

MARCH 2020

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge



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CONTENTS

6 MARCH WORD SEARCH – WELCOME, SPRING

7 COOKING WITH KRISTA

8 MESSAGE FROM THE BOARD

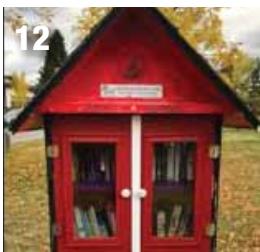
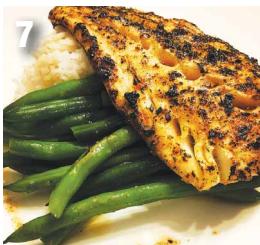
9 GOOD FOOD BOX

10 BUSINESS CLASSIFIEDS

12 LITTLE FREE LIBRARY

14 GIRL GUIDES: FAMOUS FIVE DISTRICT

16 COUNCILLOR PETER DEMONG



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 Canyon Meadows Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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

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1st Vice President Karen Stevenson 403 278 3353

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Trico Representative Karen Stevenson 403 278 3353

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Newsletter Coordinator Gertrud VanDerMey

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

Word Search – Welcome, Spring

What's the forecast for March in Deer Ridge? Well, the snow and ice won't leave us yet, but gorgeous sunrises are almost certain, and beautiful sunsets that happen later and later each day. There's St. Patrick's Day to warm us, just before the vernal equinox heralds the first day of spring. And then the return of some favourite harbingers of spring – maybe a robin or two, a few hardy spring flowers popping up through the snow... Little moments of joy that herald the return of warmth and mild weather to our community on the ridge.

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

BIRDS

BLIZZARD

BUDS

CHINOOK

COLD

CROCUS

DAFFODILS

EQUINOX

FOG

FREEZE

FROST

ICE

KITE

LAMB

LEPRECHAUN

LION

SHAMROCK

SNOW

SNOWDROP

SPRING

SUNSHINE

THAW

WARMTH

WET

WIND

BLUSTERY



Cooking with Krista

Lemon Herb Seared Haddock with Brown Butter and Perfectly cooked Green Beans

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.

In my opinion there's nothing more satisfying than a perfectly cooked piece of fresh fish. This entire meal only takes 10 minutes to prepare and quickly satisfies your tastes for a restaurant quality meal, right at home.

Ingredients

1 fillet fresh Haddock Loin

1 tbs cooking oil

2 tsp lemon herb seasoning (PC blue menu)

Green beans with ends trimmed

1/4 cup butter

Juice of 1 fresh lemon

Salt and pepper

I start by trimming the green beans and placing them in a steam basket in a pot with a small amount of water. Steam the green beans for 3-4 minutes. Immediately remove from heat and rinse in cold water to stop the cooking process. You want your beans to be crunchy and bright green. Heat a frying pan with a small amount of butter. Once the butter starts to melt, drop green beans in the pan and sauté briefly with a sprinkle of salt and pepper.

Pour cooking oil onto a plate and add lemon herb seasoning. Mix together with a fork. Lay the haddock into the seasoning mixture and coat all sides of fish. Heat a frying pan to medium high heat and lay fish in pan presentation side down. Cook for ap-

proximately 2-3 minutes on each side. Remove fish from pan when it flakes with a fork, but still glistens in the light on the inside.

I like to start my brown butter as soon as I'm ready to start cooking. Place a small frying pan on medium low heat. Place butter in pan and let melt, stirring often. Once the butter starts to bubble slightly, stir continuously until it turns slightly brown and gets that delicious nutty fragrance. Remove from heat immediately. Tip pan slightly and allow the dark crumbs to settle to the bottom. With a spoon, scoop off the top clear brown butter and drizzle over fish and green beans. Squeeze the lemon juice over your fish and it's ready to serve! Enjoy

BLOOD FROM A STONE

Bloodstones are quartz-based semi-precious stones that are known for their bright red flecks of hematite. In antiquity, these stones were considered to have mythic properties, from invisibility and changing the weather to stopping bleeding and protection against poison, and were – most bafflingly – “useful” in animal husbandry.



MESSAGE FROM THE BOARD

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. The ice will continue to be maintained as long as the weather holds. Check for updates on our new Instagram account for the community ice rinks. The Deer Ridge Outdoor Rinks deerridgecr Instagram account is a great way to keep up to date on rink activities! Follow us or visit by navigating to the Deer Ridge CA site <https://deerridgeca.com/> and select menu item Parks and Facilities > Hockey and Leisure Rinks > Outdoor Rinks Instagram.

Community Gardens

Are you dreaming of gardening already? Can't wait to get your hands in the dirt or taste the first lettuce and radishes? The Deer Ridge Community Gardens will start up again in May – watch the Deer Ridge blog at <https://deerridgeca.com/> in April, for communication about plot availability and how to get yours!

Foothills Soccer

Soccer season is almost here – are your youngsters itching to get out and kick the ball around? 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. U4-U8 Grassroots registration is now open for the May 2, 2020, season opener. Details at www.gofoothills.ca. Community membership is required for registration.

Casino Volunteers Needed

Our major fund-raising casino will be held on Monday, April 6 and Tuesday, April 7, 2020 at Cash Casino Place and we still need volunteers to fill a few positions. This is a great opportunity to meet your neighbours and help to ensure the continued viability of Deer Ridge amenities.

Casino proceeds help ensure AGLC funding is available to the community for facilities and programs such as ice rinks, tennis courts, replacement of aging playgrounds, youth programs, and special events like Movie at Yellow Slide Park.

Training is provided for roles and shifts. Meals are covered at no expense to the volunteer and transportation is available if needed. Please contact us at deerridgeca@gmail.com to volunteer!

Membership

Deer Ridge Community Association Memberships are available for purchase anytime online at <https://deerridgeca.com/membership/> or by filling out the form in this newsletter. Membership is still only \$15.00 and applies to all residents of the same household.

Your interest in and support for our community make a difference!

Deer Ridge Community Association Meetings

The next 2 board meetings will be held:

- Tuesday, March 17, 2020, 7:00 pm
- Tuesday, April 21, 2020, 7:00 pm

Lutheran Church of The Good Shepherd, 13811 Deer Ridge Drive SE

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@greatnewsmedia.ca

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

55+ CONNECTIONS SOCIAL CLUB: Retired or retiring soon? This club is for senior singles wishing to increase their social network. Meet people with similar interests for monthly activities. Call Sylvia at 403-281-0667 or Joan at 403-242-7793 for more information.

KIDNEY DONOR NEEDED

NEEDKIDNEY.CA

**Kidney Health
Awareness**

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email info@needkidney.ca if you wish to donate.

Website
NEEDKIDNEY.CA



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

March 10

April 14

May 5

Pickup Day

March 19

April 23

May 14

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

DOLLARS & SENSE

Do You Have A Trusted Advisor or Just A Salesperson?

Reagan Pflug, Certified Financial Planner

When I first moved to Calgary in 1994, I was 25, I was single, and I needed a vacuum cleaner. I sat down with a slick salesperson who sold me a high-end vacuum. Sure, I needed one, but did I need to spend \$2,000 on a vacuum?! The salesperson gave me many reasons why I should buy one. He asked few questions. If he had been a trusted advisor, the experience would probably have been different.

What is a Trusted Advisor?

The highest form of a Trusted Advisor is a Fiduciary.

What is a Fiduciary?

"A fiduciary is someone who has undertaken to act for and on behalf of another in a particular matter in circumstances which give rise to a relationship of trust and confidence." (Wikipedia)

We all want to believe the people who are guiding us are working in our best interests. In the financial services industry, we hope the people we trust to advice and mentor us are working to the highest standard possible when it comes to our money.

One way to evaluate if you have a trusted advisor is to determine if they are part of the **Financial Planners Association of Canada (FPAC)**. FPAC requires all members to subscribe to a charter that upholds a fiduciary standard. Not all Certified Financial Planners are members of FPAC. You can learn more about FPAC here: <https://fpassociation.ca/page/the-fiduciary-pledge>.

The salesperson who sold me my first vacuum was definitely not a fiduciary or even a trusted advisor. I would have appreciated a trusted advisor instead of a salesperson, but the negative impact was low. In contrast, financial advice or a financial product sold to you without using a trusted advisor may be inappropriate or, even worse, hurt you long term.

BUSINESS CLASSIFIEDS

For business classified ad rates call 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!"

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Deer Ridge area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

AFFORDABLE DENTAL CARE MINUTES FROM DEER RIDGE: Below ADA fee guide! Direct billing OAC. Only pay deductible/co-pay, get tax receipt. Cut through the noise, save money, uncomplicate dental care, live better. 30+ years of no fluff, no frills! Call today; 403-272-7272 or 403-287-6453. Visit calgarydentalcenters.com.

CAMPBELL - ROOFING FREE ESTIMATES, REBATES AVAILABLE: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, claims welcome. "Keeping a roof over your head is our business". "Doghouse included." Call Grant 403-975-1371. Thank you, customers, for the last 30 years.

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.

CROWN RENOVATIONS: Over 30 years' experience in quality renovations. Full service custom cabinetry. Kitchens, bathrooms, and basements. Qualified team of professionals. Free in-house estimates. Local and licensed, bonded and insured. Fantastic references. Discount for seniors and veterans. Visits to former renovation clients can be arranged. Call Bill 403-819-8588. www.crownrenovations.com.

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DISCIPLE HOMES & IMPROVEMENTS INC. (38 YEARS): Specializing in high-quality renovations and customer satisfaction. Complete custom kitchen, bathroom, basement, whole floor renovations and exterior work. Licensed and insured, BBB A+ rating, former client references and walkthroughs available. Free in-home estimates 403-207-5708 email: info@disciplehomes.com, www.disciplehomes.com. Financing OAC.

LOVE YOUR DEER RIDGE FAMILY! Protect your Deer Ridge family in case you unexpectedly pass away. People invest in Life Insurance not because they are going to die, rather because the ones they love are going to live. Contact Jeff Tovee, CFP. at 403-923-5333, eternalwealth@f55f.com, www.etalwealth.ca (In home meetings available)

EXTERIOR WORKS: Siding, soffit, fascia, and eaves trough. New or repair. Smaller projects, such as gates, fences, decks, general repairs. We work all-year-round. Sunshine or snow! Call Fred at 403-861-2610 for a quote.

RENOVATION/DEVELOPMENT DEER RIDGE: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645.

VR PARTY PLANNERS: Rent junior sports equipment and bouncy castle with slide for your next indoor and outdoor events in Calgary and area. Suitable for younger and older kids. Smaller bouncy castles fit 4 to 6 at a time, larger bouncy castles fit more. Please call 403-464-8612 for rates.

Deer Ridge

Real Estate Stats

Last 12 Months Deer Ridge MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2020	\$0	\$0
December 2019	\$432,400	\$412,500
November 2019	\$387,500	\$372,500
October 2019	\$398,900	\$382,500
September 2019	\$294,900	\$277,000
August 2019	\$424,900	\$418,000
July 2019	\$485,000	\$470,000
June 2019	\$374,777	\$365,000
May 2019	\$402,400	\$390,000
April 2019	\$398,000	\$384,900
March 2019	\$379,900	\$372,000
February 2019	\$429,950	\$421,000

Last 12 Months Deer Ridge MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
January 2020	1	0
December 2019	1	2
November 2019	1	1
October 2019	3	4
September 2019	2	1
August 2019	2	5
July 2019	6	1
June 2019	1	1
May 2019	6	4
April 2019	3	3
March 2019	0	1
February 2019	2	2

To view more detailed information that comprise the above MLS averages please visit deer_ridge.great-news.ca

QUALICRAFT CUSTOM CABINETS LTD.: Putting the craftsmanship back in your cabinets. Locally built and competitively priced to fit your space and budget. Visit our showroom at 7419-44 St SE Calgary or call 403-831-0450 to book your free estimate.

TWO BLOOMIN GARDENERS: We are certified horticulturists. Gardening services include spring and fall clean up; designing and planting of flower beds; container / pot design and planting; creative input and consultations; weekly or bi-weekly maintenance or as needed; pruning and fertilizing; and more. Call or text 403-710-0117.

YOUR CITY OF CALGARY

Test Your Smoke Alarms

As we 'spring forward' into Daylight Savings on March 8, this is an excellent time to test the smoke alarms in your home or business.

When correctly installed, tested and maintained, smoke alarms provide the best early warning system in the event of a fire. They are an essential part of any home or business and will help to keep your family and employees safe.

- Test smoke alarms once a month by pressing the alarm's test button and replace the batteries of each smoke alarm once a year.
- Replace smoke alarms after 10 years. Or, if you discover a smoke alarm is defective or broken after testing, replace it.
- Install at least one smoke alarm on every level of your home, including the basement, and ensure there is a smoke alarm in or near every sleeping area.

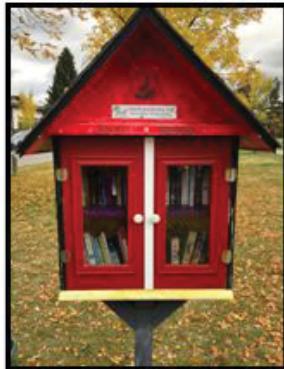
For more information on choosing smoke alarms, checking their expiration dates and installing and maintaining them correctly can be found at calgary.ca/smokealarms.

Stay safe!

From the Calgary Fire Department.



Little Free Library at Yellow Slide Park



“Take a book, leave a book”

The Deer Ridge Little Free Library at Yellow Slide Park (*beside the Playscape*) needs to be continuously restocked. The library is accessed throughout the year by the residents of Deer Ridge and visitors to the park. If you ever have a couple of used books that you would like to donate, please help us stock up the Little Free library. Your book donation to the library will be greatly appreciated by all who use the park.

Thank You for your support!



NO PLACE STRANGER THAN YOUR OWN BACKYARD

Skellig Michael is an island off the southwest coast Ireland, most famous for the ruins of its Gaelic monastery established between the 6th and 8th centuries. Now it is perhaps more recognized from *Star Wars: The Last Jedi* as Luke Skywalker's home on the planet Ahch-To. CGI was used to mask the native puffins as alien critters called porgs.



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.ca
Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA

Girl Guides FAMOUS FIVE DISTRICT

The Public is invited! Our annual carnival is Saturday, May 9 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunchroom. The hours are noon to 3:00 pm. If you are interested in donating to the silent auction, please contact any-calgaryfamousfive@girlguides.ca. Your support is most appreciated to provide a well-respected program for girls in our neighborhood. I also heard that the Classic Cookies may be available for sale at the carnival. Still only \$5.00 per box.

Girls have been participating in service projects, crafts, camps, sleepovers, community awareness and so much more.

And yes, we are still accepting registrations in some units. If you are now ready to enroll your daughter, please visit girlguides.ca and look for the registration information. Ladies, if you are interested in being a leader, now is a great time to get started, no experience or daughter required. Training is provided and support is available. Join a unit now. Contact Pat, any-calgaryfamousfive@girlguides.ca if you are interested in more information.



In classical Persian, Urdu, Ottoman Turkish, Azerbaijani, and Chagatai poetry, the phrase *narges-e šahlâ*, meaning "a reddish-blue narcissus" is a common euphemism for the "eyes of a mistress." In those cultures, the narcissus flower's centre is associated with eyes.

SAFE & SOUND

Microsoft Windows Users, Don't be Tricked by "Expiring License" Scam

Microsoft announced that they are no longer providing technical assistance, software updates, or bug fixes for Windows 7. It's big news for users of the popular operating system. The announcement is giving scammers an opportunity to confuse Windows users into paying to update their "expiring Windows license" – whether they need to or not, according to recent BBB Scam Tracker reports.

How the Scam Works

You receive a call from someone who claims to be a concerned Microsoft employee. They explain that you need to upgrade your operating system if you want your computer to keep working. The caller may say that you need to upgrade from Windows 7 to Windows 10, or simply that your Windows license is expiring.

The caller may seem friendly and helpful, but they are far from it. They may convince you to pay yearly fees (that don't exist) or request remote access to your computer under the guise of installing software. If you pay the fees, you could lose hundreds of dollars. But if you allow the scammer access to your computer, your secure personal information, such as banking details and login credentials, can be compromised. This puts you at risk for identity theft.

How to Protect Yourself from Tech Scams

Don't trust unsolicited callers. Reputable companies don't call consumers without their permission.

Double check unusual claims. If someone calls you claiming you have a problem you had no idea existed, don't take their word for it. Hang up and do some research before you accept any help. In the BBB Scam Tracker reports, victims report that they were already using Windows 10 when they got a call claiming they needed to upgrade.

Never allow a stranger remote access to your computer. If you have a genuine tech problem, get help from a reputable company or individual.

Get tech information straight from the source. If your computer runs Windows, for example, find out about updates, new operating systems, and tech support directly from Microsoft. Double check you are on the official website or calling the real support line before you share personal information or pay any money.



Photo by Andrea S. H. Hunt

Camera: Nikon D3000

Exposure: 1/800 sec.

ISO: 200. F-stop: f/5.6

Wildlife Photography is for Everyone!

Have you always wanted to photograph wildlife? With over 400 species of wild animals living in the city, you don't have to go far to get great shots of local wildlife. Wildlife can be found in our parks, on our streets and in our backyards. Here are a few tips and tricks to get you started photographing wildlife.

1. Be patient! Wildlife photography requires the ability to sit calmly and quietly and wait for wildlife to either appear or to become used to your presence.

2. Be as non-intrusive as possible. Chasing wildlife or moving beyond their comfort zone can cause wildlife undue stress and can burn up valuable fat stores they need to survive, especially in the winter. In addition, approaching wildlife can be dangerous. Maintain a respectful distance by utilizing your camera's zoom feature or a telephoto lens. This will allow you to get your shot without harassing the animal.
3. Leave your pets at home! Dogs can harm wildlife (and wildlife can harm your pets!). You are more likely to find wildlife when you are quietly out on your own.
4. Baiting, or providing food to get your shot is not advised! This is considered an unethical practice. It conditions the animal to be fed and habituates them to human presence which can lead to disastrous outcomes. Leave animals to find their own food sources which are nutritionally sound.
5. Equipment is nice, patience and practice are even better! While having great equipment is always helpful, you don't have to spend loads of money to get good shots. Invest in pieces that will truly augment your photography practice, such as a telephoto lens, learn your equipment and then use your tools to their limits. Many photographers use their environments to their advantage, for example balancing their camera on a fallen log rather than a tripod.
6. Use a fast shutter speed. Wildlife move quickly and it is often difficult to get a clean photo.
7. Keep an open mind. Wildlife are unpredictable; wildlife photography isn't about getting that one shot, it's about an experience with nature. Stay open to what the experience and the day bring. Sometimes you will be surprised at the photos that come out of a go-with-the-flow attitude.
8. Learn to love the little critters. Megafauna tend to be favorites of photographers but there are many species in Alberta that are beautiful and interesting. You might be surprised at how much enjoyment there is in photographing small animals.
9. Learn about the wildlife you want to photograph including their preferred habitats, common habits and behavioral cues. Not only will this help you locate wildlife, it will help you understand their behavior and what it means to your safety and theirs.

To see some examples of local wildlife photographs, please visit Calgary Wildlife's website: <http://calgarywildlife.org/eye-for-the-wild-photo-contest/>. If you find an injured or orphaned wild bird or animal, contact us at 403-214-1312 for tips, instructions and advice, or look at the website at for more information.



Councillor, Ward 14

Peter Demong

www.calgary.ca/ward14

eward14@calgary.ca or

403-268-1653

Hello, Ward 14! Can you believe winter will officially be over this month? This year is flying by so fast. Here are a few topics that you may find helpful this month. To read the full articles please visit calgary.ca/ward14newsletter and visit calgary.ca/contactward14 to get in touch with me.

March Councillor talk

It has been great to see the amazing turnouts at my first two Councillor talks of the year. The discussion was great too. The 7th of March from noon to 2 p.m. at the Bonavista Downs Community Hall (1418 Lake Ontario Road S.E.) are the details for the next Councillor talk. I really hope to see you there. For more information, or to find another opportunity visit calgary.ca/councillortalk.

Two big engagement opportunities – Green Line & Event Centre

There are two major projects undergoing some very important public engagement right now. Online engagement for the Green Line began in February, and ends on

March 9 with some public information sessions happening in early March. Event Centre engagement also begins in February and runs to March 27, although face-to-face sessions ran through February. You can find details about the Green Line engagement on calgary.ca/greenline, and details about Event Centre engagement on calgarymlc.ca/ECengage. I will have more detail on these in the full version of this topic at calgary.ca/ward14newsletter.

Tips for keeping your family prepared and safe

Fire alarms and emergency preparedness are things that we often take for granted, and the turn of the season is a great natural reminder. Visit calgary.ca/ward14newsletter for more on both of these topics.

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.

- *Councillor Peter Demong*



March Break at the Library

Looking for fun? Find it at the Library! There are plenty of free programs for school-aged kids and teens happening all the time—especially when school is out. Come geek out with robots, build up your public speaking skills, play some tabletop and video games, or drop in for an arts and crafts camp. Whether you want to kick back and relax during March Break, or just catch up on your schoolwork, we've got the program for you at calgarylibrary.ca/march-break.

Hot Off the Press:

Your new Fire Safety Activity Book

Did you know that Calgarians are at the greatest risk of fire in their homes? To stay safe, it's crucial to make sure every member of your family knows about fire prevention, including your kids. The new Fire Safety Activ-

ity Book, a partnership between Calgary Public Library and the Calgary Fire Department, teaches kids all about home safety through colouring sheets, puzzles, and games designed for school-aged learners. Pick up yours for free at any Library or fire hall. Learn more about fire safety at calgarylibrary.ca/fire

Check out our online newsstand

Your Central Library recently appeared in the New York Times as one of their 52 Places to Visit in 2019 – but did you know that you can read this acclaimed paper for free with your Library card? Your Library membership gives you free access to tons of magazines through our Digital Library. Browse local and international newspapers on PressReader, flip through popular titles like People and Chatelaine on Flipster or read about us in the New York Times! Start reading for free at calgarylibrary.ca.



ALBERTA'S OFFICIAL PROVINCIAL ANTHEM... OH, IT'S REAL.

Alberta's provincial anthem was a result of the *Alberta Official Song Act*. The Act was proposed by MLA Wayne Cao in May 2001 and passed in Legislature in November of that same year. It was adopted in preparation for the provincial centennial in 2005. And you can find it on YouTube here: [youtube.com/watch?v=04A1AWah184](https://www.youtube.com/watch?v=04A1AWah184)

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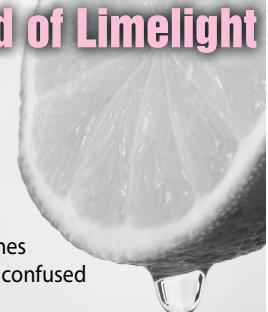


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The Worst Kind of Limelight

Being exposed to ultraviolet light right after coming in contact with lime juice or peel can result in a skin reaction—which is basically sunburn on steroids—called phytophotodermatitis. This is also sometimes called “lime disease”, not to be confused with Lyme disease.



Calgary



The Guidebook for Great Communities—planning communities for everyone

The City of Calgary is planning communities in Calgary so they offer more housing, shops, and service choices for the people who live, work and visit them. The Guidebook for Great Communities provides the foundation on which our communities can grow and develop to be vibrant and resilient, for generations to come.

For a community to be a great place to live, it requires housing options; access to a variety of goods and services close by; and offer its residents and visitors areas to recreate and gather. When a community provides more opportunities, people can live in their neighbourhood regardless of age, income or stage in life.

You can find more information on the Guidebook for Great Communities at calgary.ca/guidebook



19-000024

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Holy Week (April 5 - 12)
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Maundy Thursday 7:00pm
Good Friday 12:00pm
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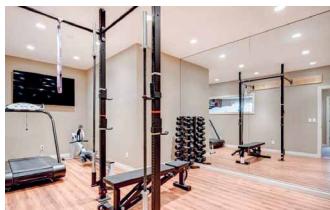
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