

JULY 2025

DELIVERED MONTHLY TO 2,550 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



PLANTING COMMUNITY AT THE GARDENS

Photo by Andrew MacQueen



WANTED



PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | GROW@GREATNEWSMEDIA.CA



GET A QUOTE NOW

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates
www.kilbco.com | 403-870-0737

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



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



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

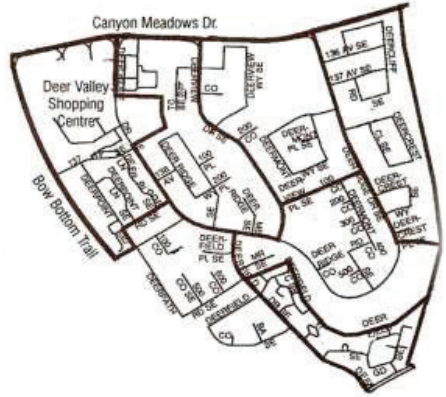


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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)

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	Diane Lum
Director at Large	Yasmine Soqrat

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.

What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

MESSAGE FROM THE BOARD

It feels good to be in mid-summer, doesn't it? The sunshine, warm breezes, lovely days, and warm evenings spent outside are a balm to body and soul. We hope you're enjoying a beautiful summer, whether it's a vacation away or a staycation right here in Deer Ridge, enjoying the many activities and mature green spaces that our community offers.

Community Gardens Update

The community gardens have been getting great support from volunteers and plot holders, and it's turning out to be another wonderful growing season. If you've been by, you'll have noticed some changes, some upgrades, and enhancements. If you haven't come by yet, please do – the gardens offer a beautiful seating area amongst the greenery and flowers, and you will find it a restful and welcoming space, whether you're accompanying a family member to their sporting activities in the area, having a coffee with friends, or looking for a quiet space to sit with your thoughts for a bit. Choose your time of day – it is always changing and always welcoming.

Many thanks to Anita for re-staining the benches and planting flowers, to Gord and Drew for assisting with re-laddering the beds, to Bob for organizing the gardens, gardeners, and volunteers, as well as spearheading the upgrades and personally doing so much of the physical work that goes into bed renovation, planting, and garden décor. And a great big thank you to the volunteers who assist with mowing, trimming, watering, general cleanup, and all the little things. You are appreciated.

Fish Creek Provincial Park 50th Anniversary Celebration Update

"50 years of adventure, nature, and a heck of a lot of good times!" - https://friendsoffishcreek.org/fcpp_50/.

On June 7, the Friends of Fish Creek Provincial Park Society celebrated the 50th anniversary of this park in our backyard that we enjoy so much – and your community association was there! Deer Ridge had a booth at the event, staffed by volunteers (thank you Dawn for organizing). We were there to show our support for the Friends of Fish Creek and for the park itself, and to let everyone know how much we appreciate our proximity to the park and its amenities. The event offered walking tours, kid-friendly activities, an amazing cowboy trick roping demonstration, native seed giveaways, planting, and more. Much rehabilitation

work has been done at the park, and this was a great opportunity for the community to engage with it and learn about the ongoing biodiversity and conservation efforts taking place in the park.

Annual General Meeting Update

Deer Ridge Community Association held its Annual General Meeting on June 17 at Fish Creek United Church. Thank you to all the community members who came out to hear what we've been up to this past year, have a look at the financials, stand for election to a seat on the board, and discuss and vote on community initiatives. Your interest is what keeps this community vibrant and humming with activities and amenities. An updated list of Board Executives and Directors will be posted in the next newsletter.

11th Annual Community Festival Update

The Annual Deer Point Community Festival was held on June 29, at Deer Point Plaza in Deer Ridge. This annual event brings together families and neighbours from Deer Ridge, Deer Run, Queensland, Parkland, and Lake Bonavista communities for a vibrant day of live music, artisan vendors, food, kids' activities, and general good times. Deer Ridge once again hosted a booth with kids' craft activities – sand art is always a hit. A great big thank you goes out to our crafting booth volunteers. We hope that you, our community guests, were able to come out and enjoy this very popular event and thank you to those who stopped by our booth to say hello.

City of Calgary "Dump Your Junk" Community Cleanup Update

The Deer Ridge City of Calgary Dump Your Junk event was held in conjunction with the Queensland/Diamond Cove Community Association in their community hall parking lot on July 5. We hope you were able to collect up all your disused, no longer wanted items and take them over to the collection site for the City to dump in the landfill, free of charge to you. This event is always so great for cleaning up all the junk that collects in a year.

A heartfelt thank you to our volunteers for assisting with traffic control and safety at the collection site, and an enormous thank you to the Queensland/Diamond Cove Community Association for once again including us in this much needed and appreciated community cleanup event.



Movie in Yellow Slide Park and Deer Ridge's 45th Anniversary! – August 16

It's been a busy summer already, and we're not done yet! Deer Ridge Community Association will be hosting its 45th Anniversary party, together with the much-loved Movie in the Park event this year. It's all free, no membership required, bring your friends, neighbours, and family, because this is going to be amazingly fun.

Come at 5:00 pm for hot dogs, drinks, treats, cake, cupcakes, and coffee. Entertainment for all ages of kids is planned for before the movie – the bouncy castle will return as will some other favourite entertainments, and some new ones – stay tuned for more announcements on our webpage and in the community members' email blast. That's where you'll hear about which movie will be shown, too, as that decision is always made closer to the event date.

We were able to rent the same large, bright screen that was so successful last year, so we will show the movie at 7:30 pm, and young families can stay to enjoy the movie, before bedtime.

Thank you to those of you who have already volunteered to help. Those of you considering it, we encourage you to sign up - this is a great event. Volunteers are a part of creating a truly fun experience, and they enjoy a good deal of camaraderie in doing so. If you plan to volunteer for only one thing this year, make it Movie in the Park – you will not regret it. Connect with us at DeerRidgeCA@gmail.com and let us know what happiness creation and great experience volunteer role would appeal to you. Join in the fun and feel the community spirit!

Summertime Board Recess

The board takes a recess from meetings during July and August, although community work continues. You will see us out and about at Movie in the Park, the community gardens, Yellow Slide Park, or in the community, and we would love for you to stop and say hello.

Cats, Canines, & Critters of Calgary



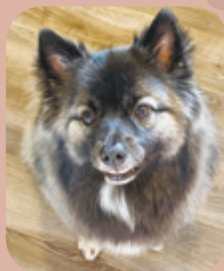
Lily and Fern, *Calgary*



Enzo, *Calgary*



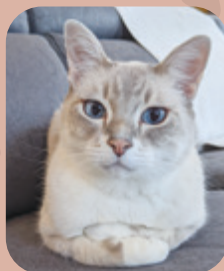
Molly, *Elbow Scene*



Roscoe,
McKenzie Towne



Stella,
Elbow Scene



Tigger,
Elbow Scene



Willow,
McKenzie Towne

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

Building Your Emergency Food Kit

by Alberta Health Services



Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishables, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary, and what to include in your kit.

Why An Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items that can be stored for a long time without refrigeration are

ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove and fuel, as well as pots for an emergency kit, do not choose foods that require some heating.

- **Water:** 4 litres per person, per day for drinking and basic hygiene.
- **Vegetables and Fruits:** Dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.
- **Grain Foods:** Crackers, cereal, granola bars, instant oatmeal, rice, and pasta. Consider whole grain crackers and cereal for added nutrition.
- **Protein Foods:** Protein options include canned beans or canned meat, nuts, seeds, nut butters, and jerky.
- **Milks and Plant-Based Beverages:** Choose options that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.
- **Special Diet Foods:** If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to last for the full duration of the emergency.
- **Other Foods:** While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.
- **Meal Preparation Materials:** Include plates, cutlery, a multipurpose knife, manual can opener, and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.
- If you have pets, remember to include their water and food needs.

Practical Considerations

Store food in a cool, dry place and avoid areas prone to moisture or pests. When packing canned and dried goods, opt for smaller containers that can be consumed in one sitting to prevent spoilage once opened. Check foods every year and rotate out those that are nearing expiry as needed. Some foods may last for several years.

Emergency preparedness is essential for every household, and a well-planned food kit can provide comfort, nutrition, and safety during crises. By incorporating a variety of non-perishable items and water, you can ensure that you and your family remain well-nourished and prepared for any emergency.

Setting aside food for emergencies may not be possible for everyone due to cost. There may be resources in your social network or community to go to in case of emergency. Call, text, or chat with 2-1-1 Alberta (ab.211.ca/) to find out about financial benefits, programs, and services.



**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

What Are Imaging Tests?

by Alberta Health Services

Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

Imaging Tests and Your Health and Safety

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your



child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

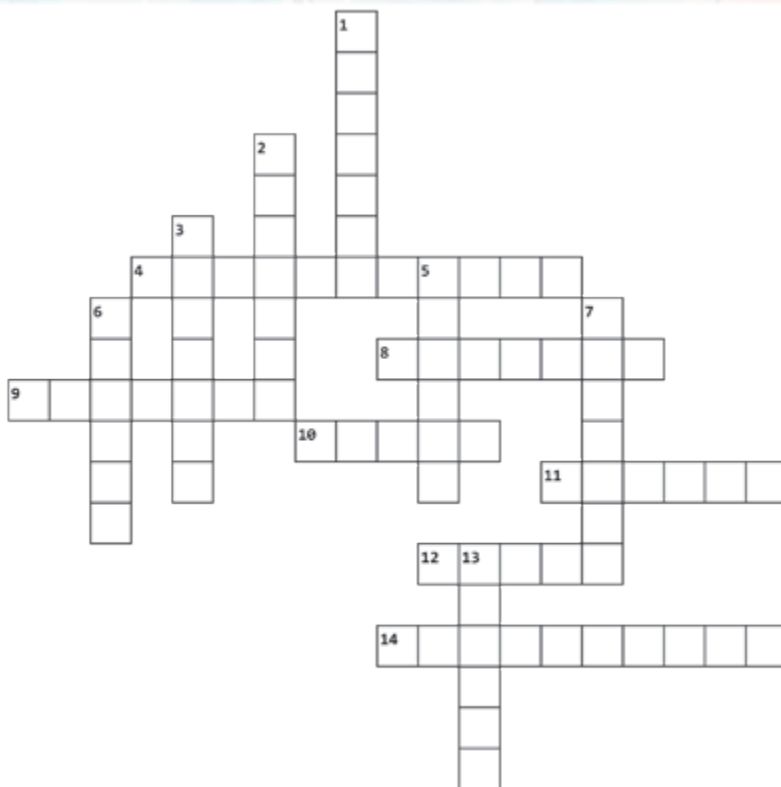
Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=spec>).

July Crossword



Visit bit.ly/mycalgaryanswers
or scan the QR code
for the answers

Across

4. Harper Lee's Southern Gothic novel, *To Kill a _____*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
14. Lucy Maud _____, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan _____ premiered on July 22, 1988.
3. The popular mobile game, _____ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first _____ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



Good Food Box

Do you cringe at the price when you go to buy fresh produce at the grocery store? Are you wondering how to keep good, fresh, produce on your family's menu, at a manageable price? Maybe Good Food Box is just the service that you and your family need!

Good Food Box (GFB) is a local program and anyone, regardless of income, can purchase fresh, nutritious produce, regularly and affordably through it. Box prices and weights have so far remained unchanged, even as grocery prices have gone up. Connect with Emma, at 403-278-8263, to order the size of box you need, and Good Food Box will deliver your order to a depot right here in Deer Ridge.

Each box contains an assortment of in-season fresh fruits and vegetables, purchased directly from farmers and wholesalers. Seasonal produce means not only are you getting the best flavour and top-quality produce, but also that boxes will have different content in each delivery – depending on seasonal availability. For more info, go to ckpcalgary.ca/goodfoodbox.

Looking for some fresh ideas for fresh produce? Find family friendly, time-conscious, mouthwatering ideas and recipes at 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
July 15	July 24
August 12	August 21
September 9	September 18

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



MLA Calgary – Fish Creek
Myles McDougall
7 – 1215 Lake Sylvan Drive SE
✉ Calgary.FishCreek@assembly.ab.ca
☎ 403-278-4444 | 📷 [MLAFishCreek](#)
📘 [MylesMcDougallYYC](#) | 📺 [MylesYYC](#)

You're Invited: Second Annual Stampede BBQ – July 5

My second Annual Stampede BBQ is just around the corner!

Join us on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy delicious food, and connect with your neighbours. We'll be serving up Spolumbos sausages, enjoying live music, and hosting several local community associations and non-profits, who will be on hand to share the incredible work they're doing across Calgary-Fish Creek. Whether you're a longtime resident or new to the area, I'd love to see you there! And don't forget to bring a non-perishable food item for the Calgary Food Bank. All constituents—including your four-legged friends—are welcome.

I'm also honoured to share that I've been named the new Minister of Advanced Education. I look forward to working with my colleagues in Cabinet and contributing to Alberta's future through this important portfolio. Our new Cabinet brings together experienced and newly appointed ministers, reflecting the diversity and strength of our province. Together, we are committed to building a stronger Alberta for all.

Have Your Say

The Government of Alberta is seeking feedback on the draft Plan for Parks—a strategic direction for recreation and conservation across sites managed under the Provincial Parks Act. This includes provincial parks, provincial recreation areas, and wildland provincial parks.

Please take a few minutes to complete the online survey by July 26, 2025, at www.alberta.ca/plan-for-parks-engagement.

The survey takes just 10 to 15 minutes and is a valuable opportunity to help shape Alberta's future.

Wishing everyone a safe, joyful, and fun-filled Stampede week—and I hope to see you at the BBQ!

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

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.

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.

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.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.com.

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! No fluff, no frills, accessible and essential dentistry! All insurances accepted OAC. Tax receipts issued. Why not save money, smile wider and live better? Come in for your free goodie bag. Call 403-287-6453 or 403-272-7272 today or visit www.calgarydentalcenters.com. Enjoy life while you still have your smile.

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.



DEER RIDGE FAMILY CLINIC

Doctors Accepting Patients

Clinic Opening Hours

Monday to Thursday 9am - 7 pm

Friday 9am - 4 pm

Saturday & Sunday 10am - 3 pm

Call for Appointment

Walk-in Patients Accepted

Address: DEER RIDGE FAMILY CLINIC

1156-137 Ave SE, Calgary, AB T2J 6T6

Phone: 403-271-5123 | **Fax:** 587-387-7206

Visit our website:

www.deerridgefamilyclinic.ca



Dr. Prisca Wosu
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)



Dr. Gabriel Olajya
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)



Dr. Chester A. Onuorah
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)



Dr. Ada Chukwu
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)



Dr. Ini Obot
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)



Dr. Opeyemi Famusiwa
MBBS, MSc, FRCPC, FRCPC (C), FRCPC (S)

the Gutter Doctor®

Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



SCAN HERE TO VIEW ADDITIONAL DEER RIDGE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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

Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver
Where are the arrows you hide deep inside
Take aim for the moon, let them fly thru the heavens
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver
Water flows pure from the mountaintops high
Your destiny's duty to guard and protect it
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver
Jubilation you bring to Alberta's dry land
For water is life, you bestow of it freely
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider
While forward you lead, we'll be watching your back
To be perfectly clear, we can't take you for granted
Drought and pollution will sneak and attack

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

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



SCAN ME

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.

DEVIN ELKIN

FOR WARD 14



Hello Ward 14, my name is Devin Elkin and I have had the pleasure of serving Ward 14 as community assistant for the past 10 years as part of Councillor Peter Demong's Ward 14 team. As you know, this spring he announced his intentions to retire from civic politics and I just wanted to thank him for all that he has done.

With that, I am thrilled to let you all know that I will be seeking your endorsement and running for Councillor in Ward 14 in this upcoming civic election. As a born and raised Calgarian, I have always understood the importance of serving your community. As my family has grown, so too has the importance of creating a city that they can call home, or for that matter, want to call home.

Now over the next month, I will be going through the nomination process to become an official candidate for Ward 14, but I wanted to express my intentions and more so introduce myself to those that I haven't met yet.

For more information about me and what I have learned from the 10 years working with Ward 14 constituents, please check out my website at www.devinelkin.com. I am excited to share more over the next few months on how being rooted in community has led me to this decision.