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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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Cooking with Krista

Satay Peanut Chicken Stir-fry

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.

This classic dish is quick and easy to prepare, and is always a hit with the family! You can be creative with the vegetables that you choose to add, and it can be served with white or brown rice, Asian noodles, or by itself. It'll be a big win if you have any peanut butter lovers in your house!

Ingredients:

8 boneless, skinless chicken thighs
1/2 cup peanut butter
1 tbs Maggi Seasoning (or soy sauce)
1 tbs hoisin sauce
Pinch of chili flakes
Salt and pepper
2 tbs cooking oil, divided
1 onion sliced
1 red pepper sliced
1/2 zucchini sliced
8 mushrooms quartered
1 broccoli crown
2 carrots sliced

Directions:

Set oven to low broil. Heat a large frying pan with one tbs of cooking oil. Dice and season chicken thighs with chili flakes, salt, and pepper, and sauté them in the hot pan until 3/4 cooked and browned on the outside.

In a small saucepan combine peanut butter, soy sauce and hoisin sauce. Heat on low, whisking until fully combined.

Place chicken on a baking sheet and pour sauce on top; place in oven under preheated broiler to lightly caramelize the sauce on the chicken.

Meanwhile, heat the other tablespoon of cooking oil in the pan you used earlier to cook the chicken, add all the vegetables, and sauté on high heat until halfway cooked. Pull the chicken and sauce out from the broiler and immediately add them to the vegetables. Sauté together for 2 minutes.

Serve right away on top of rice or rice noodles. For an additional touch of freshness, garnish with sliced green onions and sesame seeds.

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.

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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
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MESSAGE FROM THE BOARD

Happy New Year! We hope that each and every one of you has enjoyed a happy holiday season and that 2020 is off to a great start for you.

Kids' Christmas Party

We'd like to give a great big thanks to the Queensland Diamond Cove Community Association for hosting the annual Queensland/Deer Ridge Kid's Christmas Party on December 14. We hope you and your little ones were able to make it out to this popular event and enjoy the bouncy castle, treats, Christmas activities, and fun.

Deer Ridge Annual Family Winter Skate

Join us for a fun afternoon of skating at Deer Ridge community ice rinks on Saturday, January 11th, 2020, from noon to 4:00 pm. Take a rest from skating to warm up by the fire and enjoy free hot dogs and hot chocolate. Shinny hockey on the big rink and lots of room on the pleasure rink for learning and casual skate. The rinks are located along Deermont Way SE, at the south-east corner of Don Bosco School field. We look forward to seeing you there. Round up the family, call on the neighbours, and bring those who are new in the community. This is

a completely free event - no community membership required.

Annual Casino Fundraiser

We have the dates! Deer Ridge will be holding its annual Casino Fundraiser on Monday, April 6, and Tuesday, April 7, 2020. This year, we're partnering with Cash Casino on Blackfoot Trail. Casino funds we raise during these 2 days will help us pay for maintenance and improvements on our playgrounds, skating rinks, tennis courts, as well as fun events like Movie in the Park, and the Winter Skate Party, just to name a few.

Volunteer Opportunities

Casino Volunteers: We are in need of 36 volunteers to fill the positions of bankers, cashiers, chip runners, and count room staff on both our Casino days. Day shifts are 11:00 am to 7:30 pm. Evening shift is 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am.

Rink Rats: We are in need of volunteers to help us maintain the 2 skating rinks. The ice rinks need daily maintenance throughout the winter, and our small team of

~cont'd on page 7~

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
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dedicated volunteers could use a hand, if you are willing and able to come out and assist.

Board Positions: We are actively seeking members to volunteer on the Board of Directors. If you can spare as little as a few hours a month, please contact us.

Please email us at DeerRidgeCA@gmail.com and let us know how you can help. Your support helps keep good things happening in Deer Ridge.

Benefits of Membership

Your community association membership comes with many benefits, as you know. But, did you know that you can also get 25% off paint for your home, free banking services, and 25% off your home alarm monitoring fee, just by being a member of our community association? Check out this link at the Federation of Calgary Communities website:
<https://calgarycommunities.com/about-communities/#BenefitsOfMembership>

Deer Ridge Community Association Monthly Meeting

The next two board meetings will be held on:

Tuesday, January 21, 2020 at 7:00 pm

February 18, 2020, at 7:00 pm

Lutheran Church of the Good Shepherd,
13811 Deer Ridge Dr SE

Please come and join us at the meetings. You'll hear the latest news from representatives of the provincial and municipal governments, the Calgary City Police, and your local community association, and you'll have an opportunity to let your thoughts be heard.



Good Food Box

Deer Park United Church is a depot location for the Good Food Box program. This is a monthly program open to anyone; boxes are prepared by the Community Kitchen Program of Calgary. Boxes contain wholesale fruits and vegetables and are a great way to access fresh produce on a budget!

Box Options

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

*These weights are approximate. Weights will vary depending on produce size and density

Order Day

January 14

February 4

March 10

Pickup Day

January 23

February 13

March 19

To order or pick up, please contact Emma at Deer Park United Church, 77 Deerpoint Road SE, at 403-278-8263.

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Gentle Yoga
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YOGA WITH SUZANNE (RYT)

All ages, shapes, and sizes welcomed.
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2020 Yoga classes begin
Jan 14 (Bonavista Downs) or
Jan 15 (Deer Run Community)
12 classes, 1.5 hours, \$15.00 per class
Call/text/email Suzanne to register
403-903-1595
suzanneconn@hotmail.com

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

Treasurer Kim Aurini

Secretary Barb Chapin 403 285 9482

PAST PRESIDENT

Past President Bob Hall 403 278 6817

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

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

**WE NEED YOU! CONTACT US TO VOLUNTEER
AND GET INVOLVED IN YOUR COMMUNITY.**

WORD SEARCH – WINTER FUN

Looking for things to do in Deer Ridge or in Calgary, this winter? Want to get outside and burn off some energy, after all those holiday treats? Or maybe the kids are dying to get out and do something, in the frosty, fresh air, or in the warmth of a Calgary leisure centre? Bet you can find some ideas here!

S	N	O	W	S	H	O	E	K	I	H	S
N	L	B	A	N	K	E	G	R	E	O	A
O	Y	E	S	U	O	I	N	A	I	C	G
W	O	R	D	R	A	W	I	P	V	K	N
M	B	U	A	R	J	Z	B	R	O	E	I
A	D	A	E	R	A	O	U	E	M	Y	B
N	A	G	G	O	B	O	T	T	E	A	M
E	G	N	I	D	R	I	B	A	R	K	I
C	L	A	N	G	N	I	L	W	O	B	L
N	S	E	M	A	G	D	R	A	O	B	C
A	Z	P	L	A	Y	G	R	O	U	N	D
D	O	E	S	K	A	T	E	D	I	L	S

BIRDING	READ
BOARDGAMES	RUN
BOWLING	SKATE
CLIMBING	SKI
DANCE	SLED
DRAW	SLIDE
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HOCKEY	SNOWMAN
LIBRARY	SNOWSHOE
MOVIE	TOBOGGAN
PLAYGROUND	TUBING
WATERPARK	ZOO

Get Outside!

Skating

Deer Ridge has two well maintained skating rinks – a hockey rink and a pleasure rink. They’re located by the community gardens, at the southwest end of the green space attached to Don Bosco School. The rinks are volunteer maintained, but these volunteers have many years of experience and some excellent ice grooming equipment. And there’s no charge for you to use these rinks – all you need to bring is your skates, your energy, and your enthusiasm; so, bundle up and come out to have some fun on the ice!

Tobogganing and Sledding

Tobogganing and sledding have a long history of exciting winter fun for kids of all ages. I recall my dad taking us kids out to sledding hills where we would whoop and shriek on the long, exciting ride down, and then exhaust ourselves hauling the toboggan back up to the top. We always came home, all rosy cheeked, looking for hot chocolate and a warm dinner, having left all our pent up, winter energy behind on the hill. We slept especially well those nights, dreaming of flying down hills, cold air on our faces, and happy shouts about who got in the longest run.

I was pretty sure I could still find some of this exhilaration for my kids here in Calgary, and yes - did you know that the City website has quite a long list of parks and green spaces that offer safe, exciting hills for this winter tradition? There's an extensive list of City-maintained tobogganing and sledding hills on the City's website.

<https://www.calgary.ca/CSPS/Parks/Pages/Locations/Tobogganing-and-sledding.aspx>

Don't have time to look up a website? The sledding hills closest to Deer Ridge are at:

Maple Ridge – Dry Pond	1127 Mapleglade Dr. S.E.
McKenzie Towne	160 McKenzie Towne Dr. S.E.
New Brighton	1750 New Brighton Dr. S.E
Sacramento – Dry Pond	10404 Sacramento Dr. S.W.

Snowshoeing, Cross Country Skiing, and Hiking

We are so very lucky here in Deer Ridge. We're within walking distance of Fish Creek Park, where throughout the winter, there is most often good snow for snowshoeing, and cross-country skiing, and well-groomed paths for walking and hiking. Don't have the gear for

any of that? Call on the University of Calgary – they have an Outdoor Centre through which this equipment may be rented at nominal prices. <https://outdoor-centre.ucalgary.ca/rentals-services>

Swans? Here, in Calgary?

Did you know that in the early spring, before the snow is gone, usually sometime around early March (weather dependent), you can see swans in the river around Mallard Point? Either walk down to that end of the park, or drive and leave your car in the lot at the far east end of Canyon Meadows Drive, and follow the trail south along the river, to near the large bend. You'll need to be fairly quiet – the swans are quite wary of intruders and will stay far from you.

- <http://birdscalgary.com/tag/fish-creek-provincial-park/>
- <https://www.youtube.com/watch?v=321STVhkiD0>

For more information about these majestic birds, or for the best bird-watching spots, connect with Nature Calgary or Friends of Fish Creek Provincial Park.

- <https://naturecalgary.com/birding/birding-locations/>
- <https://friendsoffishcreek.org/programs/birding-course/>

Correction to Our December 2019 Newsletters

Dear Constituents of Calgary-Fish Creek,

Great News Media would like to issue an apology for a grievous mistake that appeared in the December 2019 newsletters. The text that appeared in MLA Richard Gotfried's report was an outdated report from October 2016. There has been a thorough investigation into how this happened, and our policies and practices have been revised to ensure it does not happen again. This error was the sole responsibility of Great News Media and we extend our deepest apologies to MLA Richard Gotfried, to the staff at the Calgary-Fish Creek Constituency Office, and to the constituents of Calgary-Fish Creek. The December report, which was submitted to us by the Calgary-Fish Creek Constituency office and should have been placed in the newsletters, has been made available online. It can be found at

www.mycalgary.com/calgary-fish-creek/holiday-greetings-the-importance-of-giving-back-and-a-christmas-open-house/



FRIENDS of Fish Creek

Fish Creek Community Showcase

**Meet the Artist Event – Friday, January 10
from 6:30-8pm**

The art of Bettina Sieger will run until March 27 at the Cookhouse at the Bow Valley Ranch

Bettina Sieger is a recent graduate of Alberta University of the Arts, formerly known as ACAD. Bettina considers herself a Bio Artist and Environmentalist and her passion is to bring awareness to environmental concerns. She has been studying our waterways and the effects that the toxic blue-green algae blooms or HABS have on our ecosystems and human health. She has a diverse range of skills from drawing, charcoal, ceramics, and sculpture but her experience is predominantly in painting and watercolor. Bettina truly believes that art is meant to be shared, and her intent is to have art meets science in the hopes to bring the public a better understanding of what is in their waterways and more importantly their drinking water. Drop by the Cookhouse starting in January and meet the artist on January 10. To register for this free event, please visit <https://friendsoffishcreek.org/programs/fccs>

William Watson Lodge – Providing 40 Years of Inclusion and Accessibility in Alberta Parks

Thursday, January 23, 2020 7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park

Presented by Jill Jamieson – William Watson Lodge Team Lead Kananaskis Region, Alberta Parks

William Watson Lodge in Peter Lougheed Provincial Park is a fully accessible accommodation venue that provides people living with disabilities and reduced mobility opportunities to experience the breathtaking Kananaskis area. Premier Peter Lougheed and his wife Jeanne opened the lodge in 1981 as an Alberta Environment and Parks facility and grounds. Join Jill Jamieson, William Watson Lodge Team Lead, to learn about the history of William Watson Lodge, programming avail-

able there, and to increase your awareness about how each of us is journeying to a greater understanding of inclusion and accessibility.

Registration is Required. To register or for more information, please visit <https://friendsoffishcreek.org/event/wwl>

Winter Birding Course

12-week course runs January 6 – March 29

Winter is one of the best seasons for getting outside to learn about birds and other wildlife. Brave the cooler weather and explore the world of birds in Fish Creek Provincial Park, where you can see and hear waterfowl like geese and duck, birds of prey like owls and eagles, swallows, gray jays, finches, chickadees, woodpeckers and many others. The 12-week Winter Birding Course is perfect for anyone who wants to see, and learn about, birds in their natural habitat, and provides an amazing opportunity for families to get together and experience nature here in Fish Creek. Experienced birder David Mitchell and over 30 volunteers lead these courses. Each outing is approx. 2.5 hours. Registration Required and fees apply. <https://friendsoffishcreek.org/programs/birding-course>

Fish Creek Meet Up Walks

These informal outings will take place at 2:00pm on the second Sunday of each month, meeting at a different location in Fish Creek Provincial Park each time. Fish Creek Meetups will be informal group walks with no registration, fees or facilitators. Just Friends getting to know Friends while walking through this beautiful park. All are welcome. Specific dates and meeting locations can be found at <https://friendsoffishcreek.org/event/meetups/all>

Become a Park Protector and Help Protect and Preserve Fish Creek Provincial Park!

As a Park Protector, you will be part of an extraordinary group that, by dividing their support into smaller, automatic monthly donations, is helping us tackle our most complex challenges and long-term projects. Park Protectors make monthly donations to the Friends that are automatically withdrawn from your bank account, VISA or MasterCard. Monthly donations are one of the best ways to support the Friends of Fish Creek. As a Park Protector, you will help keep administrative costs to a minimum, which means more of your donation will go to support our programs, courses and events in Fish Creek and local communities. For more information or to become a Park Protector, please visit <https://friendsoffishcreek.org/park-protector-signup>

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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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Deer Ridge

Community Association

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

Membership Year:
valid until August 31st, 2020

Thank-you in advance for your support!

Membership fee \$15.00 per household

Membership payment available online 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 family last name(s), will be mailed to your household.

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 | Twitter: @DeerRidgeCA



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Happy New Year, Ward 14!

I hope you had a great holiday season! Here is some of what you can expect in 2020.

Mark Your Calendar – Counciltalk & Ward 14 Communities BBQ

There is no such thing as planning too far ahead, so I want you to mark some very important dates in your calendar. First is September 19, 2020, which will be the date of my next Ward 14 Communities BBQ. You can join me there in the Centennial High School parking lot from 11 a.m. to 2 p.m.

Second is an important set of dates. It is my Counciltalk session schedule. You can find it at calgary.ca/counciltalk, and you are welcome to join me for one, or two, or however many you wish. All of these sessions, including my barbecue, are intended to give my constituents a chance to have my ear. I hope to see you there.

Watch for Your 2020 Property Assessment Notice

The City of Calgary will mail assessment notices on Jan. 2, and they are also available online. Don't forget that your opportunity to ask questions will end on March 10. You can learn more in my full column at calgary.ca/ward14newsletter

Resolve to Support Calgary Businesses and Buy Local

Small businesses build community, and it is especially important during these times that we return the favour. If you are resolving to do anything this year, I hope you will consider making an effort to support local businesses. Calgarians can get involved by posting about local business to #BuyLocalYYC, and businesses can get involved at calgary.ca/buylocal.

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

- Councillor Peter Demong

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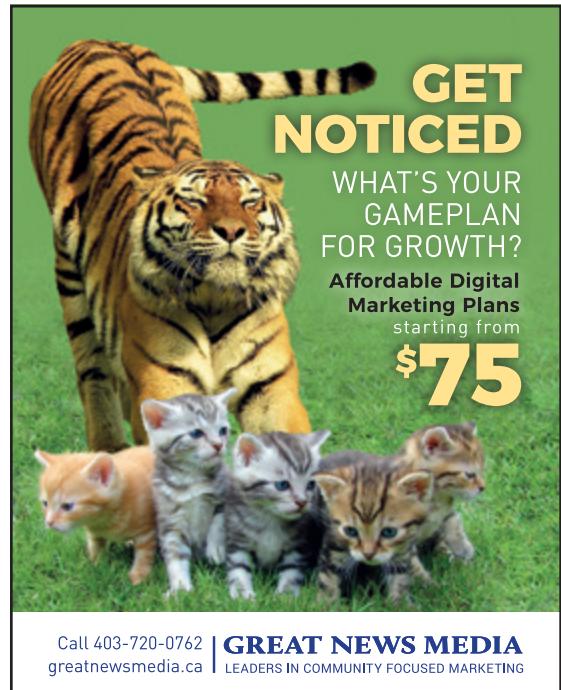
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It's hard to believe 2019 is behind us with a new decade ahead. For many, 2019 saw hardship but also amazing resiliency. Small acts of kindness in the community speak to what matters most, giving of ourselves. With a new year, let's renew our faith in a brighter future.

I am pleased to inform you of a few current initiatives. Friends of Fish Creek is an amazing steward of Fish Creek Provincial Park. Over the last few months, Alberta Parks and Friends of Fish Creek have been exploring ways to expand Friend's scope of practice within the Park. We can still expect high quality services, but extended Visitor Centre hours is an option being considered to better serve park patrons. We are also working hard with local champions of history on a long-term lease renewal for the Bow Valley Ranch.

In opposition, I served as Seniors and Housing Critic and recently, Minister of Health, Hon. Shandro, asked me to Chair an innovative review of Continuing Care. Our Seniors will soon represent almost 25% of our population, and we want them to live longer, healthier and more active lives. New models around the world are challenging what it means to be an "active ager" and I welcome all input on how to serve an aging population.

Finally, we recently hosted representatives from South Calgary Primary Care Network to present on their AHS supported community health services. The presentation highlighted the importance of social connections in our lives. Studies show that community connectivity is essential to our overall health. In an effort to strengthen "abundant communities" in #yycfishcreek, my office will be supporting old fashion block parties for each #yycfishcreek community this summer. Please reach out to our office and/or your community association for details on what will be known as our "Fish Creek Summer of Friendship Tour"!

Don't forget to sign up to receive our e-newsletters, information on coming MLA Café's, or other Fish Creek Constituency initiatives by calling or emailing my office. Happy New Year to all!

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