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A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.

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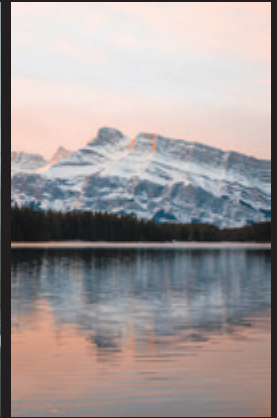
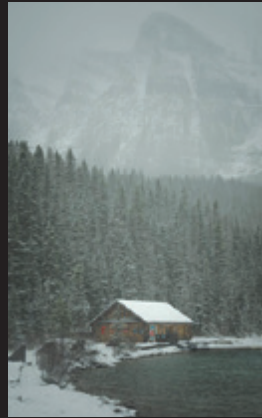
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Photo Gallery

by Jirapan Nilmanee (Mik)



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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

QUEENSLAND



DIAMOND COVE



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If you are interested in any of the open board positions, please email Volunteer@QueenslandDiamondCove.com.



The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

Apples | Bananas | Broccoli | Carrots
Cauliflower | Celery | Cucumber | Lettuce
Mushroom | Onions | Oranges | Potatoes
Tomatoes | Green Pepper

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2025

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Turkey Biscuit Stew



Ingredients

- 1/3 cup chopped onion
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10 1/2 ounces) condensed chicken broth, undiluted
- 3/4 cup 2% milk
- 2 cups cubed cooked turkey
- 1 cup cooked peas
- 1 cup cooked whole baby carrots
- 1 tube (16.3 ounces) large, refrigerated buttermilk biscuits

Directions

1. Preheat oven to 375° F.
2. In a ten-inch cast-iron or other ovenproof skillet, sauté onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually add broth and milk. Bring to a boil. Cook and stir until thickened and bubbly, about two minutes. Add the turkey, peas, and carrots, heat through. Separate biscuits and arrange over the stew. Bake until biscuits are golden brown, 20 to 25 minutes.



Happy New Year!

A new year brings some winter fun to the community. We are hoping to host a family skate event on Saturday, January 18 from 2:00 until 4:00 pm, weather permitting. Come out and visit with community friends at our annual family event. Join us for light refreshments in the Jensen room, located beside the rinks.

This spring we are hoping to revisit where we could possibly have a community garden. If anyone is interested in being on a committee, please contact Linda Brown at the community centre.

We are currently looking for someone who lives in the community who has experience in helping with grant proposals. We are also looking for someone who would like to shadow our treasurer and take over the position at our AGM in April. If you have any interest in helping out with community activities, please reach out. We would be happy to have new ideas and energy helping create activities for all.

During these winter months please be watching out for your neighbours who may need assistance with shovelling their walks or putting out their bins on garbage or recycle days. These acts of kindness go a long way.

Kind Regards,

Martine



Puppet Master

What do Yoda, Cookie Monster, and Miss Piggy have in common? They were all brought to life by the legendary puppeteer Frank Oz! From a wise Jedi Master to a cookie-loving monster and a diva pig, Oz's incredible talent made these characters unforgettable.





**INFORMATION SESSION:
Fish Creek Wastewater Treatment Plant
Upgrade Project**

The City of Calgary will be undertaking much needed upgrades to the Fish Creek Wastewater Treatment Plant, which plays a critical role in treating wastewater before it is released as clean water into the Bow River.

These required upgrades enhance the treatment processes for regulatory compliance and support community and industrial growth in southern Calgary. This project ensures the facility continues to provide reliable wastewater treatment for Calgarians with a focus on protecting the environment. Other benefits include new high quality odour control systems, the reduction of noise, and the incorporation of visual berming, landscaping and lighting.

Upcoming Information Session

Location: Deer Run School
Address: 2127 146 Ave SE
Date: Wednesday, February 5, 2025
Time: 6:30 p.m. - 8:30 p.m.

- Optional presentation from 6:30 p.m. - 7:00 p.m.
- Drop-in format from 7:00 p.m. - 8:30 p.m.

Polar Bears' Secret Colour

Here's a cool (and surprising) fact: polar bears actually have black skin! And get this - their fur isn't white, it's transparent! The black skin helps them soak up precious heat, while their transparent fur reflects light, making it look white and blending them perfectly into the snowy Arctic.



Children's Christmas Party



Thank you to the following Elves who helped make the Children's Christmas Party a success.

Deer Ridge Community Association, Bob Hall, Ward 14 – Devin Elkin/Councillor Peter Demong, Myles McDougall MLA, Brooklynn, Althea, Judith Nichols, 7-11, Julie Jack, Karen Smith, Roy Reid, Anita Sukhdeo, Kaleb Sukhdeo, Carmen Bezold, Julie Racine, Sawyer Brown, Linda Brown, Logan Myrthu, Jeff Myrthu, Martine Myrthu, and Genevieve Myrthu.

Our Bouncy Obstacle course from VR Party Planners Ltd. was a great hit.

Kudos to Santa for taking time out of your busy schedule at the North Pole to give treats to all of the children!

The craft table, as always was a major success thanks to all of organizers and helpers.

Last but certainly not least, thanks to all of the families for joining us for our great event and for bringing the many Food Bank donations!

Merry Christmas to all!

Hall Rental Rates (GST Included)

	Rate	Period
Gym Use	\$65	Per hour
Gym Weddings	\$550	Event
Damage Deposit	\$250	
Daytime Function (maximum 5 hours prior to 5:00 pm)	\$190	Event
Boardroom, multi-purpose small meeting rooms	\$33	Per hour
Cleaning Fee for Functions (when required)	\$110	

NEW YEAR WORD SEARCH



Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

Kiss
Midnight
Parade
Party
Resolution

Preventing Slips, Trips, and Falls During the Winter Months

by Alberta Health Services

The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips To Prevent Falls and Other Injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge.
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for children to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledding, tobogganing, or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity and discuss strategies for staying active if you have limited mobility.
- Choose footwear that has low heels, fits well, and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.
- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.
- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.
- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!).
- Concentrate on keeping your balance.
- Go S-L-O-W-L-Y.

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 9-1-1. If your condition is not life-threatening, call Health Link 811 for health advice or information.



How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | info@nancybergeron.ca

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

1. Interrupting – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

2. Story-Topping – This can shift the conversation from connection to competition.

3. Bright-Siding – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

4. Being Right – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

5. Being All-Knowing – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

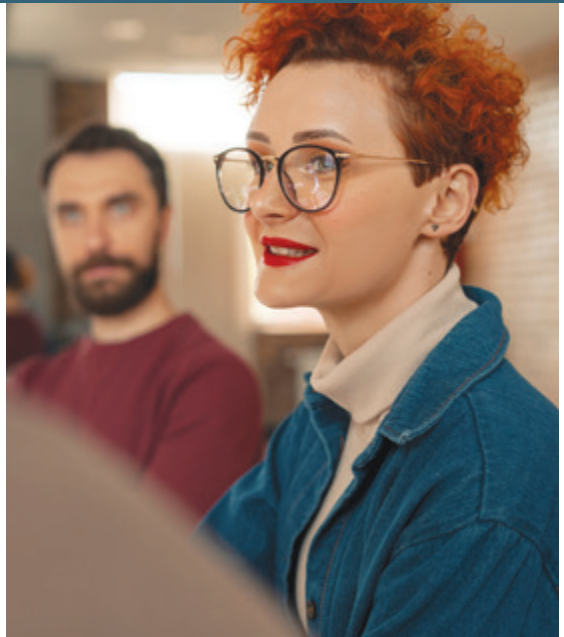
6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

Here Are Some Habits of Good Communicators:

1. They create conversational safety free from judgement, fault finding, or rejection. Just be there to listen.

2. They validate other people's feelings with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

3. They follow their natural curiosity by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

4. They listen with their whole body by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

5. They hear what's beneath the words by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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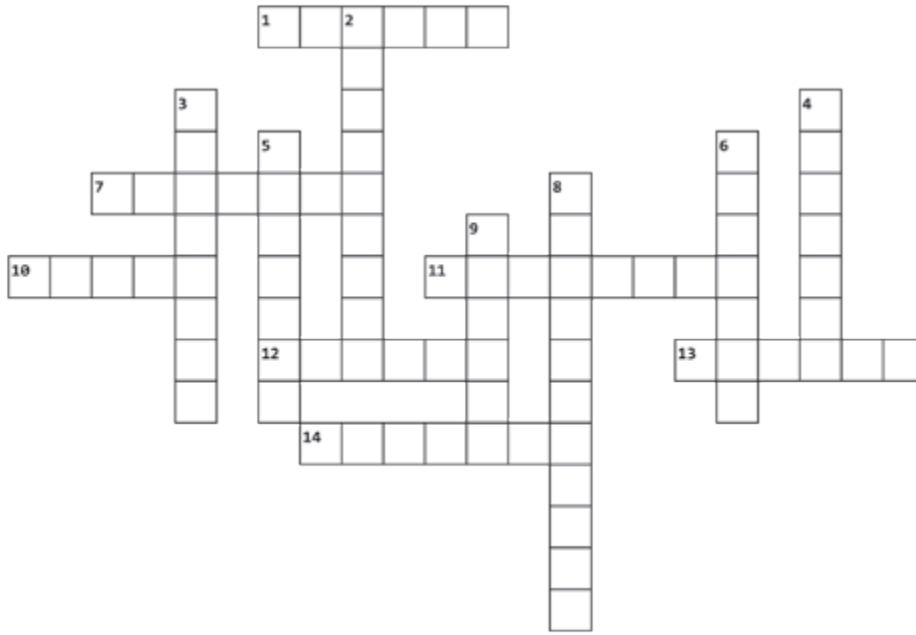
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January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert “Tim” _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____’s debut single, “TiK ToK,” reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney’s popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. “Wedding March”, composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

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Happy New Year!

The holiday season is such a great time of year. With friends and family, Christmas time brings such great feelings. It is a warm refuge when it is dark and cold outside, but I must admit that knowing the days are getting longer makes me happy. It is time to say goodbye to 2024 and welcome what 2025 has in store.

I will start the year off with a reminder about your annual property tax assessment and how to set yourself up for monthly payments. I will also talk about protecting your water pipes, the Calgary Awards, and some winter opportunities in Calgary's downtown and parks.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,


Councillor Peter Demong



CHECKLIST

9 PM ROUTINE

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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Happy New Year! Wishing you and your loved ones a 2025 filled with endless opportunities, cherished memories, and boundless joy. May your holiday season have been full of love, laughter, and warmth, paving the way for a bright and hopeful year ahead.

The Alberta Legislature concluded its fall session on December 4, 2024, passing 13 laws focused on protecting Albertans' rights and freedoms. Highlights include:

- **Alberta Bill of Rights Amendment Act:** Reinforced rights protections.
- **Health Statutes, Education Amendment, and Fairness in Sport Acts:** A suite of legislation that preserves choice for minors, supports student success and well-being in schools, and protects fairness and safety for Albertan athletes in sport.

Privacy legislation was modernized by replacing the Freedom of Information and Protection of Privacy Act with the Protection of Privacy Act, which introduced Canada's strictest privacy protections, and the Access to Information Act, streamlining processes for faster response times.

The second motion of the Alberta Sovereignty within a United Canada Act passed, enabling strong provincial action against potential federal emissions caps threatening Alberta's economy.

Additional laws passed include:

- **Early Learning and Child Care Amendment Act:** Enhanced accountability, transparency, workforce stability, and safety in child care.
- **Meat Inspection Amendment Act:** Increased penalties for illegal meat sales, protecting consumers.
- **Service Alberta Statutes Amendment Act:** Strengthened economic protections and fairness.
- **Justice Statutes Amendment Act:** Improved crime reporting, court processes, and infrastructure definitions.
- **Financial Statutes Amendment Act:** Ensured sustainability of benefit programs and long-term economic growth.
- **All-Season Resorts Act:** Promoted sustainable tourism development to preserve Alberta's natural beauty.

This session modernized key laws to address Alberta's evolving needs while safeguarding its economic and social future.

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek@assembly.ab.ca.



MP Calgary Midnapore

Stephanie Kusie

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

☎ 403-225-3480 📠 403-255-3504

✉ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

Stephanie Kusie

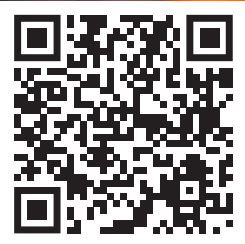
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