

JUNE 2024

DELIVERED MONTHLY TO 2,625 HOUSEHOLDS

your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



Cover photo by Nilmini Weera

LeafFilter
GUTTER PROTECTION

WARRANTY

A LIFETIME OF CLOG-FREE GUTTERS-GUARANTEED!

+See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year.

Call Us Today! 844-211-4281
FOR A FREE INSPECTION!
www.Leaffilter.ca/15off | Promo: 1CGY002

Claim Your Discount Now!
15% Off + 10% Seniors & Military

WWW.DEERRUNCALGARY.COM

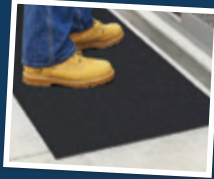
CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



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



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

DEER RUN COMMUNITY ASSOCIATION



STAMPEDE BREAKFAST



BRING YOUR COWBOY HATS
AND JOIN US FOR A STAMPEDE
BREAKFAST!

JUNE 22ND AT THE DEER RUN
COMMUNITY CENTER
9AM - NOON

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	Bley Etienne

THE DIRECTORS

Capital Expenditures	Jay Clements
Director at Large	Donovan Harris
	Ken Werbicki
Social	Christian Fruhen
Newsletter	Todd Andre

VACANT POSITIONS

Memberships	Vacant
Programs	Vacant
Sports Director	Vacant
Ways and Means	Vacant



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 MS Word 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.



MESSAGE FROM THE BOARD

Howdy Residents of Deer Run!

We had another successful Deer Run Parade of Garage Sales. There was quite the car parade on our cul-de-sac and some happy neighbours because of the great response.

As you may or may not know, Deer Run has a lot of events for all ages.

These events do not happen without participation and volunteering from community members. Many hands make the task easier.

Speaking of events, Stampede is coming early to Deer Run, come for breakfast on June 22 from 9:00 am to 12:00 pm. We will need more volunteers to make the event happen, as well as our Deer Run community members and their families to come out and have fun. Last year we had over 1,100 visitors, and we expect this year to be even better. There will be wagon rides, live music and line dancing, games for the whole family, live interactive games, bouncy castles, and face painting for the kids. Oh, we might want to mention there will be breakfast served too, and you guessed it, Spolumbos sausages are already ordered! Invite friends and family to come to the best community event in Calgary! Volunteers like you make it great. Go to deerruncalgary.com/stampede to sign up to help. If you can't volunteer, we look forward to serving you breakfast.

Also coming soon: Ball Tournament August 16 to 18 and the Community Cleanup Saturday, September 21.

This summer, the daycare rooms will be renovated and get special pint-sized bathrooms. The 70s decor was looking worn, and bathroom breaks for the little ones have been an exercise in patience. Puddles in the main bathroom were also an issue. Come fall, everything will be shiny and new.

On behalf of the board, I would like to invite anyone interested to come to a board meeting and see what goes on. We are always looking for volunteers to help with green thumb projects, accounting, and project management, as well as members with people skills, or just a strong desire to learn something new. The Federation of Calgary Communities offers free courses

to community board members to sharpen their skills in community organization.

You can always come by and say hello to our Centre Manager Rob Garnett and let him know you want to help make a difference.

Any questions about Deer Run Community? Contact me at mike@deerruncalgary.com.

Take care,

Michael Isakeit

Vice President of a Great Community (Deer Run)



Calendar of Events

Stampede Breakfast	Saturday, June 22 from 9:00 am to 12:00 pm
Stay n' Play	July 2 to 5
Skate Spot Skateboard Lessons	July 19 and 26
Ball Tournament	August 16 to 18
Community Cleanup	Saturday, September 21

BARKER'S

· FINE DRY CLEANING ·

PICK UP &
DELIVERY
SERVICES

403-282-2226



Now Accepting CDCP Federal Dental Plan

WE ARE HAPPY TO OFFER HELP SIGNING UP
OR LEARNING MORE ABOUT THE COVERAGE

We are located at: Unit 204 - 83 Deerpoint Rd SE

Call or Text: 587-966-3368

Email: albertadentures@gmail.com

PLUMBER



PLUMBOB Father and Son

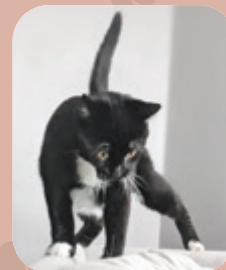
- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper,
Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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

In a Pickle with Extra Produce?

by Nicole B.

If you're a gardener, I am sure you know the annual routine, seeds started in March and planted into the ground in May. Finally, after a lot of weeding, watering, and sweating, a plentiful garden. Peppers, tomatoes, potatoes, or what have you, it is always satisfying to see what your family was able to grow over the summer. Sometimes we have too much luck with our crops, and we grow so much we do not know what to do with it. It is common to see people giving away zucchini by the dozens or having too many tomatoes to can in one summer! If you have ever experienced this, there are tons of ways to help share, love, and display your gardening talents without waste.

One option anyone can access is the Calgary Food Bank. The Calgary Food Bank has a campaign called 'Grow a Row.' The campaign gives local gardeners the opportunity to donate any extra produce that you or your loved ones can't eat before it goes bad. All you do is bring your food down and they will weigh it and then

use it for fresh produce at the Calgary Food Bank. You do not even have to wash it!

Not a gardener? No problem. We are also very excited to announce the Broxburn Mobile Farm Stand is back for the season every Friday from 10:00 am to 1:00 pm. They can do the growing and you are free to donate what you cannot eat.

Growers and shoppers alike can also bring any leftover fruit and vegetables they have to Leftovers, a non-profit that ensures food destined for the landfill can get into the empty stomachs of our city's most vulnerable populations. Leftovers aims to "rescue your harvest" and help donate the produce accordingly.

For more information about the Calgary Food Bank 'Plant a Row,' visit calgaryfoodbank.com/growarow/.

For more information about the Leftovers, visit rescuefood.ca/home-harvest.

For more information about the Broxburn mobile market locations, see broxburn-vegetables.com/pages/calgary-order-pickup.

**Broxburn Mobile Farm
Stand is Back!**

**Every Friday
10:00 AM to 12:00 PM**

**For more information visit
<https://www.broxburn-vegetables.com/>**





South Calgary Wado Kai Karate

Tuesdays, beginners' classes, 6:15 to 7:15 pm and advanced 7:15 to 8:30 pm

Fridays, advanced 7:00 to 8:30 pm

Saturdays, preschool class, 9:20 to 10:00 am, beginners' class 10:00 to 11:00 am, and advanced classes, 11:00 am to 12:30 pm.

www.calgarywadokai.com

Genbukan Daigo Dojo

Mondays and Wednesdays, 7:00 to 8:30 pm

Traditional Japanese Ninpo and Jujitsu. The study of effective, real world self defense.

www.genbukan.black

Ki Aikido

The way of mind and body coordination. Develop mind and body coordination/unification, true confidence, living calmness, and positive relaxation.

Tuesdays and Fridays, 7:00 to 9:00 pm, Sundays, 10:00 am to 12:00 pm

Irina Bondarev: 403-714-6401, Irina_bondarev@hotmail.com, www.canuck-ki-aikido.org

FLC Seniors Tai Chi

Tuesday and Thursday Mornings

Contact our registrar at taichi@flcseniors.ca

Website: www.flcseniors.ca/activities/taichi

Adult Volleyball

Adults, Monday to Friday evenings

Ashley: ashleymiller6@live.com

Jazzercise

Monday, Wednesday, Friday, 9:30 am

Chris: vanreenenchriss8@gmail.com

Country Line Dancing

Wednesdays, 1:30 to 2:30 pm

Line dancing is fun for everyone. No partner required. It's good exercise, lots of fun, and a great social outing.

Email: gwen_nclnd@outlook.com, gwen_newell@yahoo.ca

Svaroopaa Yoga

Monday (with Alena) 7:00 to 8:30 pm, Wednesday (with Laurie) 9:30 to 11:00 am, Wednesday (with Heather) 7:15 to 8:45 pm, Thursday (with Laurie) 6:30 to 8:00 pm

Laurie Hislop: hislopl@shaw.ca, 403-585-9045
Alena: alenatul@hotmail.com, 403-605-8929

Heather: heatherwongken@yahoo.com, 403-862-1133

Yoga Fundamentals Drop-in with Shawna

Wednesdays, 6:45 to 8:00 pm

\$10 per class

Great for beginners!

Drop-in to Escape the Heat (and Smoke)!

by Nicole B.

For the past few summers, we have been experiencing extreme heatwaves. If recent history is any indication, we can expect temperatures to approach 40 degrees more frequently than they ever have. Scorching heat coupled with the smoke from an intense wildfire season can curb any fun outdoor activities. It is important to find indoor activities that keep everyone entertained and safe!

We have you covered this summer as we offer drop-in ping-pong. The ping-pong table can be set up in our cool downstairs area, and the room is fully equipped with air conditioning! This provides a place to cool down and get away from the summer heat and wildfire smoke for you, your friends, and your family. It is perfect for all skill levels, and if you are new to the sport or don't have a paddle, the DRCA has a few paddles and lots of ping-pong balls!

At the DRCA, drop-in ping-pong is free for members and \$3 for non-members. For more information about memberships, you can visit deerruncalgary.com/membership/ or you can purchase a membership at the front desk.



SCAN HERE TO VIEW ADDITIONAL DEER RUN CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



See Y'all at the Stampede Breakfast

by Todd Andre

Mike Isakeit wears a lot of hats.

He's Vice President of the Deer Run Community Association (DRCA) and Co-Director of their Annual Stampede Breakfast. He's also been a Stampede volunteer for 45 years and on the board at Friends of Fish Creek. This is all on top of a day job in corporate Calgary, while juggling a family at home, as well as the pressures of coaching your kids in minor league soccer.

His favourite hat, however, might be the one he will wear on June 22 for the annual tradition we know and love, the DRCA Stampede Breakfast.

"I love my cowboy hat, but I don't need a fancy one," he says. "I used to be in corporate, and every time we're hosting in corporate, they give you a \$200 hat. They sit in my house with a bag over them. Don't want to get them dirty!"

If you're slinging eggs and sizzling sausages at breakfast every year for more than two decades, you're going to get your hat dirty. So, he rolls with the \$29 Stetson and gets to work.

"Good for any day" Isakeit beams.

But it isn't every day that 1,100 hungry people line up at the centre for succulent Spolumbo's sausages and pancakes. Deer Run's Stampede Breakfast is the biggest event of the year, and 30-year resident Isakeit has always loved how it brings the community together. Seniors' clubs, youth groups, local businesses, and community centre collectives all work hard to keep this summer tradition a success.



Photo by Ana del Campo

"We make it a community affair," he says. "It's not about the sausage and pancakes, family is number one, that is what makes our breakfast so special."

Families young and old will love the wagon rides, live music, and line dancing, as well as games for all ages, bouncy castles, and face painting.

And of course, the weather will be perfect, too – at least for a while.

"God blesses us with a breakfast in the morning and we're done by noon," he says. "After that it usually rains."

There was one ill-fated year where the event plans went into the afternoon, challenging the natural order of things, only to be met with God's wrath.

"They set up two tents inside the berms where the skating rink is," he says. "Right [after the barbecue] at like 12:30 pm. Boom! It just poured. Everything got drenched. We lost \$5,000 worth of catering. It was terrible. We never do a full day."

And they probably never will again. Remember, breakfast starts at 9:00 am, so get your friends and family in early, get some grub, have some fun, and then get out. Even Mike, with all those hats, doesn't have one big enough to keep dry under the inevitable prairie thunderstorm to follow.

It's part of the tradition. See y'all there!

For more information and to volunteer, please visit deerruncalgary.com/stampede.



Photo by Ana del Campo. DRCA Vice President Mike Isakeit (left) and President Kim Semeniuk (right) mugging it up at the 2019 Stampede Breakfast.



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



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

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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

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

Managing Seasonal Allergies

by Alberta Health Services

Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)
- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose.
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier.
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area.
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen.

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during midday and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.



GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



SCAN THE QR
CODE FOR THE
ANSWERS!



Deer Run Community Association

VOLUNTEERS

NEEDED

Help make a difference! Join us for our annual
community cleanup

September 21st



403-278-3117



rob@deerruncalgary.com

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

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.

BUSINESS CLASSIFIEDS

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.

DEER RUN CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Deer Run. 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.

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! Dental doesn't need to break the bank! 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!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

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.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. 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.

IMAGINE! LASER REJUVENATION & TATTOO REMOVAL: Are you interested in laser hair removal but afraid of the pain? I have a unique and painless system for your comfort. I also provide Q-switch tattoo removal. All in a private setting in my home. Call Jane at 403-701-1192.

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.




the Gutter Doctor 403-714-0711
gutterdoctor.ca

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

Root Beer

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.





Greetings Ward 14!

The days are as long as they can be. There is lots of time to go outside and enjoy this beautiful city. To start off this month, I will show you some tips on gardening, and water usage. I will remind you that it is tax bill time and show you where to sign up to pay in installments. There will be information about Neighbour Day, Canada Day, a podcast you might like, and much more. Of course, to get this information you will need to visit calgary.ca/ward14 for the full June column.

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

Dear Constituents,

The warm weather has finally arrived and school is nearly out for many students across Calgary Midnapore. To the class of 2024 – congratulations! Whether you're planning for university, traveling, or moving directly into the workforce, I know you will go on to do incredible things and make our community of Calgary Midnapore proud!

Later this month, Parliament will rise for the summer and MPs will return to our communities to meet with constituents, attend events, and, for Calgary MPs like me, see our city come to life during the greatest outdoor show on earth!

Under the leadership of Pierre Poilievre, my Conservative colleagues have been hard at work standing up for Canadians and holding the government to account. Rest assured, we will not take our foot off the gas and will continue advocating for the best interests of all Canadians.

I'd also like to take a moment to recognize the 80th anniversary of D-Day. On June 6, 1944, 14,000 brave Canadian soldiers stormed Juno Beach and put their lives on the line so we could live in peace today. As we mark 80 years since the Allies turned the tide in the Second World War, I encourage all constituents to thank those currently serving our great country and remember all who have sacrificed for us in the past. Let's not forget.

To stay up to date on the work I'm doing on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePoitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP, Calgary Midnapore

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



MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ☎ 403-278-4444
 ✉ Calgary.FishCreek@assembly.ab.ca
 ✕ @MylesYYC | 📷 MLAFishCreek

The 31st legislative session has come to a close, and I'm eager to dedicate more time to our constituency this summer. Please join me for the first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs community hall. It promises to be a delightful, family-friendly affair, welcoming both furry friends and our esteemed Premier Smith along with other Ministers and MLAs for a potential visit. Enjoy fantastic fare from Spolumbos, lively music, and the opportunity to connect with various community associations showcasing their initiatives. I extend a warm invitation to all constituents of Calgary-Fish Creek to attend!

Alberta Releases Drought Response Plan

I am pleased to share that Alberta's new 2024 Drought Response Plan has been released and will help guide the province through any and all drought conditions. This is a plan covering everything from conservation plans and water-sharing agreements to declaring an emergency and prioritizing water for human health and safety. It will help ensure that Albertans, communities, farmers, ranchers, and businesses get the support they need, whatever the weather.

Drought conditions can change rapidly and impact different areas in very different ways. The Drought Response Plan outlines:

- The five stages of Alberta's drought response.
- The roles and responsibilities of partners, including government, to help everyone collaborate and communicate.
- The regulatory and non-regulatory approaches and tools that may be used in various drought conditions.
- How and when emergencies would be declared, with recognition that declaring an emergency is used as a last resort.

More information can be found at www.alberta.ca/drought-what-government-is-doing#jumplinks-2.

Looking forward to seeing you all at my Stampede BBQ!

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



**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

Feel the Heat - June 25-30

JAZZYJC
**SUMMER
FESTIVAL**

An incredible lineup of international and local musicians from a variety of jazz genres and styles. Featuring Cory Henry, Sunny Jain's Wild Wild East, Veronica Swift, Lakecia Benjamin and many more!

Tickets at jazzyyc.com



ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.