffishcreek.org/programs/capturenature/>

Good Grief: Nature Walking Through Grief and Loss

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Greif is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. www.friendsoffishcreek.org/programs/wellness-clinics

Creekefest – Your Local Park's Day Event!

Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park

Creekefest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekefest for the first time this year! For more information stay tuned to www.friendsoffishcreek.org/event/creekefest

The Amazing Step Up 4 Calgary Kids Race

Presented by CIBC, NSTEP (Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek

Saturday, June 1, Hull's Wood, Fish Creek Provincial Park

This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit www.events.runningroom.com



Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.^{1,2} Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.³ According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.⁴

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.⁵

My Health

- This month we are going to use this checklist to assess your current state of health. Answer “**Yes**” or “**No**” to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family’s medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

Yes responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

Endnotes

1. Lifeline, P. (2011), *Lifeline report on Ageing in Canada* retrieved from http://www.lifeline.ca/content/english/in_the_news/report_on_ageing
2. Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), *Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. Statistics Canada (2011), *Centenarians in Canada: Age and sex, 2011 Census*, http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm
4. Office of the Chief Actuary (2014), *Mortality Projections for Social Security Programs in Canada*.
5. Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), *Thinking About Aging in Place*. <http://www.seniors.gc.ca/eng/working/fptf/place.shtml>

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Girl Guides

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OFF THE MENU

Mayonnaise is one of the world's most popular condiments. Some of the countries where it is the most popular are Russia, Chile, and Japan!

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

Beginning June 3, 2019, new members will be able to register for the fall program start. Use the National Website, www.girlguides.ca to find more information on how to register. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider. If you have any questions, contact Pat.

All our leaders are volunteers, be sure to thank them for the skills and role modeling they provide to your daughters. Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some training offered in June and be ready for a fun time in September? Contact Pat, isteads@telus.net, for more info.

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

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.



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

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

Extended Producer Responsibility

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit calgary.ca/ward14EPR for more info about EPR.

Counciltalk

The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit calgary.ca/counciltalk for future dates.

Please feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

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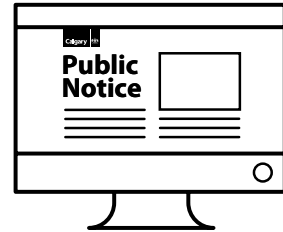
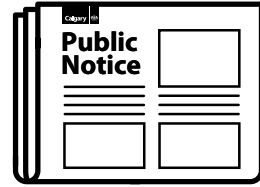
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Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit Calgary.ca/publicnotices to see detailed information on development activity in your neighbourhood.



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