

JANUARY 2025

DELIVERED MONTHLY TO 2,550 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Cover Photo by Trevor Bergmann



More than just a real estate agent. As your neighbour, I'm here to navigate you through every step of your real estate journey.



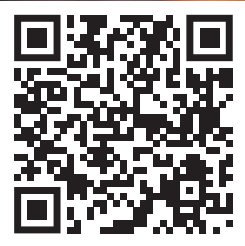
lindacrealestate@gmail.com | 403-714-5595

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

**Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.**

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



AVENUE | Financial
Real Estate Solutions

Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL



PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

BMAX BROKERS MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

Calgary



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.

Board of Directors and Community Contacts

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

EXECUTIVE

President	Open	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Gertrud VanDerMey	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

PAST PRESIDENT

Past President	Don Burdeyney
----------------	---------------

DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Drew MacQueen
Director at Large	Glenys Godlovitch

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Open	
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.



Community Association

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/ 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/



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 | Website: DeerRidgeCA.com

Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

MESSAGE FROM THE BOARD

Happy New Year! We hope you enjoyed a joyful, warm, and merry festive season, and we wish you good health, good fortune, and much happiness in 2025. Let's make it a good one, Deer Ridge!

Annual January Family Skate

The Deer Ridge Community Association will once again host our Annual Family Winter Skate, on Saturday, January 11, from noon to 4:00 pm, at the Deer Ridge outdoor rinks, at 155 Deermont Way SE, beside the community gardens, in the SW corner of the Don Bosco School green space.

This popular event is always well attended, and we hope you will join us for some pleasure skating, shinny hockey, visits with friends and neighbours, music, a toasty warm fire, and free hot dogs and hot chocolate. Admission is free. Just dress warmly and come join us. Bring your beautiful smile, or if you happen to have misplaced yours, there'll be plenty of smiles to go 'round and lots of folks who'd love to share theirs with you.

Casino Volunteers Needed

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

We need volunteers to fill positions of Cashier, Chip Runners, and Count Room! If you are able to commit to volunteering for any of the following shifts or as a spare, please contact us or sign up online.

Visit www.deerridgeca.com/volunteer-casino/ for more information and to sign-up or contact us directly at DeerRidgeCA@gmail.com.

Training is provided. Meals are no expense to the volunteer and transportation is available if needed.

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available to provide amenities and programs such as community ice rinks and tennis courts, the new shade shelter at Yellow Slide Park, special events like Movie in the Park, and to replace aging structures in playgrounds.

Fish Creek Wastewater Treatment Plant Upgrade Project and Info Session

The City of Calgary has provided us with notice that they will be "undertaking much needed upgrades to the Fish Creek Wastewater Treatment Plant. This plant plays

a critical role in treating wastewater before it is released as clean water into the Bow River.

These important upgrades are required to enhance the treatment processes for regulatory compliance and to support community and industrial growth in the south area of the city. These upgrades and enhancements will ensure that the facility continues to provide reliable wastewater treatment for Calgarians, with a focus on protecting the environment. Other benefits from this upgrade include new high quality odour control systems, the reduction of noise emissions, and the incorporation of visual berming, landscaping, and lighting, to improve the visual aesthetic of the plant.

The plant will remain operational throughout the duration of the project. Construction will take place on the current site footprint starting in 2025 and continuing until 2031".

Upcoming Information Session

The City of Calgary invites you to attend a short presentation from the project team, where you can learn more about this infrastructure project, meet the team, and ask questions.

Location: Deer Run School

Address: 2127 146 Ave SE

Date: Wednesday, February 5, 2025

Time: 6:30 to 8:30 pm

Optional presentation from 6:30 to 7:00 pm.

Open house format from 7:00 to 8:30 pm.

For more information on the important role wastewater treatment plants play, visit: <https://www.calgary.ca/water/wastewater.html>.

CPS Community Safety Dashboard

The Calgary Police Service has developed a new Community Safety Dashboard for viewing crime stats within the city. The dashboard provides crime stats for the entire city, and you can narrow your search down to just a single community, a police district, or a ward, if you like.

Find the dashboard at <https://www.calgary.ca/cps/statistics/calgary-police-statistical-reports.html>.

City of Calgary Property Tax Calculator

Yes, it's that time of year again – property tax notices come out every January. Want to get ahead of that and find out what you're likely to see on your 2025 Property

Tax Bill and where that money goes? The City of Calgary says, "Get an estimate and breakdown of your property tax bill and learn how we invest your property tax dollars to deliver the municipal services Calgarians value and use every day."

The City of Calgary Property Tax Calculator may be found here: <https://www.calgary.ca/property-owners/taxes/calculator.html>.

City of Calgary Sidewalk Sand-Salt Mix

During the winter, the City of Calgary makes available a sand/pea gravel-salt mixture, called pickle, for individual use on sidewalks bordering private properties. Pickle helps break down snow and ice, making it easier for you to comply with the bylaw regulating snow and ice removal.

Find out details, including where to get pickle at: <https://www.calgary.ca/roads/maintenance/free-sand-salt.html>.

Bow Bottom Trail Drainage Improvement Project

The City of Calgary has been collecting community input on an upcoming project to improve the drainage around Bow Bottom Trail, saying, "Queensland Off-Leash Dog Park, along Bow Bottom Trail near Canyon Meadows Drive has been identified for future development of a dry pond to prevent flooding along Bow Bottom Trail and nearby properties. During significant rainfall events, the roadway along Bow Bottom Trail towards Canyon Meadows Drive becomes impassable which creates a safety risk to drivers and people in the area."

Queensland Off-Leash Dog Park users were notified that a dry pond would be developed and invited to provide feedback by January 2 on what they currently enjoy about the space and what additional features would improve the usage of the area.

If you are a user of this off-leash area or are interested in engaging with the City about the amenities that will be offered in the new development, you will have an opportunity to provide input during Phase 2, Explore Options, scheduled for spring, 2025. Phase 2 will take the form of Public Engagement seeking online feedback for features that could enhance the existing space.

Membership

Deer Ridge Community Association's annual membership drive is ongoing. If you have not yet purchased your 2024-2025 membership, we invite you

to add your voice to determining the direction of your community by becoming a member today.

We invite Deer Ridge residents to actively participate in the decisions shaping your community. Residents of the community with membership are encouraged to vote at Annual General Meetings and all membership meetings.

Your membership contributes directly to the community. The Deer Ridge Community Association is a volunteer run non-profit group.

Memberships are still only \$15 per household. All memberships expire annually August 31.

You may purchase your membership:

- Directly online on our website: DeerRidgeCA.com/Membership/,
- By downloading the membership form and returning it by mail with payment, or
- By returning the membership form from this newsletter by mail with payment.

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

Upcoming Board Meetings

The Board of Directors meets monthly, at 7:00 pm, on the third Tuesday of the month.

The next meeting is Tuesday, January 21, 2025, at 7:00 pm in the Boardroom of the Lutheran Church of The Good Shepherd, located at 13811 Deer Ridge Dr SE. Please contact us if you are interested in attending, volunteering on the Board, or if you have anything you would like the Board to discuss at the meeting.

Cover Photo – November Newsletter

The newsletter coordinator would like to take this opportunity to apologize to Mr. Bob Hall and acknowledge the oversight of not crediting to him the photo showing the new Yellow Slide Park shelter, which was used on the cover of the November edition of the *Deer Ridge Journal*. Many thanks, Bob, for contributing this excellent photo!





Annual Family Winter Skate

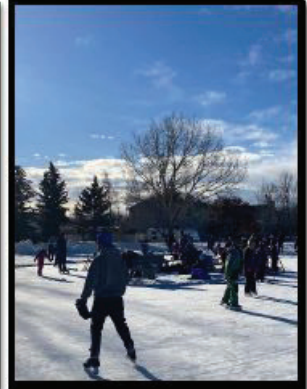
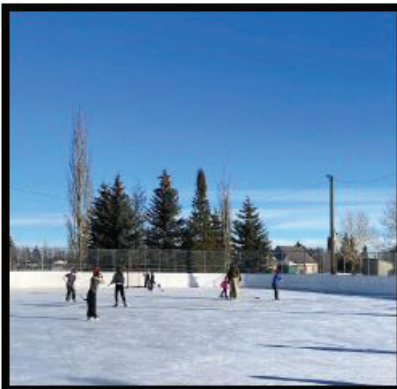
When: Saturday, January 11, 2025
from Noon to 4 pm

Where: Deer Ridge Outdoor Rinks
155 Deermont Way SE Calgary, AB
(Behind Don Bosco School)

Please Park on Deermont Way

Free Hot Chocolate & Hotdogs

Bring your family and friends out for an
afternoon of Leisure Skating and Shiny Hockey





Good Food Box

Have you noticed the price of fresh produce at the grocery store, lately? And it's not getting any better. Are you wondering how to put really fresh, good produce on your family's table, at a price you can manage? Have a look at what Good Food Box offers – maybe it's just what you've been looking for!

Good Food Box (GFB) is a local program through which anyone, regardless of income, can access fresh, nutritious produce, regularly and affordably. Boxes contain in-season fresh fruits and vegetables direct from farmers and wholesalers. The boxes are put together by dedicated volunteers and offer different content in each delivery– depending on what's in season. For more information, go to: Good Food Box — Community Kitchen Program of Calgary (ckpcalgary.ca).

Find mouthwatering ideas for how to prepare all that fresh produce in delicious, family-friendly, and time-conscious ways at <https://www.ckpcalgary.ca/recipes>.

Good Food Box Produce 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

*Note that weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order Day	Pickup Day
January 21	January 30
February 18	February 27
March 11	March 20

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.

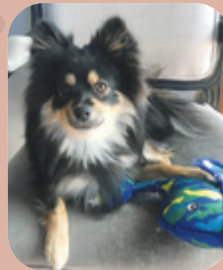
Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



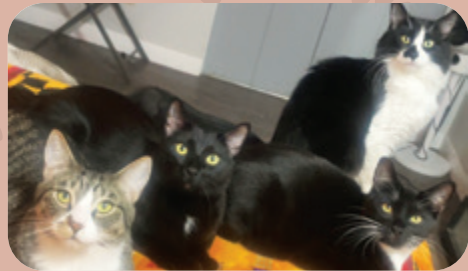
Mirabella,
Lower Mount Royal



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

To have your pet featured, email news@mycalgary.com



MLA Calgary - Fish Creek
Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✂ @MylesYYC | 📷 MLAFishCreek

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

🌐 stephaniekusie.mp.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

MP Calgary Midnapore



Councillor, Ward 14
Peter Demong

☎ 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

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



GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

SCAN HERE TO VIEW ADDITIONAL DEER RIDGE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

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.

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Deer Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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; www.official-plumbing-heating.ca.

DEER 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 | Licensed by Avenue Financial.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

DEER RIDGE CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Deer Ridge. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.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, 403-269-2707.

PAINTER SERVICING DEER RIDGE: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Ridge? Our unified team of expert practitioners have one common goal - to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

AFFORDABLE DENTAL CARE MINUTES FROM DEER RIDGE! Dental care that's affordable, accessible, and essential. Minutes from Deer Ridge. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcenters.com.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

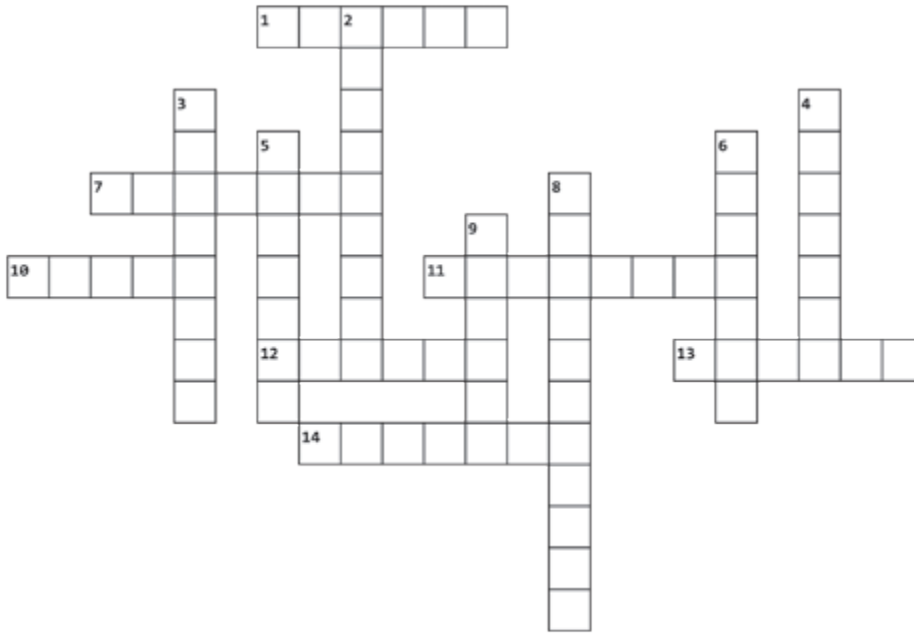
Joke of the Month

Why did the pony get detention?

Because he was horsing around.



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, _____.

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 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.



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca



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.



More than just a real estate
agent. As your neighbour,
I'm here to navigate you
through every step of
your real estate journey.

lindacreatestate@gmail.com

403-714-5595

