RIDGEreview

THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER



Season's greetings from David.

403-869-7971 | david@davidpellettier.ca | davidpellettier.ca









DISCOVERY RIDGE COMMUNITY REAL ESTATE ACTIVITY

	Propo	erties	Media	n Price	
	Listed	Sold	Listed	Sold	
October 24	13	10	\$682,400	\$672,500	
September 24	10	8	\$889,750	\$870,500	
August 24	9	7	\$1,150,000	\$1,120,000	
July 24	13	8	\$522,500	\$525,500	
June 24	12	12	\$634,900	\$629,200	
May 24	14	10	\$849,900	\$860,500	
April 24	11	10	\$915,000	\$939,500	
March 24	6	10	\$639,950	\$635,000	
February 24	12	6	\$886,900	\$907,059	
January 24	4	5	\$539,900	\$539,900	
December 23	2	7	\$574,999	\$580,000	
November 23	8	4	\$952,500	\$920,000	

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

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DISCOVERY RIDGEBUSINESS DIRECTORY

MEDICAL SERVICES

Cornerstone Veterinary Hospital

Discovery Ridge Pharmacy & Travel Clinic

Discovery Dental Centre

Good Life Matters, Jack Dobbs, Registered

Psychologist (Lic. #1857)

Healing Matters Psychological Services

Hygieia Medical Clinic

Moroz Child Psychology Group

New Discovery Psychological Services

GENERAL SERVICES

Cutting Edge Barber Shop

Lague Nail Bar

Maharaiah East India Cuisine

Aura Custom Blinds & Shades

Soular Child Montessori Development Centre

Griffith Store & Dry Cleaning

New Discovery Fine Wine & Spirits

Wonder Donuts





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DOADD OF DIDECTORS

DISCOVERY RIDGE COMMUNITY ASSOCIATION (DRCA) EXECUTIVE (2024)

ROAKD OF DIKECIOKS				
President	Vacant	drca_pres@discoveryridge.com		
Vice President	Dana Fleury	drca_vp@discoveryridge.con		
	Jacquie Hansen-Sydenham			
Treasurer	Sunny Sun	drca_treasurer@discoveryridge.con		
Secretary	Paul Decloux	drca_secretary@discoveryridge.cor		
Directors	Andrei Romaniuk	Lillian VanGenderen	Jose Alvarado	
	Hend Elkaliouby	Shay Heron	Kiel Douglas	
	Darrell Martindale	Alana Adams	Sheldon Brow	
CURRENT COMMITTEES				
Communications	communications@discoveryridge.com			
			etter@discoveryridge.com	
			bsite@discoveryridge.com	
Environment	Andrei Romaniuk	environment@discoveryridge.con		
Casino	Marc Arseneault	fundraising@discoveryridge.com		
Membership	Alana Adams	membership@discoveryridge.com		
Special Events	Lillian VanGenderen	events@discoveryridge.com		
Traffic	Kiel Douglas	traffic@discoveryridge.co		
Volunteer	Hend Elkaliouby			
Planning			ning@discoveryridge.com	
Recreation Facility	Paul Decloux and Darrell Ma	artindale		

DRCA Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

Member Emails

Get a membership and provide your email for 'what's new' updates

Ridge Review Newsletter

Twelve publications per year

Website

www.discoveryridge.com

Facebook

DiscoveryRidgeCommunityAssociation

X (Twitter)

@DiscoveryRidge1

Email Us

See listing or the website 'contact us' page for contacts

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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.



DRCA Regular Board Meeting, January 6 at 7:30 pm

DRCA Casino Fundraiser - February 28 and March 1.

Volunteer with your friends and neighbours at fundraising@discoveryridge.com. More details to come soon.

Did you know that board meetings happen monthly and all DRCA members are welcome to attend?

Please contact the DRCA to learn more about what we do for the community and our future plans. Email drca_pres@discoveryridge.com for more information on the DRCA and if you wish to attend upcoming meetings.

LETTER FROM THE BOARD

Fire Safety

With the arrival of cooler temperatures and snowcrested trees Alberta marks the end of a record-breaking wildfire season. Wildfires are an increasing concern for Discovery Ridge and the pristine wilderness bordering our community.

It was an early start to the 2024 wildfire season with the first fire ban issued in February. Alberta responded to more than 1,210 wildfires with more than 705.000 hectares burned - making it a record-breaking wildfire season. "The 2024 wildfire season underscored the importance of early planning and preparation," said Trevor Lamabe, executive director Wildfire Management Branch. "Investments in people, resources, and new technology proved invaluable in our response efforts."

Here in Discovery Ridge a small group of committed volunteers has taken note of these trends and the need for community preparedness. The DRCA Wildfire Safety Committee will be taking a closer look at community best-practices with the goal of rolling out a wildfire awareness campaign in the spring/summer of 2025.

Meanwhile the Alberta Government is looking at larger measures in its efforts to protect the province's landscape and communities – including a \$19 million investment in the Community Fireguard Program, supporting FireSmart Alberta initiatives. Administered by the Forest Resource Improvement Association of Alberta (FRIAA) the program works to protect high risk communities by clearing the area near or surrounding a community that breaks the path of a wildfire to cut it off from fuel sources that could potentially drive it towards property, infrastructure, or other values at risk. The funding also includes dollars for two additional airtanker groups and two new night vision-equipped helicopters.

"We will continue to adapt and strengthen our wildfire management strategies to protect our communities and natural resources," said Todd Loewen, Minister of Forestry and Parks. Alberta Wildfire says over the past five years, an average of 67 percent of wildfires have been caused by people.

2024 Alberta Wildfire Facts - Source: Alberta Wildfire

• Alberta Wildfire responded to more than 1,210 wildfires this year with more than 705,000 hectares burned.

- In 2023, there were 1.080 wildfires and more than 2.2 million hectares burned.
- · Alberta Wildfire had almost 1,900 firefighters, contractors, and support staff working on Alberta's provincial response.
- · Alberta Wildfire also received assistance from other agencies with more than 1,300 firefighters and support staff arriving from around the world to assist.
- While most wildfires were caused by people, Alberta had 410 lightning-caused wildfires in July, the highest number in 20 years.

New! Discovery Ridge Wildfire Safety Committee

This winter a group of community volunteers will be looking at the issue of wildfire safety in Discovery Ridge with the goal of examining community best-practices and rolling out a wildfire safety awareness campaign in the spring/summer of 2025. Please reach out to the Discovery Ridge Community Association (DRCA) at drca pres@discoveryridge.com if you can bring leadership or lend your support to this volunteer committee.

DRCA Board Changes

After an extended period of time as a very dedicated DRCA volunteer and as the DRCA Membership Coordinator, Ameeta Cordell has retired from the DRCA board. Ameeta will be greatly missed but we wish her the best of luck in her new volunteer endeavours and know we will always see her out and about at our community events. Thank you Ameeta!

Returning to the DRCA after some time away is Alana Adams. Alana was an integral part of the board, and we are thrilled to have her back.

We are also very pleased to welcome four new Discovery Ridge residents who have stepped up to volunteer for the DRCA and the board. Please join us in welcoming and thanking Hend Elkaliouby, Jose Alvarado, Kiel Douglas, and Sheldon Brow.

Hend is our new Volunteer Coordinator and is assisting on the Communications Committee as well. Jose will largely focus on community safety matters, and Kiel on traffic matters. Sheldon is currently assisting with our insurance work and will take on other items in the future as well.

continued on next page

LETTER FROM THE BOARD CONTINUED

It takes many volunteers to keep our community as special as it is. Thank you to those who have stepped up. More hands make for lighter work, as the saying goes! If you are interested in getting involved at any level, please reach out to us at volunteer@discoveryridge.com.

Wildlife Affected Area Designation

The City of Calgary advised the DRCA that they have lifted the Wildlife Affected Area designation for Discovery Ridge as of November 15.

While this means the bylaw will not be in effect, we strongly encourage all residents to always handle their bins and food waste with great care and consideration for wildlife and resident safety.





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GAMES & PUZZLES

Guess the Holiday!

- 1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
- 2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
- 3. This holiday typically revolves around one shape.
- 4. Eggnog, trees, and bells are classic elements of this holiday.
- 5. Costumes are a huge part of the fun of this holiday.
- 6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



Benefits of DRCA **Membership**

What does the DRCA do for me?

- Organizes social events such as Music in the Park, annual Stampede Round Up, Santa event.
- Coordinates the Ridge Review community newsletter.
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at www.discoveryridge.com.
- · Communicates regularly with the Ward 6 Office and Councillor Pootmans on community and city related issues.
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment.
- for the community.
- Creates a sense of community pride through participation in community activities.

Membership Perks!

Did you know that only up-to-date DRCA Members receive regular community emails informing them of events and ongoing activities in your community? Visit discoveryridge.com to purchase your \$25 membership or see the membership.

Visit www.discoveryridge.com

DRCA MEMBERSHIP FORM • Renewal Membership • New Membership DISCOVERY RIDGE Name(s): I can volunteer for: • General assistance Membership **○** Communications C Environment Special Events • Skating Rink maintenance Sponsorship Payment: \$25 O Cheque O Cash O CC O Pay online at www.discoveryridge.com/membership Membership runs from September 1 to August 31 each fiscal year. Make cheques payable to Discovery Ridge Community Association. • Attains and works casinos to fundraise I Mail to: Discovery Ridge Community Association - 160 Discovery Ridge Blvd - T3H 4Y3 Undersigned hereby consents to: (1) the collection of the personal information on this form; (2) the use of the information for the following purposes: to solicit volunteers for DRCA's programs and activities; to recruit members and solicit renewal of membership in DRCA; to solicit participation or membership in programs or activities provided by DRCA; to provide information to you on the DRCA programs and activities; (3) disclosure of the information in the DRCA register of members which is available for review by various members of the public as required by law. The purpose of collection of the information is to provide contact and registration information for DRCA and to use in and disclose it as

board of the DRCA are able to answer questions about the collection of the information. Date:

described above. The DRCA does not sell membership lists. Designated members of the



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Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

- 1. Addresses Root Causes Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.
- 2. Develops Self-Awareness One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

- **3. Builds A Therapeutic Relationship** The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.
- **4. Prevents Relapse** Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.
- **5. Personal Growth and Transformation** Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

Homeowners' Association (NDHA) News

Happy December Homeowners!

As we look towards a new start in 2025, we hope everyone has a chance to celebrate and share good cheer with family and friends during the holiday season. The NDHA Board of Directors would like to wish you and those closest to you a safe and happy holiday season, with sincere best wishes for 2025 from all of us!

Our annual holiday light display has been up for a while now at our community entrance and in the recreation park across from Cornerstone Square. Thanks again to True North Christmas Lights, who handles maintenance and installation for these lights. The seven planters at the roundabout are also decked out in an evergreen holiday display, dressing up our entryway that much more. Thank you to Pixie Gardens' talented staff for working with our board on these planters. We hear many comments about how residents look forward to seeing these festive displays every year and that makes this big job very worthwhile. We hope you agree that these preparations help create a most festive atmosphere in Discovery Ridge!

These holiday touches are the capstone for NDHA's work throughout the year to provide the best landscaped community spaces in Calgary and this is part of what sets Discovery Ridge apart from other neighbourhoods. Thank you to everyone who has remitted their fees for 2024 – these funds enable landscaping work, waterfall maintenance and operations (when possible!), seasonal displays, and snow removal throughout the community. For anyone new to Discovery Ridge, note that this annual fee is a legal requirement, due on June 29. If you are unsure of your payment status, please enquire via our website.

As we get into the snowy season, NDHA would like to remind everyone to be vigilant while walking through the neighbourhood. The ULS snow clearing team will be out in full force after each snow event, but Mother Nature is unpredictable. Ice can form unexpectedly, and slippery sections can get covered by blown snow. Use caution on the pathways, the hills in particular, and contact us if you see an area that needs attention.

As you look forward to 2025 and possibly setting new goals and resolutions, the NDHA board is always seeking new members and volunteers. Volunteering can give you an opportunity to collaborate with the NDHA's dedicated board, exercise useful skills, learn about our operations, and influence the decisions that NDHA makes, all towards make Discovery Ridge the best landscaped community in Calgary. If you think this sounds interesting, please reach out to us through the website (www.ndha.ca) or by emailing NDHAmembership@ndha.ca.

Happy holidays and Happy New Year to all from your NDHA board: Jim Fox (President), Shaune Pasay (Past President), D. Cruickshank (Treasurer), Caroll-Ann Bainbridge, Michelle Conway, and Kevin King (Directors).





Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes **Cook Time:** 1 hour

Servings: 6

Ingredients:1 lb lean ground turkey

- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- 1/2 tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- 1/2 tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!

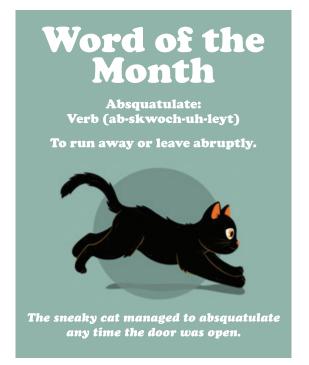




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FOR THE SOLUTION











Councillor, Ward 6
Richard Pootmans

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Eaward6@calgary.ca

Calgary.ca/ward6 X f @pootmans

@@richardpootmans9

Hello, Ward 6,

As the year draws to a close, I would like to extend my heartfelt gratitude for your continued support and community spirit. This year's water main break demonstrated Calgarians' ability to adapt and showed how we can come together to face adversity. I know it was a challenging time for all of us and your cooperation made a difference in helping us address the situation as effectively as possible.

Looking back on 2024, the team members at the Ward 6 office are pleased to be your advocates, working with both your community and the City Administration. Some things that our office was asked to advocate for this past year were increased public safety, the Sarcee Trail Bow Trail Functional Planning Study, and continued collaboration with developers and community members to shape our communities.

One of Council's priorities this year was rezoning for housing. This was a measure to help address the ever-increasing pressures of the population growth that Calgary is facing. I believe that the rezoning for housing will be a powerful tool to address urban challenges while creating a more vibrant, accessible, and sustainable Calgary.

In October, I was selected to sit on six Council committees/boards. I will continue my work on the Audit Committee to ensure effective governance and compliance at the City. I will also remain on Intergovernmental Affairs and the Calgary Metropolitan Region boards. Sitting on both boards means I will maintain a participative role in shaping policies and ensuring Calgary's interests are represented in regional and provincial plans and decisions.

During this holiday season, I hope you find joy and connection with your family and friends. Let us celebrate our shared achievements and look forward to a new year filled with opportunities and hope. Wishing you a Merry Christmas and a prosperous New Year.

Sincerely,

Richard Pootmans



MLA Calgary - West Mike Ellis 234 – 333 Aspen Glen Landing SW Calgary, AB T3H 0N6

403.216.5439

□ calgary.west@assembly.ab.ca

In October, I was honoured to attend the annual Federal, Provincial, Territorial meetings of Canadian Public Safety and Justice Ministers with my colleague, Minister of Justice Mickey Amery. I led discussions to explain the decisive action on gang-run encampment removals taken by the Alberta government. Further, I shared the compassionate approach to addictions support in our corrections undertaken by the Alberta government. Several ministers from across the country reached out after the discussion to share some similar issues they are facing.

During the fall session of the Alberta legislature, legislation was introduced preserving choice for minors, supporting student success and well-being in schools by strengthening ties between parents and their child's education, and protecting fairness and safety in sport.

Alberta's government proposed legislation to promote safety in the workplace, increase safety, transparency and accountability in the child-care sector, and protect Albertans' privacy in today's digital environment. The government's emphasis on ensuring that the rights and freedoms of Albertans are protected in an ever-changing world is in addition to the ongoing work to continue diversifying Alberta's economy and maintain Alberta's business- and investment-friendly environment.

Deerfoot Trail is Alberta's busiest road, with around 180,000 vehicles travelling on it daily. Despite being in Calgary city limits, the road is managed by the province.

The second segment of a \$700 million provincial project to upgrade Calgary's Deerfoot Trail is now complete. The Beddington Trail and 11 Street project connects 11 Street NE to westbound Beddington Trail and northbound Deerfoot Trail. Upgrades also include adding a fourth continuous lane to Deerfoot in each direction from Airport Trail to Beddington. Diverting commuter, industrial, and airport traffic between McKnight Boulevard and Beddington Trail to the new connection will increase safety and lower weaving on northbound Deerfoot.

I wish you and your loved ones a very Merry Christmas and a happy, healthy 2024!

Mike Ellis

MLA Calgary-West

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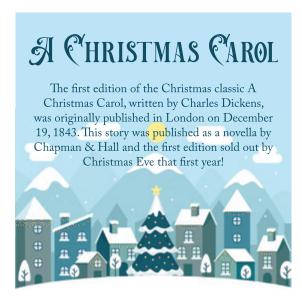
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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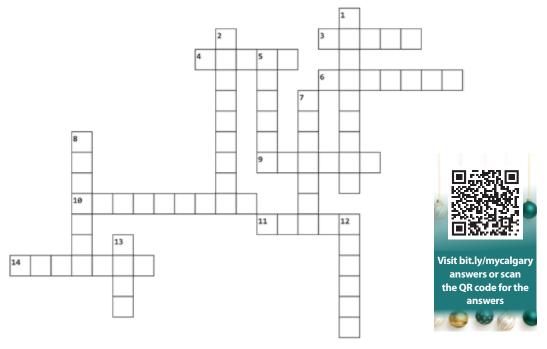












Across

- 3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's* ______, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
- 4. *Driving Miss* ______, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
- 6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
- This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
- 10. December's official birthstone has the same name as the colour that it is.
- 11. Dr. Martin Luther King Jr. was awarded the Nobel ______ Prize on December 10, 1964.
- 14. James Cameron's ______ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

- 1. International ______ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
- 2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
- 5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "______Night".
- 7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
- 8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player ______ Navratilova Best Athletes of the Decade.
- 12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
- 13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the* ______, premiered in New Zealand.



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Wishing you all the best this season.

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