

# **DEVIN ELKIN** FOR WARD 14

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

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

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

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



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#### QUEENSLAND DIAMOND COVE COMMUNITY ASSOCIATION PRESIDENT'S MESSAGE

Hello,

Happy Canada Day, happy summer, happy Stampede!

Please join us on Saturday, July 5, we along with our partner community Deer Ridge, have our community cleanup, City of Calgary garbage trucks will be available to take your unwanted materials, we will also be hosting electrical and metal recycling programs. Hours will be from 9:30 am until 1:30 pm, volunteers are still needed for this event.

The summer has begun, and we are happy to see the green grass and the leaves on the trees and all the wonderful flower beds as we walk through the community. Please use water responsibly this summer to avoid the chance of water restrictions, please check out Calgary.ca/water.

The community centre will be hosting the City's Park n' Play and Stay n' Play programs from August 5 to the 8, more information on the City of Calgary website: Calgary.ca/park-n-play-stay-n-play.html. This will be held at the community centre, no need to register for this opportunity, just show up and have fun.

We would like to wish Deer Ridge a happy 50th anniversary as a community, we are proud to be your neighbours.

Enjoy the summer.

Kind regards,

Martine

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# Hall Rental Rates (GST Included)

	Rate	Period
Gym Use	\$65	Per hour
Gym Weddings Damage Deposit	\$550 \$250	Event
<b>Daytime Function</b> (maximum 5 hours prior to 5:00 pm)	\$190	Event
Boardroom, multi-purpose small meeting rooms	\$33	Per hour
Cleaning Fee for Functions (when required)	\$110	

### LANDSCAPING SPECIALISTS



# **Oueensland Diamond Cove/Deer Ridge Community Association** Annual Cleanup Day

#### July 5 from 9:00 am to 1:30 pm

Community Cleanup events save residents a trip to the landfill for items that do not fit in their waste and recycling carts or for residents who do not have access to cart service. This service is free of charge to all Calgarians. Residents simply bring any of the accepted items to the Queensland Diamond Cove Community Hall on July 5 between 9:00 am and 1:30 pm where a group of volunteers will direct and assist them in recycling/discarding those materials. Continue reading to see what items we can and cannot accept.

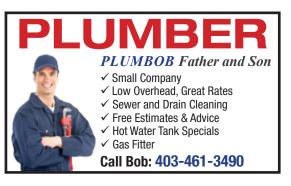
#### What Can I Bring to Community Cleanup Day?

#### We Will Accept:

- General garbage
- Metals
- Electronics

#### We Will Not Accept:

- Organic waste (cardboard)
- Glass
- · Batteries, paint, household chemicals
- Liquids (motor oil, etc.)
- Smoke detectors
- Refrigerators, freezers, microwaves
- Pressure containers (i.e., propane tanks, etc.)
- Railroad ties
- Tires
- Large amounts of sod or concrete
- Medical waste and expired prescription drugs





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# **SUMMER WORD SEARCH**

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August	Barbecue	Baseball
Beach	Camping	Garden
Hot Dogs	Ice Cream	July
Outside	Picnic	Popsicle
Sun	Swimsuit	Travel
Vacation	Watermelon	

### **COOK'S CORNER**

# Veggie-Packed Greek Yogurt Tuna Salad



#### Ingredients

- · 2 stalks of celery, roughly chopped
- 1 cucumber, roughly chopped
- ½ red onion, diced
- 1 cup seedless red grapes, halved
- 1 cup Smokehouse almonds, roughly chopped
- 1 can chickpeas (garbanzo beans), drained, rinsed, skins removed
- 14 ounces white albacore tuna, drained and flaked (two 7-ounce cans, or three 5-ounce cans will work)
- 1 cup plain Greek yogurt
- 1/2 lemon worth of lemon juice
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon salt and pepper

#### Instructions

1. Whisk Greek yogurt, Worcestershire sauce, lemon juice, salt, and pepper in a small bowl until smooth.

2. Combine remaining ingredients and Greek yogurt mixture in a large bowl. Stir until well mixed.

3. Eat in a tortilla, on a sandwich, or on lettuce wraps! Store sealed in the fridge for up to four days.





Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!





# Park n' Play/Stay n' Play

- August 5 to 8, Tuesday to Friday, Queensland Community Association – 649 Queensland Dr
- Stay n' Play 10:00 am to 12:00 pm
- Park n' Play 10:00 am to 3:30 pm

Looking for some high-quality activities for your kids? We offer programs that are open to everyone for free. These programs are for children ages 3 to 12 years and are available in various community locations across Calgary.

Note: We cannot accommodate day homes, daycares, or camps at these programs due to the unpredictable nature of such influxes of participants and the strain this can place on staffing levels. For updates on weather-related cancellations, visit calgary.ca/free or call 3-1-1.

#### Park n' Play

A drop off program for children ages 6 to 12 where play, learning, and new friends come together in a supervised setting. All participants must be the appropriate age by the first day of the program. Guardians are required to fill out a form for the participant at each location.

#### Stay n' Play

In this program, children must be accompanied by an adult. It's a great opportunity for parents and their children to make new friends and stay active. All participants must be the appropriate age by the first day of the program. Ages: 3 to 5 years + adult.

#### **Come Prepared**

Please send your child(ren) with a manageable, labelled backpack containing all the items listed below. Please label all belongings.

- Plastic or metal water bottles that can be refilled easily.
- A healthy bag lunch (if attending Park n' Play) and a snack for the afternoon (all programs). Avoid peanut or nut products.
- Any necessary medical equipment, such as an epi-pen.
- Sunscreen and insect repellent (apply to your child before drop-off, leaders cannot provide or apply these products to your children).
- Hat, weather-appropriate clothing, and proper footwear (running shoes recommended).





The Food Box is a program where you can purchase fresh fruit and vegetables for a very low cost. This program is available to everyone to promote a healthy and nutritional living.

Apples | Bananas | Broccoli | Carrots Cauliflower | Celery | Cucumber | Lettuce Mushroom | Onions | Oranges | Potatoes Tomatoes | Green Pepper

\*(selection will vary)

Large 35 to 40 pounds \$40

Medium 25 to 30 pounds \$35

### Small

15 to 20 pounds \$30

Order by	Delivery by		
September 8	September 18		

For more information or to place an order, email ambervergo@gmail.com or call 403-278-3366.

# **Good Food Box**

#### Order and Delivery Dates for 2025

Order Date	Delivery Date
September 8	September 18
September 29	October 9
October 27	November 6
December 1	December 11

# RESIDENT PERSPECTIVES Staying Safe This Summer

by Chima Akuchie



Hello neighbours,

Summer is finally here—and with it comes longer days, park strolls, BBQs, and plenty of sunshine! But as we enjoy this beautiful season together, it's also a great time to think about how we can keep each other safe, especially our kids and seniors.

#### Stay Cool, Stay Hydrated

Whether you're gardening, heading to the splash park with the little ones, or simply enjoying a walk, remember to drink water often. Calgary's dry heat can sneak up on us quickly! Keep reusable water bottles handy and wear light, breathable clothing.

#### Look Out for Our Elders and Young Ones

Hot weather and busy sidewalks can be tough on seniors and children. Let's check in on elderly neighbours and keep an eye out for kids biking or playing near roads. A friendly wave or offer to help can go a long way.

#### **Road Safety Matters**

More people are out walking, biking, and rolling, so please slow down in residential zones, and remind young ones to use crosswalks and wear helmets.

#### **Fire Safety and BBQs**

Backyard fires and cookouts are a summer staple but always be sure to follow city fire bans and keep water nearby. Never leave a fire unattended, and doublecheck your BBQ is turned off properly.

This season is a time for joy, connection, and community. Let's look out for one another and make this summer not just fun but safe for everyone.

See you around the neighbourhood!

### READY TO INCREASE YOUR CURB APPEAL?

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# DIAMOND COVE HOMEOWNERS ASSOCIATION PRESIDENT'S MESSAGE Ho

Dear Diamond Cove Homeowners,

Thank you to everyone who joined us for Neighbour Day at the park! It was a joy to see so many residents come together to celebrate our community. A heartfelt thank you goes to our generous sponsors who helped make the event such a success: Brenda Field of Royal LePage for sponsoring the hot dogs, snacks, and drinks; Russ Dantu of Synergy Solutions Inc. for supporting our always-popular balloon twister, Twistin' Tex; and to all our board members and volunteers who gave their time and energy, your support truly makes events like this possible.

Since our AGM, the board has been hard at work, and we'd like to share a few updates.

You may have noticed the new summer planters along the drive, thank you to our special tax levy for making these enhancements possible. Small touches like these go a long way in keeping our community beautiful.

Following the AGM, the board decided to narrow our focus this year to a few key priorities:

- Fundraising
- Member Communications
- Bylaw Review and Researching Property Covenants
- Planning for Future Community Events

#### **Our Budget Reality**

As always, transparency is important. For 2025, our income includes a \$125 operating grant from the City of Calgary, a special tax levy of \$12,989.03, and a carry-forward balance of \$162 from 2024, totalling \$13,276. Unfortunately, our expenses exceed this, with \$11,497.50 going to landscaping and \$13,344.92 for insurance. That leaves us with a shortfall of \$68.89, which we've had to cover from our very limited reserves.

This budget crunch is a clear signal: we need to raise additional funds to maintain and improve our community. From replacing aging winter planter arrangements (budgeted at \$5,000), maintaining the retaining wall (\$150 to \$200k), and increasing summer watering (\$55 per trip), to funding our beloved community events like Neighbour Day (\$500), the Christmas Light Contest (\$400), and a potential spring cleanup, we need your support.

#### **How You Can Help**

We're launching a fundraising initiative with a goal of raising \$10,000 this year. If each household contributed just \$36.76, we could reach that goal together.

To support this, you'll be seeing friendly board members and volunteers out and about in Diamond Cove over the next couple of months. They'll be collecting contributions and asking if you'd like to share your email address so we can stay in touch more directly. For now, we can accept cash or cheque, and we're working on enabling e-transfers to make giving even easier. Thank you in advance for supporting your community!

#### Stay Informed

Not everyone reads our newsletters or follows us on social media, so we're making a special effort to collect email addresses to keep everyone informed. If you'd like to receive updates directly in your inbox, we'd love to include you.

#### A Reminder to Slow Down Again...

With warmer weather, more families, children, and pets are outside enjoying our beautiful neighbourhood. Please respect the speed limits, stop at crosswalks, and help keep Diamond Cove safe for all.

#### Let's Keep It Clean

Windy days and blue bin pickups can leave litter behind. If you see stray trash, even if it's not yours, please take a moment to pick it up. A tidy community benefits everyone!

#### Community Garage Sale

Mark your calendars! Our annual Garage Sale is happening on Saturday, September 6, 2025, once again sponsored by Brenda Field of Royal LePage. It's the perfect opportunity to declutter and connect with neighbours. Stay tuned for more details on Facebook.

Wishing you all a safe and joyful summer. Thank you for your ongoing support and community spirit, together, we make Diamond Cove a place to be proud of.

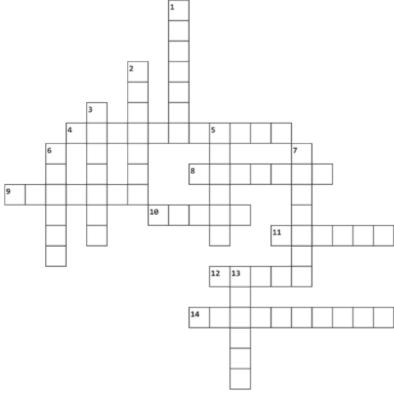
As always, feel free to reach out to the board at our email address, we'd love to hear from you!

Warm regards,

Sonia Dantu

President, Diamond Cove Homeowners Association dcovehoa@gmail.com

# July Crossword





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

#### Across

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

#### Down

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



MP Calgary Midnapore Stephanie Kusie 204 – 279 Midpark Way SE Calgary, AB T2X 1M2 Subset 403-225-3480 ■ 403-255-3504 Stephanie.kusie.c1@parl.gc.ca Stephaniekusiemp.ca

Yahoo, Calgary Midnapore!

I hope all constituents had a happy and safe Canada Day and that you'll now be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, this is a time of year that brings our community together and I hope it will be a memorable Stampede for you.

As this is my first update since the Federal Election, I'd like to thank all those who participated in the democratic process and for the trust you have placed in me to represent you once again in Ottawa. Whether I earned your vote or not, I will always be there to represent you and bring your voice to the floor of the House of Commons.

Across the country, over eight million Canadians voted for change – and for hope. My Conservative colleagues and I will continue to take every opportunity to work with the government to deliver this change and will do our job as His Majesty's Loyal Opposition to hold this government to account.

You can learn more about my work in Ottawa and in the community this summer by following me on my social media @StephanieKusie (Instagram/X) and StephanieKusiePolitician (Facebook).

It remains the honour of my life to serve the good people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore





MLA Calgary - Fish Creek Myles McDougall 7 – 1215 Lake Sylvan Drive SE ✓ Calgary.FishCreek@assembly.ab.ca ♥ 403-278-4444 | ◎ MLAFishCreek ⓓ MylesMcDougallYYC | ※ MylesYYC

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

My second Annual Stampede BBQ is just around the corner!

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

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

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

#### **Have Your Say**

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

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

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

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

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

# Cats. Canines. & Critters of Calgary



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Molly, Elbow Scene



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#### **Clinic Opening Hours**

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Address: DEER RIDGE FAMILY CLINIC 1156-137 Ave SE, Calgary, AB T2J 6T6 Phone: 403-271-5123 | Fax: 587-387-7206

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