

AUGUST 2026

DELIVERED MONTHLY TO 2,900 HOUSEHOLDS

your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



BUSTER'S
PIZZA & DONAIR

NOW OPEN

CALGARY Deer Ridge
1133 137 AVE SE
587-327-2110

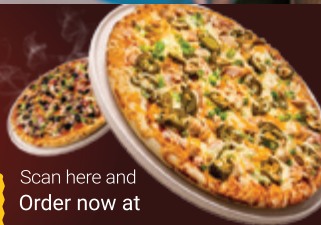
FAST. FRESH. FUN.

25% Off
All Pizzas

* Max 4 pizzas, excl.
Specials and GF



Use Coupon Code:
DR25



Scan here and
Order now at
BUSTERSPIZZA.CA

WWW.DEERRUNCALGARY.COM

**READY TO
INCREASE YOUR
CURB APPEAL?**

KILBCO
LANDSCAPING

Design and install
Concrete curbing
Garden planting, mulch and stone
Artificial turf
Retaining walls and patios
Sprinkler systems
Grading and sod
Decks and fences

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

OFFICIAL

PLUMBING & HEATING

Furnace and A/C Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

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



the Gutter Doctor Home Exterior Services

Gutter Clean/Fix/Install • Leaf Screens
Window Cleaning • Fascia/Soffit/Siding
Pressure/Soft Wash • Cladding
Permanent Lights • Roofing

Senior Discount • Warranty • WCB • Insured

403-714-0711 • gutterdoctor.ca

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.

TRICO CENTRE
FOR FAMILY WELLNESS

**FEEL BETTER
THIS FALL**

Wellness for Everybody

CHILD & YOUTH PROGRAMS • FITNESS CLASSES & WORKSHOPS • AQUATICS
PARENT & TOT PROGRAMS • OLDER ADULT FITNESS • PERSONAL TRAINING • AND MORE



REGISTRATION OPENS
JULY 28TH FOR MEMBERS
JULY 30TH FOR NON-MEMBERS

VIEW THE PROGRAM GUIDE

WWW.TRICOCENTRE.CA/PROGRAM-GUIDES





Self-Employed?

Your bank said no. That doesn't mean you can't get approved.

- ✓ Alternative mortgage solutions
- ✓ Flexible income qualification
- ✓ Options for purchases, refinancing & renewals

Don't let traditional bank rules stop you from getting the mortgage you need.



**ANITA
RUSSELL**

403-771-8771

anita@anitamortgage.ca



THE MORTGAGE GROUP

25¢ FLYERS

(INCLUDING DELIVERY)



- ✓ FULL COLOUR PRINTING
- ✓ DOUBLE-SIDED DESIGN
- ✓ PREMIUM 70 LB GLOSS STOCK
- ✓ FULL BLEED FOR EDGE-TO-EDGE IMPACT

Let's get your business into the hands of thousands of local customers.

CONTACT US

403-720-0762

sales@greatnewsmedia.ca
greatnewsmedia.ca

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**For More Information:
samaritanclub.ca**

**All proceeds will benefit
Calgarians in need**

**Entry
\$2 Adults
Kids Free**



Vintage and Boutique items

Get great deals on household goods, clothing & shoes for all, fashion accessories, vintage & boutique items, collectibles, art, books, toys & much more

Don't forget to bring your tote bag

Back by popular demand:

- Concession
- Parcel Pickup

Cash Only

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 EXECUTIVES

President	Kim Semeniuk
Past President	Mike Isakeit
Vice President	Wendy Harness
Treasurer	Lisa Caldwell
Secretary	Jayleen Dickenscheid

THE DIRECTORS

Capital Expenditures	Jay Clements
Social	Christian Fruhen
Communications Director	Nicole Webster
Ways and Means	Jennifer Moore
Director at Large	Emerson

VACANT POSITIONS

Memberships	Vacant
Programs	Vacant
Sports Director	Vacant



Like us on Facebook

www.facebook.com/deerruncalgary
We're also online at www.deerruncalgary.com

SCAN HERE TO VIEW ADDITIONAL
DEER RUN CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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

Front Desk 403-278-3117

Centre Manager Rob Garnett 403-278-3117

Childcare Director Mercy Musakanya 403-271-3704

Social Events Coordinator Ashley Baxter 403-278-3117

Maintenance & Special Projects Allan Peters

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.

COMMUNITY PROGRAMS

Local Programs Held at the Deer Run Community Association

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.

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: vanreenenchris8@gmail.com.

New! 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_ncld@outlook.com, gwen_newell@yahoo.ca.

Bliss Within 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 Heather) 1:00 to 2:30 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!



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



FREE

16th Annual Cleanup and Waste Disposal

Saturday, September 26, 2026

9:00am to 1:00pm SHARP!

MUST BE IN LINEUP BY 1:00PM!

NO LATE ENTRIES!

Deer Run Community Center 2223 – 146 Ave SE

Items Accepted:

*Household and Construction Waste, Metal, Appliances,
Electronics, BBQ's, Bikes, Car Batteries ONLY,
Propane tanks (Disposal fee charged, 0 to 19 Lbs \$2,
20 Lbs and over \$5, Cash Only)*

*No Organics Truck (IE. tree cuttings, compost, etc will not be
taken)*

Items not accepted: Tires, Household Chemicals, Liquids, Oils, Paint, Freon Appliances,
Glass, Garden waste. NO Recyclables. NO Commercial Waste.

Volunteers needed for this to run smoothly so we can repeat again next year!

Please call the Center to volunteer (403) 278-3117 or

Please visit our website at www.deerruncalgary.com to sign up online

This event is FREE, but purchase of your DRCA Membership is appreciated!

Donations are appreciated and help support events like this one.

Directions: Approach from West on 146th AVE- Line up to right curb. RIGHT Turn
only into parking lot and NO Left turn leaving.

Gate Marshals will be present to provide directions and assistance.

*****NEW DATES ALERT*****

**MENU
CHANGES
WEEKLY**

**SUMMER
COMMUNITY
GRUB HUB**

**WEEKLY
SPECIAL
GUESTS**

COME FOR LUNCH, GAMES

A CHANCE TO CONNECT WITH OLD FRIENDS,
MAKE NEW ONES, OR JUST HANG AT THE SKATE PARK AND
GRAB A BITE TO EAT

FOOD - GAME - GIVEAWAYS

JULY 9

JULY 16

JULY 23

AUGUST 6

AUGUST 13

AUGUST 20

DEER RUN COMM. CENTER

12-1:30PM

\$5 FOR NON-MEMBERS

\$3 FOR MEMBERS

ANY QUESTIONS - ASHLEY@DEERRUNCALGARY.COM

FIRST COME, FIRST SERVE

FRIENDS *of* Fish Creek

The Listen Garden at Bow Valley Ranch

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Ranch Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at [@fishcreekpp](https://www.facebook.com/fishcreekpp) to learn more about summer day camp and all our exciting programs.



Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

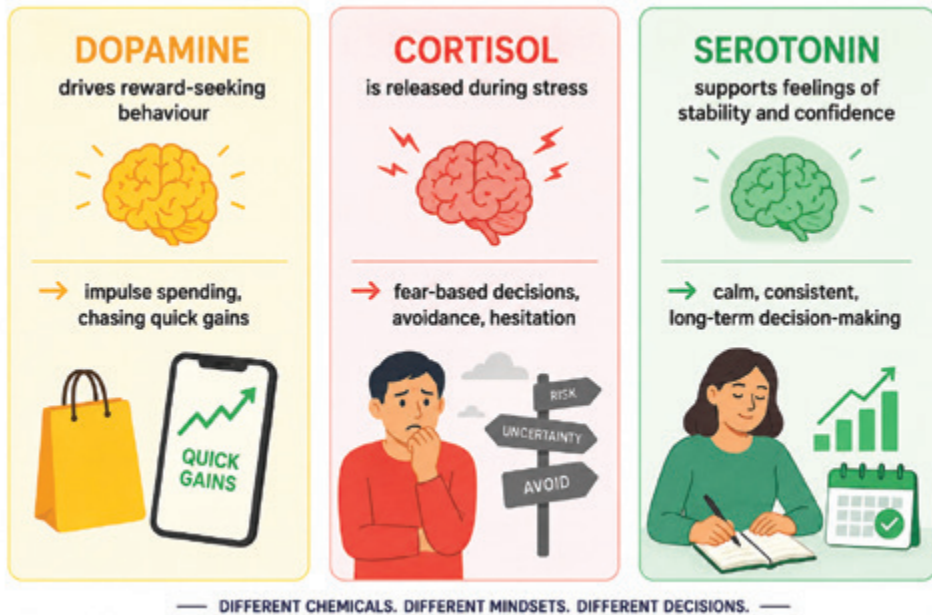
1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

The Emotional Side of Money: Fear, Confidence, Stress, and the Roles They Play

by Karen Boudewyn, Senior Wealth Advisor



Money decisions are rarely driven by logic alone. While we often tell ourselves we'll act based on facts and analysis, emotions tend to lead, with logic following behind to justify the decision. Fear, confidence, stress, and subtle daily triggers all influence how we spend, save, and invest and often without conscious awareness.

Understanding this isn't about removing emotion from financial decisions. It's about recognizing its role so we can respond more intentionally rather than react automatically.

Fear and Financial Paralysis

Fear is one of the most powerful forces in financial decision-making, and it often shows up quietly as hesitation rather than panic.

It can lead to:

- Delaying investing decisions.
- Avoiding financial planning conversations.
- Holding excessive cash for "safety."
- Not reviewing accounts or progress.

For example, after a market downturn, many investors step back and wait for things to feel more stable. The challenge is that markets often recover before confidence returns, meaning opportunities are missed. Fear is designed to protect us but in financial planning, it can also keep us stuck.

Confidence and the Ability to Act

On the other side of fear is confidence. Financial confidence allows individuals to make decisions, stay consistent, and navigate uncertainty more effectively.

Confidence often shows up as:

- Following a long-term plan despite market volatility.
- Making timely financial decisions.
- Staying invested during uncertain periods.
- Focusing on strategy rather than short-term noise.

Importantly, confidence doesn't come from knowing everything. It comes from having clarity and structure. A well-designed financial plan reduces uncertainty and

provides a framework for decision-making, even when emotions are present.

Emotional Triggers and Everyday Spending

Many financial decisions happen in small, everyday moments not major life events. These decisions are often emotionally driven.

Common triggers include:

- Stress: “I deserve this” spending.
- Boredom: impulse purchases.
- Celebration: reward spending.
- Comparison: keeping up with others.

In the moment, these behaviours feel justified. Over time, they can create patterns that quietly impact long-term financial outcomes.

The Impact of Stress on Financial Thinking

Stress has a direct effect on how we make decisions. When stress levels rise, our thinking becomes more reactive and short-term focused.

This can lead to:

- Avoiding financial decisions altogether.
- Making quick, emotionally driven purchases.
- Abandoning long-term plans during uncertainty.
- Focusing on immediate relief instead of future outcomes.

Stress narrows our perspective, making it harder to evaluate decisions clearly or stay aligned with long-term goals.

The Brain Chemistry Behind Money Decisions

There is also a biological layer influencing financial behaviour. Our brains use chemical signals that affect how we respond to money-related situations.

- Dopamine drives reward-seeking behaviour (impulse spending, chasing quick gains).
- Cortisol is released during stress (fear-based decisions, avoidance, hesitation).
- Serotonin supports feelings of stability and confidence (calm, consistent, long-term decision-making).

These systems are essential for survival, but they are not designed for long-term financial planning. Understanding them helps explain why even well-intentioned individuals sometimes act against their own best interests.

Bringing Awareness to Emotional Patterns

The goal is not to eliminate emotion that’s neither realistic nor necessary. Instead, the objective is to build awareness and create structure, so emotions don’t dictate decisions.

Simple strategies can make a meaningful difference:

- Pausing before making financial decisions.
- Noticing patterns around spending and stress.
- Creating a clear financial plan with defined goals.
- Automating savings and investment contributions.

Over time, consistency matters more than perfection. Small, intentional actions help build both confidence and better financial habits. Money is not just mathematical, it’s emotional. When you begin to understand how fear, confidence, and stress shape your financial behaviour, you gain more control over your decisions and your long-term outcomes.

The goal isn’t to remove emotion, it’s to make better decisions alongside it.

BRAIN
GAMES

SUDOKU

2				8		9	3	4
					4			5
5	4				9	2		
						6	4	
7	6	5				8	9	3
		4						
		9	3				1	
1			7	9		4		
	5	7		6		3		9

SCAN THE QR CODE
FOR THE SOLUTION



Get Engaged! Three Ways to Get Involved in Your Community

Strong communities are built when people come together. Across Calgary, more than 150 Community Associations and over 20,000 volunteers are helping to shape neighbourhoods by running local programs, hosting events, improving public spaces, supporting safety initiatives, and creating opportunities for neighbours to connect.

If you've ever wanted to get more involved in your community but weren't sure where to start, you're not alone. The good news is that getting connected is easier than you might think. Whether you have a few hours to spare, a great idea to share, or simply want to meet your neighbours, there are plenty of ways to make a difference.

Here are three easy ways to get started:

1. Attend Community Association Events

One of the simplest ways to get involved is to show up and participate.

Throughout the year, Community Associations host events that bring neighbours together and create opportunities to connect. From seasonal celebrations and family activities, to markets, movie nights, and workshops, there's something for everyone.

This past June, many Community Associations celebrated Neighbour Day. At the Winston Heights Mountview Community Association, residents enjoyed food, drinks, a magic show and more activities for all ages. Families connected, new friendships were formed, and neighbours spent time together in a fun and welcoming environment.



Photographs from Winston Heights Mountview Community Association's Neighbour Day Event

When we attend local events, we strengthen the sense of belonging that makes our communities special.

Not sure which Community Association serves your neighbourhood? Use the Find My CA tool at calgarycommunities.com/FindMyCA.

2. Volunteer With Your Community Association

Want to take your involvement a step further? Consider volunteering.

Community Associations rely on volunteers to support programs, events, and neighbourhood initiatives. Whether you're helping out at a community barbecue, joining a committee, sharing a specific skill, or serving on the Board, every contribution helps strengthen your neighbourhood.

The best part is that volunteering can fit your schedule. You can give a few hours when you're available or take on a larger role if you're looking for a deeper connection to your community.

When we volunteer, we're not just helping our community, we're building relationships, developing new skills, and creating a better place for everyone.

3. Bring a Community Project to Life

Many of Calgary's most successful community projects started with one person who saw an opportunity to make their neighbourhood better.

Maybe you've noticed an underused space, identified a local safety concern, or dreamed of hosting an event that brings people together. Whatever your idea, you can help turn it into reality.

In Westgate, volunteers improved winter safety by making pathway gravel more accessible during the colder months. In Haysboro, residents organized an intergenerational holiday luncheon that brought older adults, families, and youth together to connect and celebrate the season.

In the Beltline, one resident noticed that a busy intersection felt unsafe for pedestrians and cyclists. Working alongside neighbours, community partners, and volunteers, they launched a Paint the Pavement project that transformed the intersection with colourful

designs. The project added vibrancy to the area, brought people together, and helped encourage drivers to slow down and share the road safely.



Photos from the Victoria Park Paint the Pavement Project

If you have an idea for your neighbourhood, we can help. The Federation of Calgary Communities offers resources, guidance, and funding opportunities that can help bring community-led projects to life.

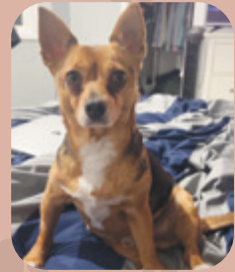
A great first step is connecting with your Community Association. They can help you find volunteers, build partnerships, access local knowledge, and navigate available resources.

Because when you get involved, great things happen. Together, we can continue building vibrant, connected communities across Calgary.

Cats, Canines, & Critters of Calgary



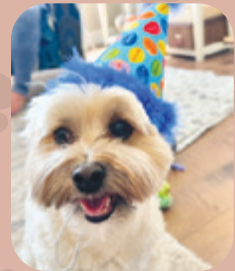
Bear, Cranston



Chico, Richmond



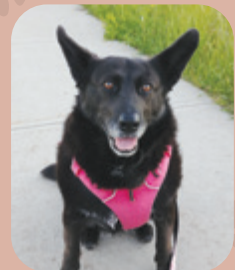
Dexter, Tuscany



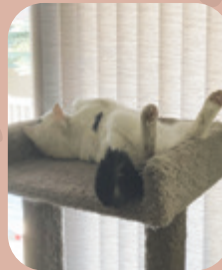
Ferland, Cranston



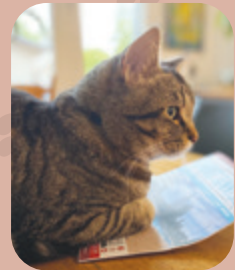
Honey, Cranston



Kenna, Bridlewood



Pixel, Chaparral



Tui, Hillhurst Sunnyside

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



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

It is hard to believe we are halfway through summer. July was a very busy month with the many community events and Stampede events that I was able to attend. I want to thank everyone who attended my constituency Stampede BBQ. It was so nice to see so many new and familiar faces; it was a great day filled with community fun!

Despite the afternoon downpour, Canada Day was fantastic, and I was lucky enough to celebrate it with the residents of Parkland and Lake Bonavista at each of their events. I also really enjoyed the Deer Run Pre-Stampede Breakfast! It was a fantastic event where I was lucky enough to talk with many constituents while I served pancakes.

I want to share some important information with everyone. The Canadian Bankers Association has launched a new Financial Abuse Prevention Hub to help protect older Canadians, including Albertans, from financial harm and strengthen their financial security. This centralized resource offers practical tools and guidance to help seniors recognize the signs of financial abuse, understand what it looks like, and know where to seek help. It also includes a Fraud Prevention Toolkit and access to Your Money Seniors, a free seminar program delivered by volunteer bankers in communities across Canada, which local seniors' groups can request online or by phone. The need for these resources is significant: nearly one in three Canadians knows someone who has experienced financial abuse, yet only about a quarter of incidents are reported.

The Hub includes practical tools such as guidance on identifying financial abuse and where to get help, a Fraud Prevention Toolkit, and access to the Your Money Seniors seminar program delivered by volunteer bankers across the country.

Seniors' groups can request a free seminar at cba.ca or by calling 1-800-263-0231. If you have questions about this program, please feel free to call my office.

I hope everyone is able to enjoy the last month of summer vacation with family and friends before the business of the new school year starts in September.

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 neighbours navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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

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

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.

BUSINESS CLASSIFIEDS

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.

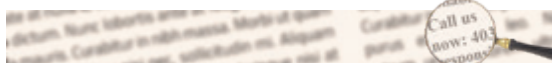
DENTAL CARE THAT'S AFFORDABLE, ACCESSIBLE & ESSENTIAL: Easy drive or transit from your home or work. Simply, let's make your teeth look good, feel good, and last long with no pain! No fluff no frills. All dental plans accepted, direct billing, OAC. Call today at 403-272-7272 or 403-287-6453, or visit calgarydentalcenters.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.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

COPPERFIELD FIDDLE LESSONS: Learn to play traditional Irish music on the fiddle. Adult (age 18+) students only, all levels. I have played Irish fiddle for thirty years and look forward to helping you explore this beautiful music. Contact Eric at 403-804-6914 | macdonaldmusic32@gmail.com.

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





PUPCITY
DOGgy DAYCARE BOARDING GROOMING

Daycare, boarding, grooming, training
and puppy programs

pupcity.ca • 403-880-5557
info@pupcity.ca • Unit 4, 4291 120 Ave SE

FREE TRIAL DAY

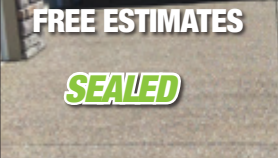
www.kilbco.com

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



Locally Owned & Operated

Free Estimates to 403.870.0737

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME