

FEBRUARY 2025

DELIVERED MONTHLY TO 2,925 HOUSEHOLDS

# your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



## FAMILY SKATE PARTY

### FEBRUARY 8



**One of Calgary's**  
favourite neighbourhood  
plumbing and heating  
companies

Call us 24/7 for  
furnace and boiler  
repair

**403-993-0639**

[info@heritagewest.com](mailto:info@heritagewest.com)

[WWW.DEERRUNCALGARY.COM](http://WWW.DEERRUNCALGARY.COM)

# ACADEMY

[www.academydenture.com](http://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 1<sup>st</sup>, 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.

## BMAX BROKERS

### MERGERS & ACQUISITIONS

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

#### Services

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

✉ [info@bmaxbrokers.com](mailto:info@bmaxbrokers.com) | ☎ 403-249-2269

## YOUR CITY OF CALGARY

### Celebrate the Season at Chinook Blast, Calgary's Winter Festival

*by The City of Calgary*

Chinook Blast is back for its fifth year, running from January 31 to February 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!

Mark your calendars and don't miss out on this incredible winter tradition. Visit [chinookblast.ca](http://chinookblast.ca) to learn more.

# Are you in a stepfamily – and having difficulty getting along? WE CAN HELP!

We also provide expert counselling for  
Couples, Individuals, Children and Families!



[WWW.JOURNEYCOUNSELLING.CA](http://WWW.JOURNEYCOUNSELLING.CA)

OPEN 7 DAYS A WEEK,  
including Evenings and Weekends!

BOOK IN-PERSON OR  
VIRTUAL APPOINTMENTS

**403-619-5354**

## OFFICIAL

PLUMBING & HEATING

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

**\$50**

Service Call Fee



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

Deer Valley  
**BARBERSHOP**

**WALK-INS  
WELCOME**



**403-278-0002**    **OPEN 7 DAYS A WEEK**  
#210 - 1221 CANYON MEADOWS DR. SE, CALGARY, AB T2J 6G2

**Time to Renew Your  
Mortgage?**

Don't Settle –  
Discover Better Rates  
and Options! Get Ready  
to Save Big!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



# 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

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](http://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](mailto: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](mailto: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.



# ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit [calgary.ca/chargeyyc](http://calgary.ca/chargeyyc).

## Calendar of Events

Family Skate Party	February 8, 2:00 to 4:00 pm
Fun Money Casino	March 18



### 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](http://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](http://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](mailto:Irina_bondarev@hotmail.com), [www.canuck-ki-aiikido.org](http://www.canuck-ki-aiikido.org)

### FLC Seniors Tai Chi

Tuesday and Thursday Mornings.

Contact our registrar at [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca).

Website: [www.flcseniors.ca/activities/taichi](http://www.flcseniors.ca/activities/taichi)

### Adult Volleyball

Adults, Monday to Friday evenings.

Ashley: [ashleymiller6@live.com](mailto:ashleymiller6@live.com)

### Jazzercise

Monday, Wednesday, Friday, 9:30 am.

Chris: [vanreenenchris8@gmail.com](mailto:vanreenenchris8@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\\_nclld@outlook.com](mailto:gwen_nclld@outlook.com), [gwen\\_newell@yahoo.ca](mailto:gwen_newell@yahoo.ca)

### Svaroopa 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](mailto:hislopl@shaw.ca), 403-585-9045

Alena: [alenaatul@hotmail.com](mailto:alenaatul@hotmail.com), 403-605-8929

Heather: [heatherwongken@yahoo.com](mailto: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!



Happy February Future Volunteers,

This month, the board would like to use this space to recognize our 2024 Volunteer Award Winners, announced at the November board meeting last year.

Each volunteer has made invaluable contributions to our community over the last few years, so we wanted to shout out their efforts to show our appreciation.

We look forward to the day we can thank you for your future volunteer contributions to the community. Contact [info@deerruncalgary.ca](mailto:info@deerruncalgary.ca) if you're looking to help us out with the community rink, event planning, project management, newsletter content and editing, or social media.

The following passages were read out at the AGM on November 20, 2024:

In 2019, Jessica Crowder wrote about how she got involved in establishing a seniors' social club at the Deer Run Community Centre. Since 2013, the group has grown from 15 to 24 seniors.

"I cannot honestly believe it has been going on this long," she says, "But it just keeps growing."

In Jessica's own words, this is how the group got started (excerpt reprinted):

"In 2011, my family moved in next door to a wonderful senior couple, Dave and Jean. They quickly became like family, acting as an extra set of grandparents to my children. In 2016, Jean passed away, and it was a very difficult time for us all, especially Dave, who did not have a large, supportive family circle.

Given that there weren't many resources available for seniors in our neighbourhood, Dave and I approached the manager of a local community centre (Rob Garnett at the DRCA) and asked if we could start a community seniors' group. [Rob] was receptive and offered us a weekly time slot and a room at the community centre free of charge.

Like Dave, all members are seeking connection. I volunteer as the group's administrator, sending out weekly emails [about] board games, concerts, walks in the park, and lunch in the pub."

She also volunteers at her children's school and has acted as the secretary for the parent council for the last three years.

Board Secretary Etienne Bley wrote about contributions from Jen Goeres, a long serving member of the communications team.

"Jen was briefly on our board in 2017, and she came with a fresh take on things. She has since been steadily involved as a volunteer in the background on the Communications Team ensuring our Facebook never sleeps. Facebook has a certain algorithm, and she understands it very well, and as a result, when the centre posts an important announcement or calendar date – it gets noticed by our subscribers. We cannot thank her enough for the years and hours she has put into ensuring Deer Run is in the digital map in the hands of our residents. She is a servant and [is] always willing to help promote items even when they arrive in her hands at the last minute."

We strive to do better but we wanted to say thank you and no you are not forgotten even if you're not often seen. Your presence is felt by hundreds if not thousands of viewers every month.

Third, Arry Van Eyck has been the most devoted and reliable member of our Rink Rats maintenance team for the past number of years. Lead Rat Ken Werbicki, our former Sports Director and current Director at Large, had some kind words for him:

"Arry usually works between his shifts which start early in the morning. When I say early, I mean I'll see a tractor out on the rink doing circles while I'm getting my first coffee at 6:00 or 7:00 in the morning. He's also taken over cutting and trimming the grass in the summers. He's always available. In the five years I've known him, he's looked after the equipment and even donated his own equipment. I tried to get him to come out tonight, but he is a quiet person, and I don't think he likes the limelight."

Finally, Etienne recognized the work of one of our longest-serving board members.

"The DRCA has lost a valued and much-loved member of our community with the passing of Wanda Kemp. Wanda was a member of the Deer Run Community Association Board for over 25 years and Block Watch before that. She organized the Annual Fall Community Cleanup for eleven years.

As Ways and Means Director for many years, Wanda worked hard at getting grants from all levels of government

and from businesses to help maintain and improve our community centre and its programs. She volunteered at almost every DRCA event (usually with her husband Eldon at her side) including casinos, Stampede Breakfasts, skate parties, and of course, the community cleanup. Wanda loved this community and was proud of the work she did for us, her kindness, advice, and commitment to DRCA will be missed."

We will be donating her volunteer appreciation to the Canadian Orthopedic Foundation (Hip Replacement), the Alberta Cancer Foundation, and the Calgary Humane Association.

Her best friend of 43 years and devoted husband Eldon Kemp could not be here to receive it but will accept it on her behalf and has replied with his words.

"Hello Board Members: I just heard this afternoon that in your meeting tonight you intend on honouring Wanda's contribution to the community of Deer Run throughout the many years. She selflessly and happily donated her time and efforts to making Deer Run a thriving and wonderful place [to] live. I am sorry I cannot attend. Thank you for thinking of her."

Her obituary can be found at <https://mhfh.com/tribute/details/38767/Wanda-Kemp/obituary.html#content-start>.



## Community Food Bank Dates

February 2, 2025  
Doors open at 11:00 AM  
Distribution starts at 12:00 PM

February 9, 2025  
Doors open at 11:00 AM  
Distribution starts at 12:00 PM

February 16, 2025  
Doors open at 11:00 AM  
Distribution starts at 12:00 PM

February 23, 2025  
Doors open at 11:00 AM  
Distribution starts at 12:00 PM

SCAN HERE TO VIEW ADDITIONAL  
DEER RUN CONTENT

<p><b>News, Events, &amp; More</b></p>	<p><b>Crime Statistics</b></p>	<p><b>Real Estate Statistics</b></p>
--	------------------------------------	--

DRESS IN YOUR OLD-WEST BEST AT

# Fun Money Casino Night

March 15th

SILENT AUCTION ITEMS

BUSINESSES THAT WANT TO DONATE PRIZES -  
CONTACT [INFO@DEERRUNCALGARY.COM](mailto:INFO@DEERRUNCALGARY.COM)



Make friends here!

# JOIN THE SENIORS CLUB

Thursday afternoons  
12:45pm to 2:45pm  
DRCA gym.

E-mail [deerrunseniors@gmail.com](mailto:deerrunseniors@gmail.com)  
for weekly e-mails about what we  
will be up to



**THE DEER RUN SENIORS' GROUP INVITES ANYONE 55+ TO JOIN IN, SOCIALIZE, MAKE NEW FRIENDS, OR REACQUAINT YOURSELF WITH SOME OLD ONES!**



There are tables set up for visiting, coffee/tea, and playing games. The group also meets for breakfasts, lunches, picnics in Fish Creek Park, and other special activities. We're a very inclusive and supportive group that takes each member's comfort level into consideration when planning events.



# FEBRUARY

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Jazzercise - 9:30 am Adult Volleyball - Evening Genbukan Daigo Dojo - 7:00 to 8:30 pm Svaroopo Yoga with Alena - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening South Calgary Wado Kai Karate - Beginners' classes, 6:15 to 7:15 pm Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate – Advanced classes, 7:15 to 8:30 pm	Jazzercise - 9:30 am Svaroopo Yoga with Laurie - 9:30 to 11:00 am or with Heather, 7:15 to 8:45 pm Country Line Dancing - 1:30 to 2:30 pm Adult Volleyball - Evening Yoga Fundamentals Drop-in with Shawna - 6:45 to 8:00 pm. \$10 per class. Great for beginners! Genbukan Daigo Dojo - 7:00 to 8:30 pm	FLC Seniors Tai Chi - Morning Adult Volleyball - Evening Svaroopo Yoga with Laurie - 6:30 to 8:00 pm	Jazzercise - 9:30 am Adult Volleyball - Evening Ki Aikido - 7:00 to 9:00 pm South Calgary Wado Kai Karate – Advanced classes, 7:00 to 8:30 pm	South Calgary Wado Kai Karate - 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	Ki Aikido - 10:00 am to 12:00 pm



Being a "Rink Rat" is a great way to give back to the community. The rinks provide an affordable, accessible and family-friendly winter activity. Help share the rink experience with others!



*Be Cool!*

## Join the Deer Run Rink Ratz

The Deer Run Community Association maintains two outdoor ice rinks, located behind the community centre. We are in need of volunteers to help fill our maintenance roster.

### Volunteers

- Get to drive a John Deer tractor
- Work with a partner for a couple hours, usually in the evening
- Can volunteer one day a week or fill a spot where needed
- Are available from late November through February



To sign up contact our President, Kim Semeniuk at [kim@deerruncalgary.com](mailto:kim@deerruncalgary.com)



GLIDE WITH US AT OUR ANNUAL

# FAMILY SKATE PARTY

SEE YOU AT THE RINK!

FEB. 8, 2025

2PM - 4PM

DEER RUN COMMUNITY CENTRE



# Upcoming Board meeting

February 5, 2025

7:00 PM - 9:00 PM

## YOUR CITY OF CALGARY

### Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

## Together Let's Send Winter Down the Drain

by *The City of Calgary*

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

### How You Can Help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) and use our map to find the location.

### We're Here to Help If Your Storm Drain Is Frozen

If water is pooling on your street and you suspect the storm drain is frozen, contact 3-1-1. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 3-1-1 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.



## Stay Safe, Stay Off Storm Ponds

by *The City of Calgary*

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit [calgary.ca/rinks](http://calgary.ca/rinks).



# 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 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.

**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 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.

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

**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.

**HERITAGE WEST PLUMBING AND HEATING:** Furnace, boilers, 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.



## 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**



# DROP-IN PICKLE BALL

2223 146 AVE SE

**FEB 2, 2025**

10:00 AM

to

12:45 PM

**FEB 9, 2025**

10:00 AM

to

12:45 PM

**FEB 16, 2025**

10:00 AM

to

12:45 PM

**FEB 23, 2025**

10:00 AM

to

12:45 PM





**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**



**MLA Calgary - Fish Creek**

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MLAFishCreek

As I get ready to head back to the Legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am excited to announce my next town hall meeting, taking place on Wednesday, February 12 at 7:00 pm, in the community of Parkland at their community hall, located at 505 Parkvalley Rd SE.

This is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

**Improving Alberta's Highways**

Highways are essential for connecting communities, driving economic growth, and accessing services. Alberta's government invested \$818 million in over 200 highway projects during the 2024 construction season, improving safety and efficiency while supporting community and industry growth.

Projects included repaving, bridge repairs, pothole maintenance, and guardrail installation. In Calgary, key improvements were made to Deerfoot Trail, including the Beddington Trail-11 Street connection, Bow Bottom Trail, and Glenmore Trail. Work on McKnight Boulevard and 16 Avenue interchange improvements is ongoing, with \$800 million invested in Deerfoot Trail projects, expected to finish by 2027.

**Rewiring Alberta's Electricity Market**

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Wishing all of you a happy Family Day!

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



# TASK FORCE ANIMAL HOSPITAL

Calgary's first not-for-profit veterinary  
hospital, supported by donations

There is a critical need for accessible, subsidized,  
quality veterinary care



Coming to Calgary in early 2025

*help keep families together*

[cataskforce.org](http://cataskforce.org)

Registered Charity No.  
825596018 RR0001