

JUNE 2026

DELIVERED MONTHLY TO 2,550 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Photo by Bob Hall



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



ANITA RUSSELL

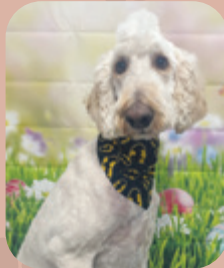
403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Cats, Canines, & Critters of Calgary



Coco, Shawnessy



Copper, Hidden Valley



Dino, Hanson Ranch



Horst, Mission



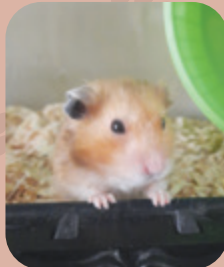
Pepper, Evergreen



Tia, Currie Barracks



Vincent, Quarry Park



Yoshi, Canyon Meadows

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



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

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them
freedom and peace of
mind.



**ANITA
RUSSELL** **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

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

Board of Directors and Community Contacts

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

EXECUTIVE

President	Gertrud VanDerMey	403-478-6057
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

PAST PRESIDENT

Past President	Don Burdeyney
----------------	---------------

DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Drew MacQueen
Director at Large	Diane Lum

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Bob Hall	
Casino Coordinator	Dawn Wallace	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Open	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Diane Lum	
Membership Coordinator	Drew MacQueen	403-278-6817



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.

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.

MESSAGE FROM THE BOARD

School is almost out, patio season has begun, and backyard BBQs are in full swing! Gardens are starting to take shape and flowers have started to bloom. Take advantage of the many events that we have going on in the community and the city in the month of June!

Deer Ridge Greenspace Cleanup – June 6

Join us on Saturday, June 6 from 9:00 to 11:00 am for our annual Greenspace Cleanup! Get in a few extra steps toward your fitness goals while making strides toward a beautiful and clean neighbourhood. Help us keep our green spaces, playgrounds, parks, the ridge, and hillside off-leash park beautiful by removing the winter debris. We will be meeting at the Yellow Slide Park Shade Shelter at 9:00 am. We look forward to seeing you!

Street Sweeping

The City's Spring Cleanup program, or street sweeping, removes debris and leftover materials from winter on the roadway. Watch for signs in your community, use the address lookup, or sign up for email and/or text notifications.

Here's what you can do to help:

- On your sweeping day, move your car. Driveways, garages, and alleyways are great alternatives (be sure to leave enough clearance).
- If you have front street collection on your sweeping date, keep your bin off the road. Other locations include grassy boulevards and your lawn. Please don't block the sidewalk.

To check when your street will be swept, please visit: www.calgary.ca/roads/maintenance/spring-street-cleaning.html.

Annual General Meeting – June 16

Come join us at our annual AGM on Tuesday, June 16, at 7:00 pm at the Fish Creek Church (77 Deerpoint Road SE). Meet our Deer Ridge Community Association board members and volunteers. This annual meeting is open to anyone who wishes to attend and is a great opportunity to learn more about the community, upcoming initiatives, events, and more! There will also be a door prize! Members in good standing can make motions and vote on any business brought before the Annual General Meeting. To get in on the action, get or renew your membership prior to the AGM date by using the membership form in this newsletter, or online at deerridgeca.com/membership/.

Deer Point Community Festival – June 28

The 12th Annual Deer Point Community Festival will be held on Sunday, June 28, from 10:00 am to 3:00 pm at Deer Point Plaza (14919 Deer Ridge Drive SE). This beloved community event brings together families and neighbours from Deer Ridge, Deer Run, Queensland, Parkland, and Lake Bonavista for a vibrant day of live music, artisan vendors, food, kids' activities, and more. It's a fun way to connect with the people who make our communities special. Your Deer Ridge Community Association will once again be hosting our kids' craft booth so come by and say hi!

Movie in the Park – August 8

Save the date! Our annual Movie in Yellow Slide Park will be taking place on Saturday, August 8, from 5:00 to 10:00 pm. Join us for free food, games, fun, prizes, and of course, a great movie! We will be collecting donations for the Calgary Food Bank so please bring non-perishable food items for your chance to win great prizes! We are also looking for volunteers who could help out for this event so if you are interested, please connect with us at DeerRidgeCA@gmail.com.

Casino Volunteers Needed

Our major fundraising casino will be held on Tuesday, August 25 and Wednesday, August 26 at the Deerfoot Inn and Casino.

Volunteers are needed to fill various positions. Day shifts are 11:00 am to 7:30 pm. Evening shifts are 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am.

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available to the community for facilities and programs such as a new park shelter, ice rinks, tennis court, replacing aging playgrounds, youth programs, and special events like Family Skate Days and Movie in the Park.

Training is provided and meals are no expense to the volunteer. Transportation is available if needed.

Please mark your calendar and contact us to volunteer at DeerRidgeCA@gmail.com.

Summertime Meeting Recess

The board takes a recess from meetings during July and August, but community work continues! You will see your board members out and about at all the community events, and we look forward to seeing you. We wish you a very happy and safe summer!

Divorce: Who Gets the House?

by Christopher Bungay, Divorce Lawyer

The decision of “should we or should we not” get a divorce is not easy. It is a process that involves asking yourself a lot of questions about the future. A common question people ask themselves is “If we get a divorce, who will get the house?”

Many divorcing couples own a home together. There are a lot of emotions and memories attached to the home: A child’s first steps, family dinners, family movie nights, the list goes on.

Most often, the question of “who gets the house” arises from another important question: “What is best for the kids?” Children who grew up in the house likely attend schools nearby. Their friends may live in the neighbourhood.

50/50 Roadblock

One major roadblock to one parent owning the house is this: the law (in most cases) says the house is a 50/50 split after a divorce. This means that each spouse is entitled to 50% of the value of the home.

In cases such as this, there are options to avoid this 50/50 roadblock. As part of the divorce process, most couples can negotiate with each other and agree how property and other assets will be split between them. This can be seen from the following example:

- Mr. and Mrs. Lahey own a home worth \$1 million dollars. They also have investments in stocks worth \$1 million dollars.
- Mrs. Lahey wants to stay in the home with the kids. Her aging mom also lives with them. The children attend school near the house.
- Mr. Lahey is okay with moving out, but he does not want to lose out on the money tied up in the house.

Solution: they can agree that Mr. Lahey gets the \$1 million dollars in stock investments, and in turn, Mrs. Lahey becomes sole owner of the family home that is also worth \$1 million dollars.

If Spouses Can’t Agree, a Judge Can Step In

If a couple cannot agree on who stays in the house, there are times when an Alberta judge will step in

and make this decision for them. Sometimes, a judge will order the house to be sold, and the proceeds split between the couple.

However, in other cases, a judge can issue something called an “exclusive possession order.” This is a legal directive that says, “Who lives in the house, and who does not.”

The following are circumstances where a judge might order that one spouse can live in the home:

- There is an economic imbalance – example: a stay-at-home mom has no income, and dad earns \$300,000 per year.
- The children need the home for stability – Here, educational needs, health, or extra-curricular activities may require a child to continue living in the home with one parent.

When deciding what to do with the house, it is always best if a couple can agree on something fair for each of them. However, when that is not possible, one spouse may have to go to Court and ask a judge for help.

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**

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates to 403.870.0737



Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit: Good Food Box — Community Kitchen Program of Calgary at ckpcalgary.ca.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to the Fish Creek United Church (77 Deerpoint Rd SE) for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: <https://www.ckpcalgary.ca/recipes>.

Small Box	\$35	20 to 25lbs* of fruits and vegetables
Medium Box	\$40	25 to 30lbs* of fruits and vegetables
Large Box	\$45	35 to 40lbs* of fruits and vegetables

*Please note weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order By Date	Pick Up Date
June 2	June 11
July 14	July 23

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.

Community Gardens



The Deer Ridge Community Garden will be growing into our 14th season in 2026. We are looking forward to another great harvest, seeing all the returning gardeners, and meeting new gardeners this season.



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



DEER POINT

Community Festival

VENDORS MARKET • LIVE MUSIC
DANCING • FOOD • FUN
• BOUNCY CASTLE •

FESTIVAL STAGE

10AM - TBA
11AM - TBA
12PM - TBA
1PM - TBA
2PM - TBA

Free
Entry

Sunday, June 28th
10 am - 3 pm

DEER POINT PLAZA

14919 Deer Ridge Drive SE - Calgary - AB

Brought to you by Community Festival Foundation, Deer Run
Community Association, Deer Ridge Community Association,
Queensland Community Association,
& Fish Creek United Church



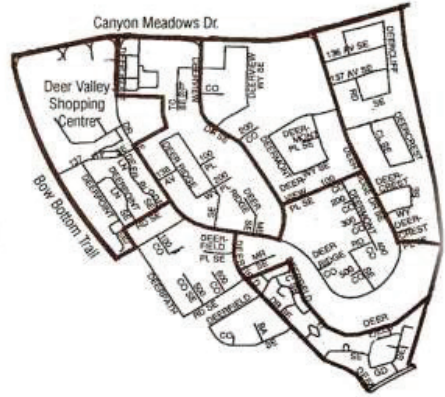
Community Association

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 send 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 2025 – 2026

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) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief,

anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



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



SCAN ME

403-720-0762

grow@greatnewsmedia.ca

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

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

Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

Where There's Water, There's Risk

by The City of Calgary



With summer finally approaching, the Calgary Fire Department is urging Calgarians to stay safe when enjoying our city's rivers and lakes.

Each year, we respond to a lot of calls to help citizens on our waterways, so we have compiled some information to help you stay safe.

Always Scout, Assess, and Decide from shore before going on the water.

- Scout the waterway for potential hazards, and check weather and water conditions.
- Assess the level of danger and assess the swimming and paddling skills of your group.
- Decide if it is safe to swim, raft, boat, or paddleboard.

Bring the right supplies:

- Watercraft suitable for the body of water and conditions.
- Properly fitting life jackets for everyone on board.
- Water, hats, and sunscreen.
- Cell phone to call for help in case of emergency.
- A complete water safety kit.

What's In a Water Safety Kit?

Water safety kits are required on all types of watercraft, including kayaks, paddleboards, canoes, dinghies, inner tubes, and rafts.

Water safety kits should include:

- Water bailing devices to remove water from inside the watercraft.
- A sound-signalling device (portable air horn, whistle, mechanical whistle, or bell) to alert others of your approach, or in case of emergency.
- At least 15 metres of heaving rope, towing line, or floating line to help pull your watercraft to safety.
- Waterproof LED flashlight and SOS mirror to call or signal for help in an emergency.

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



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📘 MylesMcDougallYYC | 📺 MylesYYC

Spring session has concluded, which means I will be spending my summer in the constituency! I am most excited for my annual Stampede BBQ which will be hosted at the Bonavista Downs Community Hall on July 4, 2026, from 11:00 am to 2:00 pm. I am looking forward to great food, live music, and community fellowship!

I want to wish all seniors in the constituency a happy seniors' week! For 40 years, the Government of Alberta has honoured and recognized the invaluable contributions our seniors have made in our great province! I look forward to spending time with many of the seniors residing in seniors' residences in the constituency!

I hope everyone has an amazing June and I look forward to seeing everyone at the BBQ!



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.

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.

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.

BUSINESS CLASSIFIEDS

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.

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.

DENTAL CARE...AFFORDABLE, ACCESSIBLE, & ESSENTIAL! Dental care that's affordable, accessible and essential! Easy drive from Deer Ridge. Our goal is to make your teeth look good, feel good and last a long time. Simple, no fluff or frills! All dental plans accepted, direct billing O.A.C. Call now 403-287-6453 or 403-272-7272, or visit calgarydentalcenters.com. Save money live better!

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, move in, or move out. Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

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.

PAINTER SERVICING DEER RIDGE: 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.

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

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**



3 DAYS OF ADVENTURE A LIFETIME OF IMPACT



KidneyMarch



Learn More
**MARCH
CREW
DONATE**

Join us this September for a life-changing **100KM** journey
in support of kidney disease & organ donation.



1 in 10 Canadians has kidney disease.
Most don't even know it until it's too late.
We're marching to change that. You could too.

KidneyMarch.ca • 403.255.6139 • kidneymarch@kidney.ca



kidney
FOUNDATION

Charitable registration
No. 10756 7398 RR0001

You might be at risk of kidney disease.

Don't wait until it's too late. Know your risk
and learn how to prevent kidney failure with our
10-minute risk awareness quiz at kidney.ca/risk