

JULY 2023

DELIVERED MONTHLY TO 1,530 HOUSEHOLDS

# RIDGE review

THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER



**David is the Realtor® your  
neighbours trust.**

403-869-7971 | [david@davidpellettier.ca](mailto:david@davidpellettier.ca) | [davidpellettier.ca](http://davidpellettier.ca)



Friend  
Neighbour  
Realtor®  
**David Pellettier**

[www.evergroup.ca](http://www.evergroup.ca)



## Where Productivity Meets Experience

With our marketing expertise, you'll receive maximum exposure locally, nationally, and globally, with proven results. Our results-driven approach ensures that your unique needs are not only met but exceeded. We are available 24/7 to provide personal support and draw on our extensive network of real estate professionals, industry partners, and custom builders to provide you with a world-class experience. Our intimate insights into the Calgary real estate market have earned us an impeccable track record of success. Contact us today and let us take care of you.

Let us help you find your forEVER home.  
**Elevate your experience.**

### Services

- Professional and Award Winning Photography and Videography
- Premium Floor Plans and RMS
- Professional Staging - Virtual or In-Home
- Detailed Property Exposure Book
- Social Media Campaign for Your Home
- Global and Local Network
- Geographic Targeted Marketing

## Call today for your free home valuation!



Mark D. Evernden  
403.829.3776



## Looking for Window Coverings?

**L2 Interiors would love to quote your next window covering project! We retail blinds, shutters, and shades from only the best window covering manufacturers, including Hunter Douglas.**



**Get in touch to book your complimentary consultation with one of our designers**



**825-258-5595**

**hello@L2interiors.ca**

**www.L2interiors.ca**

## Your Patio Furniture Superstore!

**YETI** **Wicker Land Patio** **weber**

**TRAEGER** **RATANA**

**BBQ LAND** **Modern Patio**

**Located Three Blocks East of Chinook Mall**  
 6125 Centre Street S, (403) 258-2506  
 WickerLand.ca

## CHOOSE TO SUCCEED WITH

**BANBURY CROSSROADS SCHOOL** EST. 1979

We offer small class sizes with a student-teacher ratio averaging 8:1. Allowing for one-to-one teaching!

**Call 403.270.7787 to enroll today.**

**www.BanburyCrossroads.com**



# DISCOVERY RIDGE COMMUNITY ASSOCIATION (DRCA) EXECUTIVE (2022/23)

## BOARD OF DIRECTORS

President		drca_pres@discoveryridge.com
Past President	Anil Tahiliani	
Vice President	Dana Fleury	drca_vp@discoveryridge.com
	Jacque Hansen-Sydenham	
Treasurer	Sunny Sun	drca_treasurer@discoveryridge.com
Secretary		drca_secretary@discoveryridge.com
Directors	Andrei Romaniuk	Collen Delany Kristin Mould
	Ameeta Cordell	Darrell Martindale Lillian VanGenderen
	Ben Lee	Doug Leighton Shay Heron

## CURRENT COMMITTEES

Communications	Anil Tahiliani	communications@discoveryridge.com newsletter@discoveryridge.com website@discoveryridge.com
Environment	Andrei Romaniuk	environment@discoveryridge.com
Casino		fundraising@discoveryridge.com
Membership	Ameeta Cordell	membership@discoveryridge.com
Special Events		events@discoveryridge.com
Traffic		traffic@discoveryridge.com
Volunteer	Lillian VanGenderen	volunteer@discoveryridge.com
Planning Committee	Doug Leighton	planning@discoveryridge.com

## DRCA Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

### Member Emails

Get a membership and provide your email for 'what's new' updates

### Ridge Review Newsletter

Twelve publications per year

### Website

www.discoveryridge.com

### Facebook

DiscoveryRidgeCommunityAssociation

### Twitter

@DiscoveryRidge1

### Email Us

See listing or the website 'contact us' page for contacts

## Do You Want to See Your Photo in Print?

The Ridge Review and Discovery Ridge social media channels are always looking for photos to use as a cover or in the photo gallery. We invite both amateur and professional photographers of all ages to submit photos for all seasons and events in Discovery Ridge. Please send your name and photos as high-quality JPEGs (300 DPI and 1MB in file size) to newsletter@discoveryridge.com.



## Mark Your Calendar

### Music in the Park – Saturday, September 9

Did you know that board meetings happen monthly and all DRCA members are welcome to attend?

Please stop by to learn more about what the DRCA does for the community and our future plans. Email drca\_pres@discoveryridge.com for more information on the DRCA and if you wish to attend upcoming meetings.

## Please Donate to the DRCA Bottle Shack

### Where Does the Money Go from the Bottles Collected at the Bottle Shack?

The money made from these resident donations helps:

- Supports the recreational facilities
- DRCA operating costs

### How Should the Bottles be Packaged When Donated?

- Please have bottles in bags or boxes. Make sure the bags are safely tied and the boxes taped shut to keep our volunteers safe.

### Is There Any Other Way I Can Help Support the Bottle Shack?

- Yes, we are always looking for volunteers to help empty the shack.
- If you can volunteer 15 minutes every month or so, please email [volunteer@discoveryridge.com](mailto:volunteer@discoveryridge.com).



# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

**Service Call Fee**



**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## DISCOVERY RIDGE BUSINESS DIRECTORY

### MEDICAL SERVICES

Cornerstone Veterinary Hospital  
Discovery Ridge Pharmacy & Travel Clinic  
Discovery Dental Centre  
Good Life Matters, Jack Dobbs, Registered  
Psychologist (Lic. #1857)  
Healing Matters Psychological Services  
Hygieia Medical Clinic  
Moroz Child Psychology Group  
New Discovery Psychological Services  
Discovery Massage & Wellness

### GENERAL SERVICES

Cutting Edge Barber Shop  
Laque Nail Bar  
Maharajah East India Cuisine  
Aura Custom Blinds & Shades  
Soular Child Montessori Development Centre  
Griffith Store & Dry Cleaning  
New Discovery Fine Wine & Spirits  
Wonder Donuts

Are you interested to help to make our community even more beautiful?

## Join DRCA Environment Committee!

The Environment Committee has two key events in its portfolio—Earth Day Litter Pick-Up (late April) and Community Cleanup (late May). We appreciate all the volunteer help we are getting for these two important projects. But we can do more if we have more people in the Committee!

These are some of the ideas we could do if we can extend our team:

- Fighting littering
- Tree planting and grants
- Preventing graffiti
- Addressing doggy doo-doo on sidewalks
- Exploring energy efficiency programs for community
- Conducting fire-related informational programs as we live close to the woods
- Informing the community on environment projects via DRCA Ridge Review
- Keeping in touch with the City of Calgary with regards to flood response and other environment-related issues

If you are interested but have limited time—that's not a problem. We do not need large time commitments. Let's have a talk and see what works.

Please contact Andrei Romaniuk, Chair for Environment Committee, at [environment@discoveryridge.com](mailto:environment@discoveryridge.com).





## DRCA MEMBERSHIP FORM

☐ New Membership ☐ Renewal Membership

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

### I can volunteer for:

- |  |  |
|--|--|
| <input type="radio"/> General assistance | <input type="radio"/> Membership               |
| <input type="radio"/> Communications     | <input type="radio"/> Environment              |
| <input type="radio"/> Special Events     | <input type="radio"/> Skating Rink maintenance |
| <input type="radio"/> Sponsorship        |  |

### Payment Method:

- ☐ Cheque ☐ Cash ☐ CC

Membership runs from September 1 to August 31 each fiscal year.

Make cheques payable to Discovery Ridge Community Association

Mail to: Discovery Ridge Community Association - 160 Discovery Ridge Blvd - T3H 4Y3

Undersigned hereby consents to: (1) the collection of the personal information on this form; (2) the use of the information for the following purposes: to solicit volunteers for DRCA's programs and activities; to recruit members and solicit renewal of membership in DRCA; to solicit participation or membership in programs or activities provided by DRCA; to provide information to you on the DRCA programs and activities; (3) disclosure of the information in the DRCA register of members which is available for review by various members of the public as required by law. The purpose of collection of the information is to provide contact and registration information for DRCA and to use in and disclose it as described above. The DRCA does not sell membership lists. Designated members of the board of the DRCA are able to answer questions about the collection of the information.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Benefits of DRCA Membership

### What does the DRCA do for me?

- Organizes social events such as Music in the Park, annual Stampede breakfast, Santa event.
- Coordinates the Ridge Review community newsletter.
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at [www.discoveryridge.com](http://www.discoveryridge.com).
- Communicates regularly with the Ward 6 Office and Councillor Pootmans on community and city related issues.
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment.
- Attains and works casinos to fundraise for the community.
- Creates a sense of community pride through participation in community activities.

### Membership Perks!

Did you know that only up-to-date DRCA Members receive regular community emails informing them of events and ongoing activities in your community? Visit [discoveryridge.com](http://discoveryridge.com) to purchase your \$25 membership or see the membership.

Visit [www.discoveryridge.com](http://www.discoveryridge.com)

### How To Report Crime In Discovery Ridge

- Dial 911 for emergencies or crimes in progress.
- For non-emergencies, dial 403-266-1234.
- To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.

### Concerns or issues about Discovery Ridge traffic or Griffiths Woods

- Dial 311 to contact City of Calgary

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association 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.



LEN T WONG + ASSOCIATES



## DISCOVERY RIDGE COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lenthong.com](mailto:len@lenthong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
May	23	12	7	\$829,999	\$829,999
April	23	6	7	\$379,900	\$379,900
March	23	8	11	\$515,000	\$500,000
February	23	13	6	\$942,500	\$927,500
January	23	2	3	\$359,900	\$368,500
December	22	3	6	\$891,850	\$865,250
November	22	3	4	\$362,400	\$355,000
October	22	6	7	\$399,000	\$397,000
September	22	9	10	\$562,400	\$571,950
August	22	4	4	\$396,950	\$388,050
July	22	9	8	\$344,000	\$336,000
June	22	21	16	\$895,000	\$975,000

To view more detailed information that comprise the above  
MLS averages please visit [dis.mycalgary.com](https://dis.mycalgary.com)



## Letter from the Board

Hello Neighbours!

Thank you to our sponsors and volunteers for making the DRCA Stampede Roundup a success! Our sponsors were Kristin Mould (CIR Realty), Ron Liepert, M.P., City of Calgary, Discovery Dental, No Payne Roofing, DR Fine Wines and Spirits, Staging Calgary, Wonder Donuts, Maharajah restaurant, and Cheryl Sanguinetti Mortgages.

We will be having food trucks in the community over the summer so watch for signs near the entrance to Discovery for dates.

### Save the Date!

Please join us for the DRCA Music in the Park event on Saturday, September 9 at the park. With bands, beer gardens, and kids' activities, the event is always a smash hit.

With summer now here, please report any illegal activity that you may see in Griffith Woods. Note that campfires are not allowed in the woods and represent a major fire hazard to the community. Call 311 or 911 depending on the circumstances.

You may have noticed that an art mural is being done on our community bottle shack to help it fit better with the natural landscape of the park area. Local Alberta artist Emily Beaudoin is doing the mural.

Enjoy the beautiful summer weather!

*On behalf of your DRCA Board*

## Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!

## Cats, Canines, & Critters of Calgary



*Big Earl, Capitol Hill*



*Blue and Jere, Mount Pleasant*



*Max, Temple*

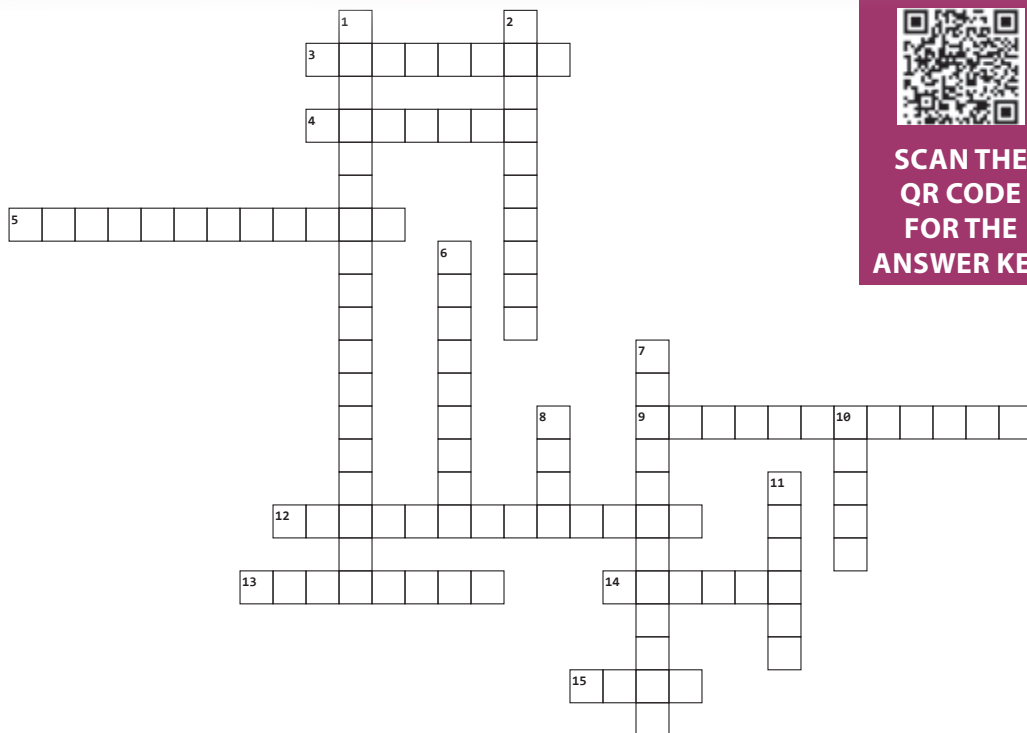


*Tali, Temple*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



**No matter how much  
you sweat, we can get  
the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**calgaryfreshjock.com**

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

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.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

*Locally Owned &  
Operated*

**Free Estimates to 403.870.0737**

Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

109 - 10836 24th Street SE

*Calgary*  
Mat & Linen Services



### MATS

Commercial mat rentals  
and purchases



### HOSPITALITY SERVICES

Linens for tables, chairs, and  
napkins. Laundry and  
pressing services



### WORKWEAR

Workwear and cleaning of  
uniforms and coveralls



### CLEANING

One-stop service for cleaning  
supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)

LUXURY REAL ESTATE



**SELLING YOUR HOME IN 2023?  
LET'S SET YOU UP FOR SUCCESS.**



**7 DISCOVERY RIDGE WAY SOLD ABOVE LIST PRICE IN UNDER 7 DAYS**



Ruth Alexander Real Estate

Our **RARE Group** of licensed Realtors are committed to excellence and work hard to help our clients succeed. We offer expert guidance, light staging, market knowledge, superior marketing, and maximum exposure to market across key social media platforms to get your property **SOLD**. Call us today to schedule a complimentary home valuation.

403.969.0109 | [RAREGROUP.ca](http://RAREGROUP.ca) | Coldwell Banker Mountain Central

# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.



# Heat Related Illness

*from Alberta Health Services*

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



# Homeowners' Association News

Throughout the summer, you will see ULS on site working to maintain our green spaces and medians, as well as implementing board-approved landscaping improvements at various locations in Discovery Ridge. News updates will be posted to our website over the summer for you to follow.

The NDHA requires ULS to ensure the safety of their staff by adhering to all occupational health and safety protocols, including appropriate safety barriers, pylons, and signage when crews are working in roadway areas. Please slow down and respect this need for personal safety. Working in the medians with cars whizzing by is stressful and dangerous; be reminded that ULS is here to make our community beautiful. Please give them a "brake"!

If you have questions or concerns about ULS, contact the NDHA so we can be made aware of any issues. Please do not engage with ULS crews directly. Abuse of their staff is unacceptable and will not be tolerated.

## NDHA-Funded and Managed Large Projects for This Summer:

- Mulch Program – Mulch will be added to all shrub beds in Phase 1 and 2 (to the left and right of the roundabout), the roundabout, the four corners at the roundabout, and to the entirety of the medians between the roundabout and Cornerstone Square. These areas last had mulch in 2016/17. Mulch helps to conserve soil moisture and mitigate weed proliferation. Most of this project will be completed in June.
- Re-design of the median "nose" landscaping in front of the roundabout to create better sightlines for

pedestrian visibility in the crosswalk area. This will also improve vehicle visibility within the roundabout. Additional mitigation has been done near other crosswalks along Discovery Ridge Boulevard. Completed in June.

- Replacement of three dead trees in TUC median at our entrance. As part of our agreement with Alberta Transportation, the trees within the TUC boundary at our entrance are the NDHA's to maintain. The dead ones were replaced in early June.

Asphalt repair in the NDHA-owned greenspace between DR Court and DR Gate, as well as 68m of path extending from DR Gate behind DR View/Rise. A new lift of asphalt was applied to mitigate damage caused by tree roots, freeze/thaw cracks, and edge disintegration. All created a trip hazard and made snow clearing difficult due to the uneven surfaces. This project was completed in late April.

The community will also see ULS carrying out remediation work in many other locations over the summer, including many plant replacements in the medians where gaps exist. Our budget will guide the number of shrubs we can plant, so we will do our best to fill in the most obvious gaps first. The early and extended heatwave of this year is hard on new foliage; our median watering program will help, but if you see a shrub bed struggling in the greenspace or park near your home, please don't hesitate to water it, as the ULS truck cannot enter park spaces. Thank you!

## Project Update

Last March, the NDHA requested approval from the City to remove and replace the dead and dying shrubbery in the switchback portion of the pathway below Griffith Pond. This project was denied in February 2023. The City has identified these shrub beds as being within a "natural space" boundary, which means that only City Parks crews can work in it. Our agreement with the City does not allow the NDHA to work in natural spaces. The City also identified this location as being a significant liability issue for the NDHA, due to the proximity of the water body. The NDHA can no longer tend to the landscaping of these shrub beds. Snow removal on the pathway can continue, however. Any concerns for the condition of the landscaping in this switchback pathway area should be directed to 311. We continue to work with the City in hope that they will upgrade the space.



TUC tree installation

## NDHA FAQs!


Do you have questions about fences? Trees? A City right-of-way? RV and trailer parking? Snow removal? What is the difference between NDHA and DRCA? The NDHA has created a fabulous FAQ section on our website for you to reference as a homeowner! Please visit our website: at [ndha.ca](http://ndha.ca).

## Outstanding Fees

The 2022 NDHA fee of \$325 was due on June 29. We would like to thank our members who have paid their fees on time, and ask that those who have not, please remit immediately. If you are unsure of your payment status, please access your membership portal on our website. If you have questions or concerns, you may contact the NDHA treasurer at [accounts@ndha.ca](mailto:accounts@ndha.ca) or our membership director at [NDHAMembership@ndha.ca](mailto:NDHAMembership@ndha.ca). Please reference your property address.


We are quite proud of how our community looks and hope you are as well. If you happen to notice an area that might need attention such as a bed being missed or damage incurred due to storms or other factors, please let the NDHA know. We are always happy to hear from our members; please access our website at [www.ndha.ca](http://www.ndha.ca) to send an email or call us at 403-237-9595.

Have a wonderful July! Safe travels to all!



## ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for *a* man."



## SCAN HERE TO VIEW ADDITIONAL DISCOVERY RIDGE CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



## CRIME STATISTICS

### Discovery Ridge Crime Activity was Unchanged in May 2023

The Discovery Ridge community experienced 2 crimes in May 2023, in comparison to 2 crimes the previous month, and 4 crimes in May one year ago. Discovery Ridge experiences an average of 1.6 crimes per month. On an annual basis, Discovery Ridge experienced a total of 19 crimes as of May 2023, which is down 58% in comparison to 45 crimes as of May 2022. To review the full Discovery Ridge Crime report visit [disr.mycalgary.com](http://disr.mycalgary.com).

*How To Report Crime In Discovery Ridge: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

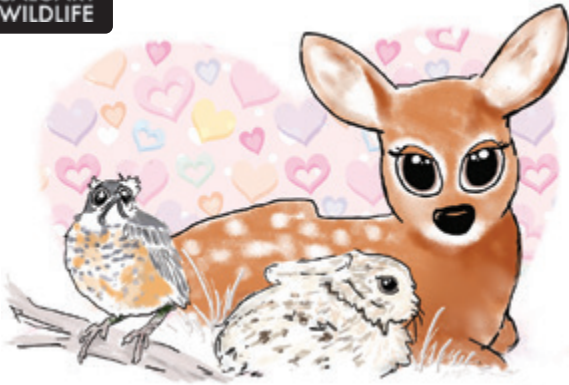
## The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

AMHRYMNH NMHA P NHSH  
AMHNMH ABTHABPM NHNH  
AMHSH NMH THMPS MSHM NH



## Cute but not cuddly



Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Don't be fooled by these cutelings!  
Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? If so, we need YOU!  
Apply today to join our urban wildlife education team.

Scan to learn more or visit:  
[www.calgarywildlife.org](http://www.calgarywildlife.org)



## SAVE A BUNCH OF CASH

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



## DUNCAN LAW

Impeccable  
Legal Advice.

- Personal Injury
- Real Estate
- Wills & Estates
- Family Law



📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | [DuncanLawYYC.ca](http://DuncanLawYYC.ca)

## GAMES & PUZZLES

### Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE  
QR CODE  
FOR THE  
ANSWERS!



## BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION





**Councillor, Ward 6**  
**Richard Pootmans**  
403-268-1646  
Eaward6@calgary.ca  
Calgary.ca/ward6 @pootmans  
@richardpootmans91

Hello, Ward 6,

It is finally summer and while all school kids are rejoicing, some parents are trying to find programs to keep their children active. If you are looking for some fun, free activities for children, youth, and your family this summer, these safe, supervised programs are great for making new friends and learning new activities. Here is the list of summer programs in Ward 6.

Date	Program	Location
July 3 to 7 Monday to Friday	<ul style="list-style-type: none"> <li>Stay n' Play – 10:00 am to noon</li> <li>Park n' Play – 10:00 am to 3:30 pm</li> </ul>	West Springs West Ridge School (8903 Wentworth Ave SW)
July 10 to 14 Monday to Friday	<ul style="list-style-type: none"> <li>Stay n' Play – 10:00 am to noon</li> <li>Park n' Play – 10:00 am to 3:30 pm</li> </ul>	Signal Hill Battalion Park School (369 Sienna Park Dr SW)
July 31 to August 4 Monday to Friday	<ul style="list-style-type: none"> <li>Stay n' Play – 10:00 am to noon</li> <li>Park n' Play – 10:00 am to 3:30 pm</li> </ul>	Glenbrook Glenbrook School (4725 33 Ave SW)
August 8 to 11 Tuesday to Friday	<ul style="list-style-type: none"> <li>Stay n' Play – 10:00 am to noon</li> <li>Park n' Play – 10:00 am to 3:30 pm</li> </ul>	Springbank Hill Griffith Woods School (7652 26 Ave SW)
August 21 to 25 Monday to Friday	<ul style="list-style-type: none"> <li>Stay n' Play – 10:00 am to noon</li> <li>Park n' Play – 10:00 am to 3:30 pm</li> </ul>	Glendale Glendale School (2415 Kelwood Dr SW)
July 3 to 14 Monday to Friday	<ul style="list-style-type: none"> <li>LEAD Monday to Thursday   12:30 to 4:00 pm</li> <li>Friday   10:00 to 3:00 pm</li> </ul>	Spruce Cliff Wildflower Art Centre (3363 Spruce Dr SW)
July 6 to 18 Sunday to Saturday	<ul style="list-style-type: none"> <li>Mobile Skate &amp; Scoot Spot – 11:00 am to 7:00 pm</li> </ul>	Glamorgan Glamorgan Community Association Outdoor Rink (4207 41 Ave SW)
July 20 to August 1 Sunday to Saturday	<ul style="list-style-type: none"> <li>Mobile Skate &amp; Scoot Spot – 11:00 am to 7:00 pm</li> </ul>	West Springs/Cougar Ridge West Springs/Cougar Ridge Community Association Parking Lot (8903 Wentworth Ave SW)

Go to <https://www.calgary.ca/parks-rec-programs/seasonal-community-programs.html> for more information.

Happy activities,

Councillor Richard Pootmans





## Are you up to date with cancer screening?

Get a personalized cancer screening plan from a licensed physician today.



- ✓ No Appointments - Access our physicians with a 24/7 health service portal
- ✓ No Cost - All app services are covered by Alberta Health Care
- ✓ Stay Up To Date - Personalized plans for breast, colon, cervical, prostate, and lung cancer



- ✓ Complete a short questionnaire
- ✓ Test requisitions are provided through the app
- ✓ Receive your results

\* Disclaimer: Chek should not be used if you are experiencing any signs or symptoms of a potential health issue. Chek is not a substitute for seeing a physician. Chek is not intended for the diagnosing of diseases or other conditions, or for curing, treating, or preventing disease or cancer.

## Get Started Today

Download today to get your cancer screening plan.



[chekhealth.ca](http://chekhealth.ca)

310, 1620 29 Street NW Calgary, AB

1-888-252-7915



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**DISCOVERY RIDGE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**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](http://www.communitymediation.ca), 403-269-2707.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



## Services

Plumbing & Drain Cleaning  
Heating & Gasfitting  
Inspections  
Tank Replacement  
Sewer Camera Inspections

**24 HOUR EMERGENCY SERVICE** tel. 587 392 6486

# David is our Realtor®

With a successful background in sales and marketing, David has come to appreciate the value his marketing, communication and negotiating skills bring to his clients. David's ability to articulate the essence of a home, assess market dynamics and analytics, and develop and implement a sales plan has been refined over his 10+ years in real estate.

**David is the REALTOR® your neighbours turn to for advice and support.**



**When it's time to sell your home, David is  
the top selling REALTOR® on the Westside.**

Scan the QR Code to learn more.

Friend  
Neighbour  
Realtor®  
**David Pellettier**

403-869-7971 | [david@davidpellettier.ca](mailto:david@davidpellettier.ca) | [davidpellettier.ca](http://davidpellettier.ca)



Real Estate (Central)