

MAY 2023

DELIVERED MONTHLY TO 2,475 HOUSEHOLDS

your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762
or email sales@greatnewsmedia.ca

GET A QUOTE NOW



WWW.DEERRUNCALGARY.COM

GROW YOUR BUSINESS

ACQUIRE AND RETAIN NEW CUSTOMERS

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

Contact Us:

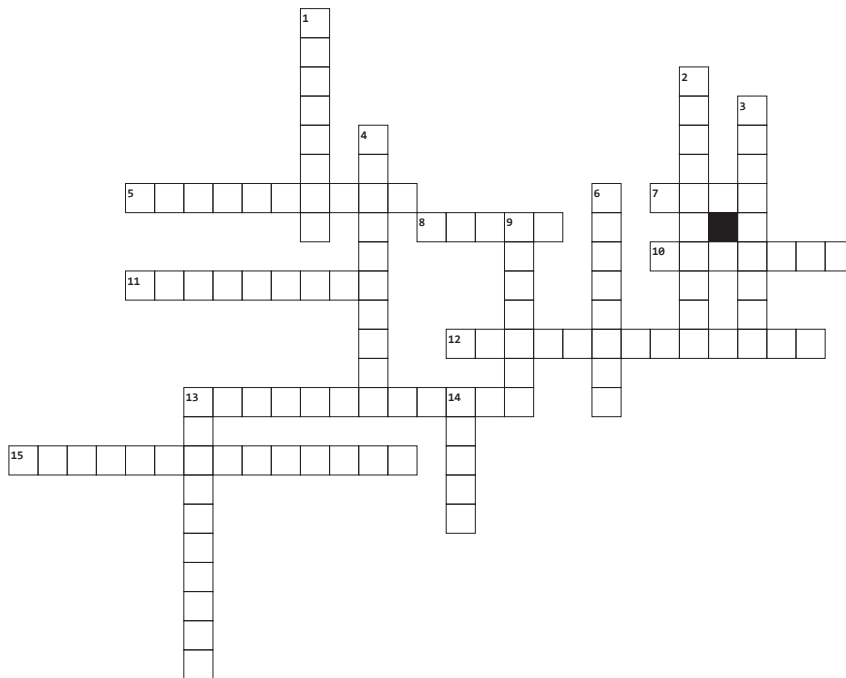
403-720-0762 | sales@greatnewsmedia.ca



Scan for your advertising quote

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



Deer Run Community Association (DRCA)

www.deerruncalgary.com

Rental Inquiries: 403-278-3117



We meet on a weekday evening, once a month. All DRCA members are welcome. To attend, email the Board secretary; our emails are on the website.

THE EXECUTIVE

President	Kim Semeniuk
Vice President	Mike Isakeit
Treasurer	Ed McCrea
Secretary	Etienne Bley

THE DIRECTORS

Ways and Means	Brenda Marks
Capital Expenditures	Jay Clements
Communications Director	Vacant
Sports Director	Ken Werbicki
Social Director	Christian Fruhen
Membership Director	Susan Mitchell
Director at Large	Donovan Harris
Director at Large	Don Zver
Director at Large	Victoria Tkaczyk



Like us on Facebook

www.facebook.com/deerruncalgary

We're also online at www.deerruncalgary.com

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.



Deer Run Community Centre

2223 - 146 Ave SE Calgary, AB, T2J 6P8

Phone: 403-278-3117 Fax: 403-278-4961

Email: info@deerruncalgary.com

Centre Hours (subject to change)

Monday to Friday, 9:00 am to 9:00 pm

Saturday, 9:00 am to 5:00 pm

Sunday, 9:30 am to 3:00 pm

Key Staff

Centre Manager Rob Garnett 403-278-3117

Childcare Director Mercy Musakanya 403-271-3704

Newsletter

Your Deer Run Villager is published twelve times per year. The submission deadline is the first of each month for the following issue.

Please email your articles or community event listings as an attachment, in an MSWord file, to the DRCA Communications Director at commdirector@deerruncalgary.com.

Community-related digital photos and art are welcome. Ensure recognizable people in images have given their permission. Send a caption and/or the names of people. The requirements are 250 KB for a smaller picture and 1 to 3 MB for a cover picture. JPEG format is preferred.

Our Mission

Facilitate a variety of fun programs and activities to encourage community involvement and volunteer opportunities.

Our Vision

Deer Run is a thriving community that provides opportunities to support our families and neighbours.

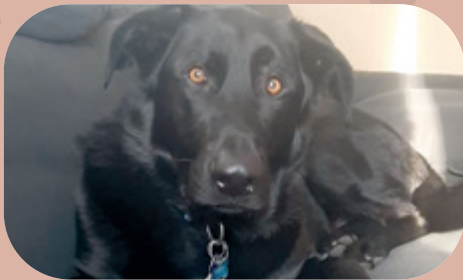
Board of Directors

We are always looking for enthusiastic and community orientated residents to join our board and volunteer committees. It's a great way to contribute to Deer Run. Visit the volunteer page on our website for details.

Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

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

OFFICIAL



PLUMBING & HEATING

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

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

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

Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.

An advertisement for Wicker Land Patio. The top half shows two different outdoor furniture sets: a wicker set with a stone wall background and a modern metal set with a white wall background. The text "Your Patio Furniture Superstore!" is overlaid in large, bold, yellow letters. Below the images is a yellow banner with logos for YETI, Traeger, and Weber. The main text "Wicker Land Patio" is in a stylized font. Below that are logos for BBQ LAND and Modern Patio. At the bottom, the address "Located Three Blocks East of Chinook Mall, 6125 Centre Street S, (403) 258-2506" and website "WickerLand.ca" are listed.

Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children’s’ reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child’s ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



TROY CARTON
REAL ESTATE
587-848-8287
www.troycarton.com

exp
REALTY

What is Depression in Children and Teens?

by Alberta Health Services

Depression is a serious mood disorder that can take the joy from a child's life. It is normal for a child to be moody or sad from time to time; you can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as two out of 100 young children and eight out of 100 teens have serious depression.

A child who is depressed may also:

- Lose or gain weight.
- Sleep too much or too little.
- Feel hopeless, worthless, or guilty.
- Have trouble concentrating, thinking, or making decisions.
- Think about death or suicide a lot.

Both very young children and grade-school children may lack energy and become withdrawn. They may show little emotion, seem to feel hopeless, and have trouble sleeping. Often, they will lose interest in friends and activities they liked before. They may complain of headaches or stomach aches. A child may be more anxious or clingy with caregivers.



Still, many children don't get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how they are feeling. If you think your child is depressed, talk to your doctor or a counsellor. The sooner a child gets treatment, the sooner they will start to feel better.

What are the symptoms?

A child may be depressed if they:

- Are irritable, sad, withdrawn, or bored most of the time.
- Do not take pleasure in things they used to enjoy.

Depression can range from mild to severe. In its most severe form, depression can cause a child to lose hope and want to die.

Whether depression is mild or severe, there are treatments that can help.

How is depression diagnosed?

To diagnose depression, a doctor may do a physical examination and ask questions about your child's past health. You and your child may be asked to fill out a form about your child's symptoms. The doctor may ask your child questions to learn more about how he or she thinks, acts, and feels.

How is it treated?

Usually, one of the first steps in treating depression is

Did You Know Osteopathic Manual Therapy Can Help With Osteoarthritis?

by Stephanie Berk, Osteopathic Manual Practitioner



education for the child and their family. Teaching both the child and the family about depression can be a big help. It makes them less likely to blame themselves for the problem. Sometimes it can help other family members see that they are also depressed. Counselling may help the child feel better. The type of counselling will depend on the age of the child.

Medicine may be an option if the child is very depressed. Combining antidepressant medicine with counselling is also an option. A child with severe depression may need to be treated in the hospital.

There are some things you can do at home to help your child start to feel better:

- Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods, and get enough sleep.
- See that your child takes any medicine as prescribed and goes to all follow-up appointments.
- Make time to talk and listen to your child. Ask how they are feeling. Express your love and support.
- Remind your child that things will get better in time.

What should you know about antidepressant medicines?

Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- Children who take antidepressants should be watched closely. These medicines may increase the risk that a child will think about or try suicide, especially in the first few weeks of use. If your child takes an antidepressant, learn the warning signs of suicide, and get help right away if you see any of them. Common warning signs include talking, drawing, or writing about death; giving away belongings; withdrawing from family and friends; and/or having a plan, such as a gun or pills.
- Your child may start to feel better after one to three weeks of taking antidepressant medicine, but it can take as many as six to eight weeks to see more improvement. Make sure your child takes antidepressants as prescribed and keeps taking them so that they have time to work.
- A child may need to try several different antidepressants to find one that works. If you notice any warning signs or have concerns about the medicine, or if you do not notice any improvement by three weeks, talk to your child's doctor.
- Do not let a child suddenly stop taking antidepressants. This could be dangerous. Your doctor can help you taper off the dose slowly to prevent problems.

Osteoarthritis (OA) occurs when there is a breakdown of cartilage covering joint surfaces, thus altering the overall joint structure. Osteopathy can help prevent further degeneration by removing additional stress on the joint through gentle manipulations of the muscles and joints themselves. Osteopathic treatments can improve blood flow and drainage of the arthritic joints so that the joint remains healthy and mobile. Since Arthritis is a degenerative condition, Osteopathy cannot reverse the process, but it can help prevent further progression of the disease.

What Exactly is Osteopathy?

Osteopathy is a form of manual therapy that helps realign the body. It aims to calm the nervous system and to remove any obstructions to nerves, blood vessels, and lymphatic structures. An Osteopathic Manual Therapist can provide treatment to any demographic without the use of high-velocity manipulations.

Osteopathic manual treatments are covered by most extended health care companies, and you do not need a doctor's referral to get a treatment.

FRIENDS *of* Fish Creek



May in Fish Creek

Fish Creek Community Terrace - Reserve Your Brick Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/brick>.

WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, surcharges not included. Blackout dates and restrictions apply. Tickets are 1 for \$10, 5 for \$20, 50 for \$25, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more info visit <https://friendsoffishcreek.org/programs/flight>.

The Buzz on Calgary Bumble Bees Thursday, May 11, 7:00 to 8:30 pm

Presented by Syd Cannings, Biologist, Canadian Wildlife Service, Prairie Region Environment and Climate Change Canada

Bumble bee populations pose a conservation concern these days, and several species from the Calgary area have been assessed as at risk by the Committee on the Status of Endangered Wildlife in Canada. This talk will provide an introduction to bumble bees and their basic biology, examine bees whose numbers have declined, the reasons for the decline, and what we can do about the situation. Syd Cannings is a Species at Risk Biologist with the Canadian Wildlife Service in Whitehorse, Yukon. He is a member of COSEWIC, the Committee on the Status of Endangered Wildlife in Canada, and has led the development of the national recovery strategies and management plans for four species of bumble bees. He has also written several books, including *British Columbia: A Natural History*, and *The New BC Roadside Naturalist*. To register, visit <https://friendsoffishcreek.org/event/buzz>.

Friends of Fish Creek - Annual General Meeting Wednesday, May 24, 2023

7:00 to 8:30 pm

Registration opens at 6:30 pm

Fish Creek Environmental Learning Centre, Shannon Terrace

The Friends would like to thank all our members, volunteers, donors, community partners, and other supporters for helping to make 2022 a truly memorable year. The Annual General Meeting presents an opportunity to meet with Friends staff, board of directors, members, and volunteers as well as learn about the year that has come to a close and hear about our exciting plans for 2023 already underway. At this year's AGM, we will bid a fond farewell to some of our board members and welcome new volunteers to our board of directors. This event is free to all community members, however only current 2023 members are eligible to vote. To register or for more information, please visit <https://friendsoffishcreek.org/event/aggm>.

City-Supported Community Cleanups Begin April, Saving Residents a Trip to the Landfill

from the City of Calgary

City-supported community cleanups begin in April and will continue through to early fall. These popular events are hosted by community associations with support from The City of Calgary. Calgarians can drop off unwanted items at any community cleanup location, regardless of where they live in the city. There is no charge for putting items in City of Calgary trucks. Keep in mind that some community associations bring in recycling services that may require a fee. Check calgary.ca/cleanup for the list of community associations hosting cleanup events and check the community associations' website or social media page for full details on the event in each community.

Green or blue cart items, which includes yard waste or recyclable items, will not be accepted at the cleanup events unless the community association has hired additional vendors. Visit calgary.ca/whatgoeswhere for items that are recyclable.

Please Don't Bring:

- Car batteries
- Glass (e.g. windowpanes, glass tabletops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Railway ties
- Sod or dirt
- Household hazardous waste (see calgary.ca for drop off locations)



Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



Mat & Linen Services



MATS
Commercial mat rentals and purchases



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



WORKWEAR
Workwear and cleaning of uniforms and coveralls



CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com



Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



9 PM ROUTINE



CHECKLIST

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



Deer Run Real Estate Update

Last 12 Months Deer Run

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2023	\$684,850	\$684,000
February 2023	\$485,000	\$525,000
January 2023	\$580,000	\$575,000
December 2022	\$367,400	\$379,000
November 2022	\$634,450	\$616,000
October 2022	\$514,950	\$573,750
September 2022	\$530,000	\$520,000
August 2022	\$629,900	\$615,500
July 2022	\$524,900	\$529,900
June 2022	\$619,500	\$627,000
May 2022	\$475,000	\$477,500
April 2022	\$564,900	\$583,305

Last 12 Months Deer Run

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2023	3	4
February 2023	6	3
January 2023	2	3
December 2022	2	4
November 2022	7	6
October 2022	1	2
September 2022	4	7
August 2022	7	7
July 2022	10	5
June 2022	7	8
May 2022	10	9
April 2022	6	4

To view more detailed information that comprise the above
MLS averages please visit glamorgan.mycalgary.com

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Joke of the Month

What do you call a little
bear with no teeth?

A gummy bear.

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



Greetings Ward 14!

When seeking the honour of standing for Calgarians, community associations become part of your life. Constant contact with them has been a critical part of the job. That has been my policy, and I believe it has served me well.

The importance of community associations to a Councillor is obvious, but I hope others see this value too. In Calgary, there are 152 community associations that stand for almost 200 neighbourhoods. More than 20,000 community association volunteers contribute approximately 2.4 million hours (about 274 years) of public service every year to organize and host social, recreational, and educational programs. They manage important neighbourhood facilities and are also often points of contact for local land use changes—providing engagement with the community beyond what is required by the City. Perhaps most importantly, they give a sense of community.

There are many ways to support these important organizations. Becoming a member of your local community association is a good start. You can also volunteer varying amounts of your time. There are all sorts of ways to help.

If you believe that strong community bonds are critical (like I do), consider getting involved with your community association. At the very least you will get to meet some of your neighbours, but you might also make your community a better place.

In the full version of this column at calgary.ca/ward14newsletter, you can read about Neighbour Day, Community Cleanups, Calgary’s River Valley’s Plan, and other topics.

Feel free to contact me any time. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Councillor Peter Demong

Dear Constituents,

As the seasons change, the temperature isn’t the only thing rising.

Last month, Justin Trudeau embarked on his plans to triple the carbon tax, and with it, triple the cost of everything - the cost of food, fuel, and even home heating. But he didn’t stop there, his government also increased the tax up on beer, wine, and spirits meaning that since 2017 the taxes on alcoholic beverages have increased by a staggering 14.1%!

What’s worse is that Justin Trudeau has had countless opportunities in the House of Commons to stop the increase altogether. My CPC colleagues and I have been clear in our opposition to raising taxes on Canadians and have urged the government at every step to listen to Canadians and stop making life more expensive.

In early April, I had the opportunity to speak with students in grades five and six at Sundance School for CIVIX Canada’s annual Rep Day program. I enjoyed speaking to students about my role as an MP, Canada’s democracy, and the importance of protecting it.

My team and I are planning for more Virtual or In-Person Town Halls – like my last Virtual Town Hall with the Deputy Leader of the Conservative Party and MP for Thornhill, Melissa Lantsman – in the coming months. To stay up to date on any upcoming Town Halls and my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and participate in my monthly survey question at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore





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



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 Run. 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 RUN 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.

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.

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

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

BUSINESS CLASSIFIEDS

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Run? 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 RUN! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BASEMENT WINDOWS R-US: New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Available 24/7. Call 403-201-0317 or 403-660-0612.

CAMPBELL ROOFING - FREE ESTIMATES: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business." Call Grant at 403-975-1371. Thank you, customers, for all your previous support!

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.

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

LANDSCAPING DEER RUN: Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

SCAN HERE TO VIEW ADDITIONAL
DEER RUN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



SAVE A
BUNCH
OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

SUPPORT LOCAL



20% OFF TOY
TUESDAY

15% OFF SENIOR
THURSDAY



WILD BIRD
SEED
BIRD'S CHOICE

\$12 SELF-SERVE
WASH BAY



MOMMS
PET FOOD & SUPPLIES



403-225-8501



SUITE 143, 755 LAKE
BONAVISTA DRIVE S.E.



WWW.MOMMS.CA

MAJOR BRANDS WE CARRY

ACANA ALMO ARTISAN
BENNY BULLY'S CHUCK IT
CANADA POOCH CARNIVORA
CANADIAN NATURALS
CRUMPS' FARMINA
FROMM FRUITABLES' GO!
HEMP 4 PAWS KONG
NOW ORIJEN PUPPY LOVE
PUREBITES REDBARN
SMACK STELLA & CHEWY'S
SNAPPY TOM SQUARE PET
TUFFY STUFFY TILTED BARN
WHIMZEES WERUVA AND
ZIGNATURE ZUKE'S MANY
MORE!

COUPON



BRING THIS COUPON IN STORE AND RECEIVE
30% OFF TOYS, TREATS, AND ACCESSORIES
AND 15% OFF WILD BIRD SEED & SUPPLIES



FREE DELIVERY

CURB-SIDE PICK UP

How to BEE a Community Scientist Help us document the different pollinators in Calgary!

1



Go to
inaturalist.ca or
download the app.



2



Look around your favourite
park or backyard for any
**insects visiting
a flower.**

3



Take a least **2 clear
photos of an insect**,
preferably from
multiple angles.

4



Take at least
1-2 photos of the plant
where you can see (1)
the flower, and (2) the
leaves/whole plant.



5



Upload your
photos to iNaturalist.
Tip: Create a separate
observation for the
insect and plant.



6



Add your insect
observations to the
Calgary Pollinators Project.
Tip: Link your insect and plant
observations together.



Alberta is home to hundreds of different pollinators
- more than 330 kinds of bees, as well as flies, beetles, wasps,
and other insects that are critical to our local food supply. We want
to get to know the pollinators that call Calgary home and what plants
best support them, and you can help! **Community science** involves
the collaboration between scientists and the general public to collect
and analyze data. The data you uploaded to iNaturalist can be used in
research around the world, and close to home!



✉ sustain@ucalgary.ca 📷 @dollecology

