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# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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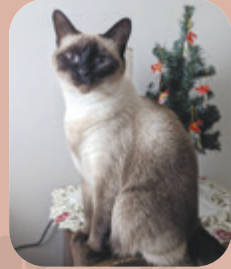
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## Cats, Canines, & Critters of Calgary



Chip, Woodbine



Echo, Signal Hill



George, Huntington Hills



George, McKenzie Towne



Lola, Calgary



Misty, Queensland



Pedro, Sandstone Valley



Walden

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## Board of Directors and Community Contacts

**We Need You! Contact Us To Volunteer  
And Get Involved In Your Community.**

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2nd Vice President	Gertrud VanDerMey	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

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Past President	Don Burdeyney
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Director at Large	Drew MacQueen
Director at Large	Glenys Godlovitch

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Casino Coordinator	Open	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Open	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	
Membership Coordinator	Bob Hall	403-278-6817



## Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

### HELP (formerly the DOAP Team)

403-998-7388

24/7

Non-emergency number for individuals on the street needing assistance.

### Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

### Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.

**OUR VISION:** We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

**OUR MISSION:** To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.

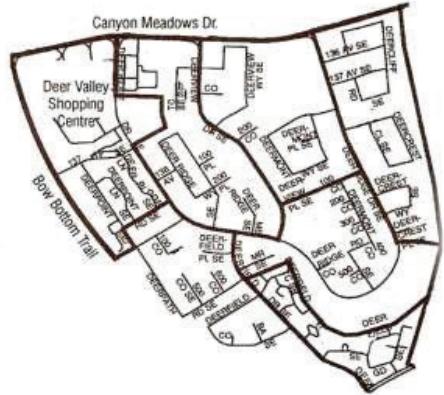


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

**Membership Request / Renewal Form**

Deer Ridge Community Association memberships are available online at [www.DeerRidgeCA.com/Membership/](http://www.DeerRidgeCA.com/Membership/) or you may mail this form along with a cheque payable to: **Deer Ridge Community Association.**

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit [www.DeerRidgeCA.com/volunteer/](http://www.DeerRidgeCA.com/volunteer/)



**Deer Ridge Community Association Membership 2024 – 2025**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Additional family members: \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number(s): \_\_\_\_\_

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

*\* Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

**Thank you for your support!**

Deer Ridge Community Association  
 Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7  
 Tel: 403-606-7331 | Email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)  
 Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

## MESSAGE FROM THE BOARD

December is here again – the season of festivity, decorations and brightly coloured lights, happy family times, good food, merriment, and good will. And while there may not be good will amongst people all over the world, as we might wish, we truly need to be grateful for the peace and goodwill we enjoy in our corner of the world, right here in Deer Ridge.

### Winter Safety

The cold weather is here again and with it comes ice and snow on our sidewalks and streets. Please remember to take your time driving on our community streets during slippery, snowy weather, but be quick to clear and de-ice your sidewalks within 24 hours of every snowfall. Everyone's safety depends on it.

### Ice Rinks

The community ice rinks will be flooded as soon as the cold weather holds for a while. Bob Hall and the rink volunteers will be busy again flooding and grooming the shiny rink and the pleasure rink. If you're one of the many skating fans who just can't wait, keep checking – the ice will soon be perfect. And if you'd like to help with rink maintenance, please email to let us know, or speak with Bob Hall or a volunteer when you see them at the rink.

### January Family Skate Party

The community will host a January Family Ice Skating Party again this year. Watch for the date in an email blast to members and in the January newsletter. This is one event you don't want to miss – we'll have hot dogs and hot chocolate, hot coffee, a warming fire, music, a shiny game open to everyone in the hockey rink, and leisure skating and little ones learning to skate on the pleasure rink. The Family Skate Party is totally free and open to anyone and everyone in the community, so bring your friends and family, and plan to have a wonderful time.

### Casino Volunteers Needed

Your community association is a non-profit organization registered with Alberta Societies. As such, a large portion of our funding is from AGLC fundraising casinos. AGLC (Alberta Gaming, Liquor, and Cannabis) is the overseeing agency. A portion of the funds from all casinos in Alberta is pooled and allocated to various non-profits and charities within the province – ours is one of these.

This funding is very significant in supporting and maintaining your community amenities. We receive a portion of the funds if we provide volunteers to fill positions for two days at a casino.

Volunteers are still needed for the following positions:

- Cashiers
- Chip Runners
- Count Room Staff (Sorter, Counter, Recorder, Amalgamator)

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available for amenities and programs such as the new shade shelter at Yellow Slide Park, community ice rinks and tennis courts, maintenance and replacement of aging structures in playgrounds, offering community programs, and creating special events like Movie at Yellow Slide Park, or the January Family Skate!

Our 2025 Casino dates are Wednesday, January 15 and Thursday, January 16, at Deerfoot Inn & Casino (11500 35 St SE).

Day shifts are 11:00 am to 7:30 pm, night shifts are 7:00 pm to 3:30 am, and count room is 11:00 pm to 3:30 am. Training is provided. Meals are free for volunteers and transportation is available if needed.

Please help us ensure we can continue to fund your community amenities – volunteer to help at one of the casino dates!

Visit [www.deerridgeca.com/volunteer-casino/](http://www.deerridgeca.com/volunteer-casino/) for more information and to sign-up or contact us directly.

### Membership

Do you enjoy living in Deer Ridge? Want to take part in keeping this community vibrant, with plenty of amenities for adults and children? We invite you to become a community association member!

Deer Ridge Community Association is a volunteer run non-profit group. Your membership contributes directly to the community. Your \$15 per year membership dues are used to support your community playgrounds, rinks, tennis court, and other amenities, and your voice will help make decisions for what is needed or wanted in the community.



## Good Food Box

In these times of enormous grocery price inflations, are you looking for ways to mitigate the rising cost of fresh foods? Have you wondered whether a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone can access fresh, nutritious produce regularly and affordably. Boxes contain in-season fresh fruits and vegetables directly from farmers and wholesalers. Content varies weekly, depending on what's in season. Each box contains the maximum produce, to ensure you get the most value for the price. Get more information at [ckpcalgary.ca](http://ckpcalgary.ca).

Looking for delicious ways to prepare all that wonderful produce in ways your family will enjoy? Get fresh ideas at [www.ckpcalgary.ca/recipes](http://www.ckpcalgary.ca/recipes).

### Box Options

Small Box	\$30	15 to 20lbs* of fruits and vegetables
Medium Box	\$35	25 to 30lbs* of fruits and vegetables
Large Box	\$40	35 to 40lbs* of fruits and vegetables

\*Please note, weights are approximate and will vary depending on produce size and density.

Order Deadline	Delivery Date
December 3	December 12
January dates not yet available.	

To order or pick up, please contact Emma at 403-278-8263. Pick up is at 77 Deerpoint Rd SE (Fish Creek United Church, previously known as Deer Park United Church).



If you haven't bought your 2024-2025 membership yet, we invite you to add your voice and become a member today. Memberships are still only \$15 per household. All memberships expire annually August 31. You can purchase your membership:

- Online from our website at [deerridgeca.com/Membership/](http://deerridgeca.com/Membership/).
- By downloading the membership form and returning it by mail with payment.
- By filling in the membership form in this newsletter and returning it by mail with payment.

If you are already a member, we thank you for your participation and commitment to your community!

We wish you a very happy and safe festive season, and all the best in the New Year – let's make 2025 a great year!



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## Deer Ridge Real Estate Update

Last 12 Months Deer Ridge  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2024	\$724,450	\$724,450
September 2024	\$424,900	\$432,500
August 2024	\$524,450	\$563,625
July 2024	\$434,900	\$440,000
June 2024	\$449,900	\$456,500
May 2024	\$349,900	\$375,000
April 2024	\$375,000	\$427,500
March 2024	\$717,500	\$765,000
February 2024	\$629,900	\$655,000
January 2024	\$492,500	\$490,850
December 2023	\$299,950	\$327,500
November 2023	\$459,495	\$463,750

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

	No. New Properties	No. Properties Sold
October 2024	1	2
September 2024	7	10
August 2024	7	6
July 2024	8	4
June 2024	3	5
May 2024	7	5
April 2024	7	7
March 2024	3	2
February 2024	1	1
January 2024	1	2
December 2023	1	4
November 2023	6	4

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



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## Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!





# Five Benefits of Longer-Term Therapy

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



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

**1. Addresses Root Causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

**2. Develops Self-Awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

**3. Builds A Therapeutic Relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

**4. Prevents Relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

**5. Personal Growth and Transformation** - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

# Calgary's Christmas Markets

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta.", [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FJKK33?WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNKB3?WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta.", 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OS0U1F?WS=SearchResults>. "Mill at Bruderheim, Alberta.", 1934, (CU1114041) by Bamber. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Windmill three miles north of Bruderheim, Alberta. Moved to Glenbow Foundation (1959). Moved to Heritage Park (1983). L-R: Mrs. Mallon, Mr. William Mallon (owner and operator), Mr. Meyers.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FHF6AE?WS=SearchResults>. "Canmore Mines Limited, locomotive 4, at Heritage Park, Calgary, Alberta", 1964-11-20, (CU1131060) by Rosettis Studio. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce\\_meadows\\_Calgary\\_Alberta\\_Amy\\_Millar\\_\(28973543633\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(28973543633).jpg).

## Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

## Word of the Month

**Absquatulate:**

**Verb (ab-skwoch-uh-leyt)**

**To run away or leave abruptly.**



*The sneaky cat managed to absquatulate any time the door was open.*

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## #HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.

## It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary  
In foothills west a silent night  
The constellations fill the sky  
Forever sharing starry light

The whitetail deer in Nose Hill Park  
Prancing over city's glow  
Sweet homes of dancing candlelight  
Gentle as the falling snow

And high on top of every tree  
The stars and angels overlook  
For bleak and icy winter hearts  
The melting grace of warm chinook

It's Christmastime in Calgary  
Though heights of mountains cold in snow  
Our gifts stay warm beneath the trees  
Wrapped with love by River Bow



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**Councillor, Ward 14**  
**Peter Demong**

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Season's Greetings!

It is that time of year again. The days are short, the snow has flown, and that holiday spirit is in the air. Whether it be around the house or out and about, I hope you get a chance to spend special time with your loved ones. There will be many festivities to take part in. I will do my best to summarize them for you in the online version of my column and highlight some of the need-to-know municipal topics for the season like snow and ice control.

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

Merry Christmas and Happy Holidays!

Sincerely,

*Councillor Peter Demong*



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### **Building a Brighter Alberta: Progress Update for 2024**

As we close out 2024, the Government of Alberta is making strong strides to improve affordability, strengthen essential services, enhance community safety, and protect the rights of Albertans. Here's a look at some key achievements from this year.

#### **Affordable Housing and Education Expansion**

Alberta is on track for a record year in housing, with nearly 30,000 new homes under construction from January through August—an impressive 44% increase over 2023. In education, the School Construction Accelerator Program (SCAP) is investing \$8.6 billion to create 200,000 new student spaces across the province, preparing for Alberta's growing K to 12 student population.

#### **Healthcare Improvements**

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

#### **Protecting Alberta's Energy Sector**

In defense of Alberta's jobs and energy future, the government has launched a national "Scrap the Cap" campaign to raise awareness of the potential impacts of Ottawa's proposed cap on energy production. This campaign encourages Canadians to speak out against this plan and support Alberta's position.

#### **Looking Ahead**

The Alberta Government remains committed to building a strong, prosperous future for all residents. By focusing on affordability, essential services, and defending Alberta's energy sector, we're laying the groundwork for a thriving province for generations to come.

As the year wraps up, and we enter into the holiday season, I want to wish you all a Merry Christmas, and a bright New Year filled with joy, health, and happiness! May this spiritual season bring warmth to your heart and peace to your home.

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

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Merry Christmas and Happy Holidays!

As 2024 comes to a close, I'd like to take a moment to reflect on some of the work I've done in Calgary in addition to my Parliamentary duties.

To kick off the new year, my office collected nine boxes of food items (thanks to generous Calgary Midnapore residents) and donated them to the Veterans Food Bank of Alberta. In February, I partnered with Don Bosco School in Deer Ridge to deliver handmade valentines to residents of the Canyon Meadows Retirement Home for my fifth annual Valentines for Seniors campaign.

In the spring I participated in Telus' annual Kits for Kids campaign, which provides school supplies to students in need. My team attended the Willow Ridge Community Association's Civic Affairs Night on my behalf. Also in the spring, nominations opened for the King Charles III Coronation Medal, I look forward to celebrating the twenty deserving constituents who were selected for the medal in early 2025.

As the House of Commons rose for the summer break, I jumped straight into events across the riding from Ukrainian Fest in Acadia to the 50th anniversary of the Queensland Diamond Cove Community Association. I spent Canada Day in Parkland and then began the Stampede season with pancake breakfasts in Lake Chaparral, Deer Run, Lake Sundance, Acadia, Silverado, Lake Bonavista, and more! As the summer wrapped up, I spent some time with Calgary's Korean, Filipino, Venezuelan, Francophone, and Hong Kong communities.

Finally in the fall, I visited with volunteers at Deer Run's Annual Cleanup and paid respects to our fallen soldiers at the Field of Crosses.

This is just some of the work I've done over the past year. If you'd like to learn more about my work both here and in Ottawa, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.



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