

APRIL 2024

DELIVERED MONTHLY TO 2,475 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Leaf Filter
GUTTER PROTECTION



A LIFETIME OF CLOG-FREE GUTTERS-GUARANTEED!

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

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

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

Spring Fling
CHILDREN'S PARTY
 Saturday, April 20th
 12 - 2 pm
 AT THE QUEENSLAND
 COMMUNITY CENTER
 PRESENTED BY
 QUEENSLAND DIAMOND COVE
 AND DEER RIDGE COMMUNITY
 ASSOCIATIONS

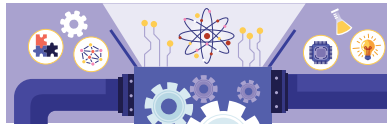
GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



SCAN THE QR
 CODE FOR THE
 ANSWERS!



OFFICIAL
 PLUMBING & HEATING
 Plumbing Services
 Furnace Install & Repair
 Drain Cleaning
 Boiler Install & Repair
 Electrical

\$50
 Service Call Fee

403-837-4023
 info@officialplumbingheating.ca
 official-plumbing-heating.ca

Your Patio Furniture Superstore!

YETI **weber**
Wicker Land Patio
 TRAEGER **BBQ LAND** **RATANA**
Modern Patio

Located Three Blocks East of Chinook Mall
 6125 Centre Street S, (403) 258-2506
 WickerLand.ca



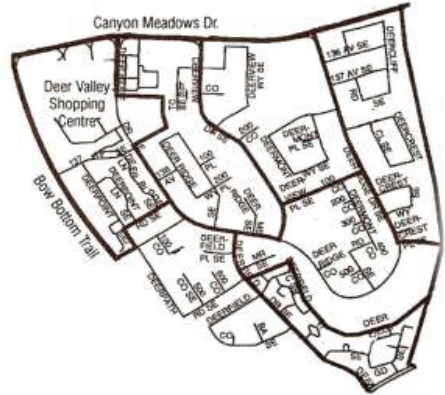
Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may mail this form along with a cheque payable to: **Deer Ridge Community Association.**

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2023 - 2024

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

Thank you for your support!

Deer Ridge Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Tel: 403-606-7331 | Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Board of Directors and Community Contacts

EXECUTIVE

President	Don Burdeyney	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

**We Need You! Contact Us To Volunteer
 And Get Involved In Your Community.**

DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Gertrud VanDerMey	

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Open	
Casino Coordinator	Open	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Don Burdeyney	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	
Membership Coordinator	Bob Hall	

OUR VISION: We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.

Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

HELP (formally the DOAP Team)

403-998-7388
 24/7

Non-emergency number for individuals on the street needing assistance.

Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.



How to Heal from Intimate Betrayal

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

Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.
- 5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.
- 6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.
- 7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.
- 8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.
- 9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.
- 10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

11. Cultivate Forgiveness - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

12. Engage in Healthy Relationships - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

13. Set Realistic Expectations - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

14. Practice gratitude - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

15. Connect with your Spirituality - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

16. Engage in Activities You Enjoy - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

17. Practice Relaxation Techniques - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

18. Seek Closure - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

19. Focus on Personal Growth - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

20. Celebrate Milestones - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

MESSAGE FROM THE BOARD

Welcome April – welcome spring! We're happy to see you – come on in!

Rinks Update

The rinks are finished for this year, and we extend our heartfelt thanks to Mr. Bob Hall and the crew that helped him this past winter with rink maintenance in all kinds of weather. A great big shout out to this hardworking crew!

Community Cleanup

Are you starting to clean up your home and yard for spring? Deer Ridge Community Association plans to have a community cleanup day, a day where you can bring all your discarded household items and electronics that would normally have to go to the landfill, to dumpsters right in the community, with no dumping fee. City community cleanups run on weekends from April 27/28 through June 29/30. The date of our community cleanup will be June 29. Details will be announced soon.

Pathway and Greenspace Cleanup

In 2023, the Deer Ridge Community Association organized and sponsored a springtime Pathway and Greenspace Cleanup with great success. At the time of writing, details for this year's cleanup have not yet been organized, but if you're one of the wonderful volunteers who helped us with this last year and you'd like to do it again, please mark June 9 on your calendar and watch our website and email bulletin for details. We would love to have you join us to help care for our neighbourhood on June 9.

Tennis and Pickleball Update

The tennis court nets will be put up as soon as the weather gets a bit warmer and holds. Thank you for your patience – we need to ensure that the courts are safe, and that the nets will not be damaged by putting them out too early. The pickleball net will also not be put out until we can confirm that the court is in reasonable condition and the weather conditions allow for the net to be put out. Depending on the weather, we anticipate this could take until May for each of these beloved sports.

Community Gardens

We hope you have been planning your gardens as the days get warmer. If you had a community garden plot last year, watch your email box – the call to confirm your garden plot will arrive very soon. If you have been on the waiting list for a garden plot, we thank you for your patience – we will give the returning gardeners a

few short weeks to confirm their participation in 2024, and should a garden plot become available, you will be notified.

Please note that considerable restoration and renewal work will be done on the garden plots throughout the spring and summer this year, as the plots are aging and in need of some care. If you would like to help with the work being done to renew the plots, please connect with us via email, and let us know of your interest – we welcome volunteers who would like to be of help.

Garden planting usually begins the last week of May and continues through the first week of June. Watch for us out there in the gardens, just south of the shiny rink in the Don Bosco greenspace. Please come by to say hello - we would love to meet you!

Soccer Update

Calgary Foothills Soccer Club will be playing on our fields between the tennis courts and the playground at Yellow Slide Park again very soon. If you haven't yet signed up your young folks with the Calgary Foothills Soccer Club, register them at www.gofoothills.ca. You will be asked to join the community association - if you are already a community association member, please give them your membership number to avoid paying the membership fee twice. If you do end up paying the membership fee a second time, please contact the community association by email so we can make it right for you.

Concerned About Rezoning?

City Council will undergo a public hearing on April 22 to decide on whether or not to make major changes to the types of buildings allowed on properties such as yours, in the City of Calgary. This is an important change that will affect all of us.

Our Ward 14 Councillor, Peter Demong, is holding two evening sessions for you to attend and speak with the City's experts on the proposed rezoning changes, and for you to provide Councillor Demong your thoughts, face to face, in person. Please check Councillor Demong's column in this newsletter for more details on this important opportunity to learn more and have your say.

Community Development Permits

Are you curious as to what's been proposed, or what's being worked on, for some of the sites that

are undergoing change, or waiting for change, in our community? Grab the location, or just look at and enlarge the map at developmentmap.calgary.ca/, click on the spot you're interested in, and you will get a pop-up with the development permits that have been issued. You can even check some of the details and status.

Earth Day

April 22 is Earth Day – what are you doing to celebrate or commemorate Earth Day? This year's theme in 190 countries around the world is Plastics vs Planet. The City of Calgary has several programs related to the 2024 Earth Day theme – find out more at www.calgary.ca/content/www/en/home/environment/climate/earth-day.html.

City Green Cart Compost Giveaway

At the time of writing, no dates have been set yet for the 2024 Green Cart Compost Giveaway. However, since compost pick up appointments usually start in April and fill up quickly, if you need high-quality, free compost for your yard, watch this page on the City of Calgary website, for the compost giveaway dates: www.calgary.ca/waste/residential/green-cart-compost-giveaway.html.

Membership

Your membership contributes directly to the activities and amenities in your community! Your Deer Ridge community also has representation on the Trico Centre for Family Wellness Board and is a community partner with the Trico Centre.

Memberships are only \$15 per household and are available for purchase online at www.deerridgeca.com/membership or by filling out the form in this newsletter and returning it by Canada Post with payment.

Make sure you subscribe to the Deer Ridge email bulletin, so you can get current news and timely email updates on anything that's happening in the community.

We invite all Deer Ridge residents to actively participate in the decisions shaping your community. Voting privileges are reserved for Deer Ridge Community Association members.

Thank you for your support!

Upcoming Meetings

Meetings are held on the third Tuesday of each month, at 7:00 pm, location to be announced on our website and in our email bulletin. Upcoming dates:

- April 16
- May 21
- June 18 - Annual General Meeting – more details to come.

Find out more about what's happening in your community at:

www.deerridgeca.com/

www.facebook.com/p/Deer-Ridge-Community-Association-100064333283995/

www.twitter.com/DeerRidgeCA



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.

SCAN HERE TO VIEW ADDITIONAL DEER RIDGE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





Good Food Box

In these times of enormous grocery price inflations, are you looking for ways to mitigate the rising cost of fresh foods? Have you wondered whether a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone can access fresh, nutritious produce regularly and affordably. Boxes contain in-season fresh fruits and vegetables directly from farmers and wholesalers. Content varies weekly, depending on what's in season. Each box contains the maximum produce, to ensure you get the most value for the price. Get more information at ckpcalgary.ca.

Need some fresh ideas for what to do with all that great produce? Get some great ideas at www.ckpcalgary.ca/recipes.

Box Options

Small Box	\$30	15 to 20lbs* of fruits and vegetables
Medium Box	\$35	25 to 30lbs* of fruits and vegetables
Large Box	\$40	35 to 40lbs* of fruits and vegetables

*Please note, weights are approximate and will vary depending on produce size and density.

Order Deadline	Delivery Date
April 9	April 18
April 30	May 9
May 28	June 6

To order or pick up, please contact Emma at 403-278-8263. Pick up is at 77 Deerpoint Rd SE (Fish Creek United Church, previously known as Deer Park United Church).





ANITA MORTGAGE
AVENUE | Financial
Real Estate Solutions



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

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

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 Ridge. 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 RIDGE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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

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

DEER RIDGE CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Deer Ridge. 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 Ridge? 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 RIDGE! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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

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

continued on next page

BUSINESS CLASSIFIEDS

continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

DEER RIDGE RENOVATOR AND HANDYMAN SERVICES:

Unlock your home's potential today! 30 years of residential building and renovation experience to help maintain and update your dream home. Emerald Building Maintenance offers quality craftsmanship and affordable services with a 10% senior discount. No deposits required. Contact Cam at 403-807-9200 to discuss your needs. (Insured and WCB-certified).

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



Gutter Doctor

- Gutters • Downspouts • Fascia
- Soffit • Siding • Roofing • Cladding
- Gutter Cleaning

403-714-0711 • gutterdoctor.ca



Councillor, Ward 14
Peter Demong

📞 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Greetings Ward 14!

Today, I am going to take a detour from the normal monthly list of topics and get right to the point. On April 22, City Council will undergo a public hearing and decide on whether or not to make some major changes to what type of building is allowed on properties in Calgary. I voted against moving forward with this, but here we are.

As a part of this public hearing, I must remain open to persuasion. That is the law, but it is also important to me to be open to what Calgarians think. There have been some opportunities for input, but it has not been enough.

I will be holding two sessions in April. These will be opportunities to speak with some of the City's experts on proposed rezoning changes, and a chance to give me your thoughts face-to-face. I encourage you to visit calgary.ca/ward14 for all the details.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong

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



**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca



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

Dear constituents,

As I write this, the Auditor General’s report on the ArriveCAN app has been resting with the Canadian public for a little over two weeks. Her report outlined the ArriveCAN application – which previous analysis has shown could’ve been made for as little as \$80,000 – has ballooned to a jaw-dropping cost of at least \$60 million dollars! That’s 750 times over budget! In her report the Auditor General wrote, “overall the CBSA, Public Health Agency of Canada, and Public Services and Procurement Canada repeatedly failed to follow good management practices in the contracting, development, and implementation of the ArriveCAN application.”

GC Strategies a four-person company run out of a basement, received \$19.5 million dollars on ArriveCAN contracts despite doing no actual work on the app! We’ve also learned that GC Strategies has been the recipient of over a quarter of a billion dollars in other government contracts since Justin Trudeau took office in 2015.

As the Official Opposition Shadow Minister for Treasury Board, I have been digging for answers on ArriveCAN since the fall of 2022 – and I won’t be stopping until Canadian taxpayers get the answers they deserve.

I would also like to remind all constituents of the federal services my office can assist you with. If you need help with Service Canada (EI, CPP, OAS, CRA), Immigration Refugees and Citizenship Canada (IRCC), Passport Canada, Veterans Affairs, or more please complete the relevant form on my website at www.StephanieKusieMP.ca/services.

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

Sincerely,

Stephanie Kusie

MP, Calgary Midnapore

Budget 2024 – a plan that prioritizes investments in health, education, and safety, and that ensures our province will continue to grow and thrive for generations to come.

Health care is a key pillar of Budget 2024. If passed, the budget would invest \$1 billion over three years to transform the continuing care system in response to the Facility-Based Continuing Care Review; \$475 million to support the continued implementation of the Modernizing Alberta’s Primary Health Care System initiative, including \$200 million over two years to improve access to family physicians; \$10 million for primary health care initiatives in Indigenous communities; and \$15 million to further develop a compensation model for nurse practitioners.

Budget 2024 also focuses strongly on education. This budget would invest \$1.9 billion to support 98 school projects over the next three years. \$681 million in new funding would be invested to support priority school projects, including 43 new projects announced in the budget, creating a total of 35,000 new or modernized student spaces for children around the province. And an additional \$1.5 billion would be invested for educational learning supports for vulnerable students, children with specialized learning needs, and other students requiring additional supports.

Alberta provides among the most generous affordability measures and social supports across the country and Budget 2024 continues to help alleviate the financial burdens on Albertans. This includes \$717 million in capital grants over three years to advance Alberta’s Affordable Housing Strategy, which incorporates \$254 million in new funding to help build about 3,300 new affordable housing units and complete 1,800 units already underway.

Finally, Budget 2024 focuses on paying down debt. An estimated \$6.4 billion in surplus cash is projected at the end of 2023-24 and Alberta’s government is using half to pay off maturing debt this fiscal year. Of the remaining \$3.2 billion surplus cash, a forecast \$2 billion will be put in the Alberta Fund, and the other \$1.2 billion is being allocated to debt repayment to limit new borrowing required in 2024-25.

Budget 2024 is a responsible plan that prioritizes the needs of Albertans and their families and will help ensure Alberta continues to be one of the best places in the world to live, work, play, raise a family, or start a business.

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

CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

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

Mat Rentals & Purchases

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



Wedding and Party Linen Cleaning

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

Linen Cleaning Services

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



Workwear Cleaning Services & Supplies:

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



VISIT OUR WEBSITE



CONTACT US



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