

MARCH 2019

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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🌐 woodridgeford.com

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MESSAGE FROM THE BOARD



Volunteer Call-out – Playground Installation

We're looking for a few volunteers to help with the installation of new playground equipment on Deerview Way SE. We need help with manual labour to save costs for the community. No experience is necessary. The work is expected to take 2 – 3 days and on-site supervision will be provided, to guide the installation and ensure everyone's safety. We're targeting late spring and expect to announce dates soon. Please contact us to let us know you're interested in helping.

Community Ice Rinks

A great big thank you to Bob Hall and our community ice rink volunteers who've kept the ice groomed, flooded, and maintained all winter. We hope you've enjoyed making some great memories with family and friends, playing shinny, knocking the puck around, learning to skate, or turning a few pirouettes this winter, and we look forward to seeing you out at the rinks as long as the ice holds, and then again next year.

Community Gardens

Are you interested in growing your own fresh vegetables this year? Deer Ridge has an active group of gardeners who each plant a community garden plot to grow their fresh lettuce, beans, and zucchinis, and enjoy camaraderie with other gardeners, fresh air, and great greens all summer long. Plots are also planted each year for Calgary Food Bank.

Gardeners get together in May for spring cleanup and an application of organic compost, share gardening know-how and tips, take turns watering the plots and maintaining the grass during the summer, and then get together for a fall cleanup and picnic in the garden. Check out pictures of amazing past years' garden successes on our community association website and Facebook page.

Our gardens are located behind Don Bosco school, by

the skating rinks. Signup begins in April. Community Association membership is required, and plot rental costs are kept truly minimal. Green thumbs are optional, and tools are provided. Please watch the community association blog <https://deerridgeca.com/> for more details and come join us in the garden!

Foothills Soccer

Soccer season is almost upon us and anticipation to start kicking the ball around outdoors is building! Deer Ridge is proud to be a community partner with Calgary Foothills Soccer Club and we're excited to see the club teams practice on the field beside Yellow Slide Park again this year. U6-U8 Grassroots registration is now open for the April 27, 2019, season start. Details and registration at www.gofoothills.ca Community membership is required for registration.

Already have a Deer Ridge Community Association membership? Show your membership card when you register and you won't be charged the community membership fee.

Deer Ridge Community Association Meeting

The next 2 board meetings will be held:

Date & Time: Tuesday, March 19, 2019, at 7:00 PM
Tuesday, April 16, 2019, at 7:00 PM
Location: The Trico Centre – Meeting Room #9

Your Board of Directors is recruiting for the role of **Secretary**. This volunteer position requires only a few hours a month to attend monthly meetings and record minutes. Our current Secretary, Ms. Barb Chapin, does a fantastic job and will happily guide you along until you are ready to take over. Attend a board meeting or contact us by email, to introduce yourself and learn more.

Newsletter Submissions

This newsletter is the primary source of communication to all Deer Ridge residents, so the information needs to be relevant to the community, interesting, and fun. If there's something you'd like to see in your newsletter, please email us – we'd love to hear from you.

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 and the Deer Ridge Community Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so. Great News Media and the Deer Ridge Community 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.

Deer Ridge Journal - Designed, manufactured, and delivered monthly to 3,600 Households by:

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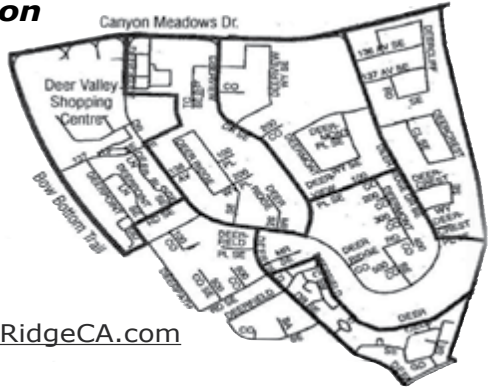
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Deer Ridge Community Association Membership Request / Renewal Form



Thank-you in advance for your support!

Membership fee \$15.00

Online membership payment available at DeerRidgeCA.com

Name:

Additional Family Members:

Mailing Address:

Phone Number(s):

Email Address(s)*:

* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

Membership Request & Payment options:

Mail completed form & cheque payable to:	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
Online:	DeerRidgeCA.com/Membership

Two membership cards, printed with last name(s), will be mailed to your household.

Deer Ridge Community Association PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331 |
Website: DeerRidgeCA.com | Email: DeerRidgeCA@gmail.com | Facebook: Deer Ridge
Community Association | Twitter: @DeerRidgeCA

Deer Ridge Community Association

Box 43052
Calgary, Alberta T2J 7A7

Visit our website at www.deerridgeca.com
If you have any questions or concerns, please
contact us at DeerRidgeCA@gmail.com

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.

Board of Directors & Community Contacts

EXECUTIVE

President	Dawn Wallace	403 606 7331
1st Vice President	Karen Stevenson	403 278 3353
2nd Vice President	Alana Somers	403 466 8100
Treasurer	Kim Aurini	
Secretary	Barb Chapin	403 285 9482

PAST PRESIDENT

Past President	Bob Hall	403 278 6817
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DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Tracey Burch	

Director at Large Gertrud VanDerMey

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Alana Somers	403 466 8100
Casino Coordinator	Barb Chapin	403 285 9482
Ice Rink Coordinator	Bob Hall	403 278 6817
Tennis Court Coordinator	Larry Lemieux	403 278 2199
Trico Representative	Karen Stevenson	403 278 3353
Newsletter Advertising	Great News Media	403 720-0762
Newsletter Coordinator	Gertrud VanDerMey	

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Accountant

Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

dohertysb@shaw.ca

accountingservicescalgary.net

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Spring & Summer Program Guide

Available March 4, 2019

REGISTRATION

March 11 & 12 (members)
March 13 (public)



Trico Centre for Family Wellness

11150 Bonaventure Dr SE

403-278-7542

www.tricocentre.ca

VOLUNTEER FORM

The continued success of various events as well as maintenance and improvements of facilities is dependent upon involvement of Deer Ridge residents. We invite you to join us in the fun!

Please select from the list below and return by mail, or visit www.DeerRidgeCA.com and fill out the on-line feedback form.

Deer Ridge Community Association, PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331

Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA

Community Clean-Up (set-up/take down, assist City staff directing people and receiving items, community signage and posters)

Fundraising Casino

Family Winter Skate (set-up/take down, food and beverage service, event preparation)

Ice Rinks (Nov – March: maintaining surface ice)

Tennis Courts (May – Oct: maintaining court surface)

Children's Christmas Party (December: event preparation)

Volunteer Recognition (Spring: event planning)

Membership Drives (Aug – Oct: preparation and delivery of membership forms)

Movie at Yellow Slide (Summer: event preparation, set-up/take down, food & beverage service, contact businesses for raffle prizes, community signage and posters, bouncy castle monitor)

Community Festival (set-up/take down event tables, community signage and posters)

Community Gardens (building new garden structures, painting, prepping beds at start of season, post-harvest activities)

Special Projects: playground rebuilds, pathway to rinks and gardens,. Etc. (ongoing: planning, cost estimates, coordination with The City, organizing volunteers construction)

Association Board Member or Committee Member (various roles to suit individual's time available to volunteer)

Doesn't matter to me. I'll help with whatever is needed

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email: _____

Ideas or Comments:





Cooking with Krista

Crispy Salmon with Roasted Vegetables and Brown Rice

Crispy Salmon

Preheat frying pan (non-stick) with a very small amount of avocado oil (or your cooking oil of choice). I set my burner to Med-high heat.

Pat your fish dry with paper towel; this is very important in order to get the crispy texture.

Season with cooking oil and a dry rub- I just use Cavender's All Purpose Greek Seasoning, but salt and pepper works great. Fresh herbs or garlic will burn, so it has to be a dry rub at this stage.

When your pan is hot lay your fish, presentation side down, in the pan.

Cook for about 2-3 minutes on each side, or until desired crispiness is met.

The fish should "flake" slightly when you press on it with a fork.

Let your fish rest for a couple of minutes before serving.

I like to squeeze some fresh lemon juice and add some fresh dill or any herb before serving.

Roasted Vegetables

Preheat oven to 425F.

Wash and cut your vegetables beforehand and pat dry with a paper towel (the extra moisture from washing will steam them rather than roast them changing the outcome significantly).

Put your vegetables in a mixing bowl, add olive oil and seasoning. (I like The Silk Road Spice Merchant's Rustic Roasting Blend)

Lay your vegetables on a baking sheet ensuring they are spread out and not piled on top of one another.

Bake for 12 minutes or until tender but not over cooked.

Brown Rice

Cook as per package directions

Krista is a Calgary chef and busy young mom, who believes that preparing, fast, tasty and healthy, home-cooked meals is within reach for today's active families. Krista has a soft spot in her heart for Deer Ridge, where she lived and played, while obtaining her Red Seal Chef Certificate from SAIT Culinary School.





MP Calgary Midnapore
Stephanie Kusie
 1168 - 137th Avenue South East
 Calgary, Alberta T2J 6T6
 ✉ Stephanie.Kusie@parl.gc.ca
 ☎ 403-225-3480 📠 403-225-3504

Join MP Stephanie Kusie for a Town Hall Q&A on March 7, 2019

Let's talk about the issues that are important to you!

I have been working hard as your Member of Parliament for Calgary-Midnapore and as the Shadow Minister for Democratic Institutions.

Over the past few months, I've had the chance to speak with many of you; at Coffee Meet and Greets, Alberta Caucus Town Halls, constituent meetings, and other local events. Calgary Midnapore constituents have expressed many concerns: from the crisis in our energy industry, unemployment, and the carbon tax, to justice issues, and an increased cost of living.

I encourage you to attend my next Town Hall Q&A to share what's on your mind. Rest assured that I will present your concerns to Andrew Scheer, the Leader of the Conservative Party of Canada.

I hope to see you there!

Town Hall Q&A

Thursday, March 7, 2019

Trico Centre for Family Wellness

11150 Bonaventure Drive SE

6:30 – 8:30 PM

RSVP: stephanie.kusie.c1@parl.gc.ca



YELLOW SLIDE PARK

T	W	E	T	R	E	D	A	B	L	U	E
W	O	W	I	U	P	A	R	K	R	D	B
E	N	T	E	N	N	I	S	N	I	P	E
E	V	E	S	J	U	M	P	L	N	L	N
N	E	E	D	O	B	L	S	A	G	A	C
S	U	N	O	B	L	I	O	W	P	Y	H
B	U	S	N	O	W	B	C	A	I	I	E
H	A	C	K	O	O	R	C	L	C	N	S
A	P	P	L	E	O	A	E	K	N	O	G
P	A	L	L	I	D	R	R	R	I	P	I
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|---|---------|----|--------|----|--------|
| 1 | BENCHES | 10 | PICNIC | 19 | SUN |
| 2 | BLUE | 11 | PLAY | 20 | SWING |
| 3 | CLIMB | 12 | RED | 21 | TEENS |
| 4 | FUN | 13 | RING | 22 | TENNIS |
| 5 | GREEN | 14 | RUN | 23 | TOTS |
| 6 | HAPPY | 15 | SLIDE | 24 | TWEENS |
| 7 | JUMP | 16 | SNOW | 25 | WALK |
| 8 | LIBRARY | 17 | SOCCER | 26 | WOOD |
| 9 | PARK | 18 | STEPS | 27 | YELLOW |

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 MUNDRET

“Read the riot act”

Meaning: To be told to behave oneself or be harshly punished.

Origin: In 18th century England, this was an official document recited whenever a mob erupted. It officially gave the British government authority to declare a group of more than a dozen people a threat to the peace, and many who refused to disperse were killed.

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MLA Calgary - Fish Creek
Richard Gotfried

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Calgary, AB, Canada T2J 3Z5
☎ 403-278-4444 📠 403-278-7875
✉ calgary.fishcreek@assembly.ab.ca
🌐 www.richardgotfried.ca 📱 @GotfriedMLA 📺 gotfriedmla



Councillor, Ward 14
Peter Demong

🌐 www.calgary.ca/ward14
✉ eaward14@calgary.ca or
☎ 403-268-1653

Learning about Alberta's democratic process helps all of us to understand what to expect as we move into an election period. A pivotal role is played by the Lieutenant Governor, appointed for 5-year terms as the Queen's representative. Hon. Lois Mitchell is Alberta's 18th Lt. Governor and began her duties on June 12, 2015. While the role of Lieutenant Governor is largely symbolic and ceremonial, Her Honour is the Vice-Regal representative of the monarch in Alberta and fulfils key roles in the election process. One such duty is reading of the Throne Speech. The start of the upcoming session (5th Session of the 29th Legislature) will be March 18th. The Throne Speech will be delivered by the Lieutenant Governor on this day and is historically an opportunity for the Premier and the governing party to provide an overview of their priorities for the session ahead. It is uncertain how long this session will last prior to an election call, but for an election to be called the Premier must ask the Lieutenant Governor to dissolve the Legislature and drop the "writ". Other official duties include giving royal assent to Bills after third reading, discontinuing session semi-annually, and approving orders in council. The office was established when Alberta entered Confederation in 1905. The Lt. Governor no longer occupies the former official residence, now known as "Government House", while much of her time is dedicated to performing ceremonial duties at events and overseeing awards programs such as the Alberta Order of Excellence.

The "writ" or election period is four weeks, and during that time, I will no longer be acting in the capacity of MLA, but rather I have earned the honour and privilege of being your UCP candidate for the area. The office will remain open and functioning during this time and my capable staff will be happy to assist you in any capacity. However, with apologies, the one service I will not be able to perform during the election writ is notarizations, oaths and certified true copies. For 2019, the election boundaries will be changing. Calgary-Fish Creek will continue to include the communities of Lake Bonavista, Bonavista Downs, Queensland, Diamond Cove, Deer Ridge, Deer Run and Parkland, while I welcome Midnapore, and Sundance to the fold. I am however sad to say farewell to the many friends I have made in Canyon Meadows, who will now join Calgary-Acadia. Should you have any questions regarding the upcoming election, Elections Alberta is the governing authority that will oversee the process. Their website has information and contact details of interest at www.elections.ab.ca.

As always, your feedback helps me to effectively represent you. My last MLA Café prior to the election will be Friday March 8th at my office from 10-11:30am. Come for coffee and conversation as I seek your insights to move our great province back to the Alberta Advantage! As always, I thank you for the privilege of representing you.

Hi Ward 14!

March is here, and Spring is around the corner (probably). I hope you enjoy my March newsletter!

My Budget Savings Account

This is an initiative of mine from a few years ago. It kind of flew under the radar back then, and I am not sure that many people understand it completely now. It has identified hundreds of thousands of dollars in efficiencies in City operations so far, and it will continue to do so. I will explain it in more detail at calgary.ca/ward14newsletter.

Changes to your Utility Bill

There are changes coming to the way your utility bill is presented in 2019. I will discuss more at calgary.ca/ward14newsletter. I will be looking for your thoughts on the changes too, so do not hesitate to contact me about it.

Living in a City with Coyotes

There definitely seems to be more coyotes inside city limits these days, and they are more than capable of taking a stroll through the communities of Ward 14. I will discuss what the City is doing, and what you can do to avoid confrontations at calgary.ca/ward14newsletter.

Counciltalk

The next Counciltalk is on March 16 at the Southview Church (20200 Walden Blvd SE) from noon to 2 p.m. Visit calgary.ca/counciltalk for the other Counciltalk dates, times, and locations.

Don't forget to visit calgary.ca/ward14newsletter for the full version of this column, and feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication. Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FOR SALE: Immaculate-condition dryer used one year by a senior. Extra large viewing window, has 9 drying cycles including 'sanitize' and 'wrinkle' release. Asking \$325.00 or OBO—Deer Run area. Figure skating dresses, each \$25.00. 780-385-3110 or donsybil@yahoo.com.



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Western Conference Champions



OUTDOOR 2019 SEASON: Program details and online registration available **February 1stth** to **March 30th** at www.gofoothills.ca

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