

MAY 2020

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

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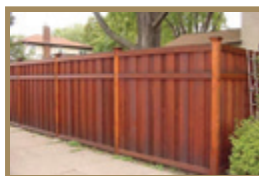
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Community Resources for Vulnerable Citizens

Calgary Alpha House Society is a local non-profit, charitable agency providing supports to men and women whose lives have been impacted by alcohol and other drug dependencies. Our 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.

The DOAP Team

403-998-7388

24/7

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

Needle Response Team

403-796-5334

Mon-Fri 8 AM - 6 PM

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

Encampment Team

403-805-7388

Mon-Fri 8 AM - 4 PM

Mobile unit assisting individuals who are sleeping in camps outside.



Good Food Box

The Good Food Box is a program to help anyone and everyone access fresh fruits and vegetables, regularly, and affordably. Good Food Boxes are prepared by the Community Kitchen Program of Calgary. Boxes contain fresh fruits and vegetables bought direct from farmers and wholesalers, and are a great way to get fresh produce on a budget!

Deer Park United Church is a depot location for the Good Food Box program

Box Options

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

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

Order Day

May 5

June 2

September 8

Pickup Day

May 14

June 11

September 17

There will be no Good Food Box in July or August (another good reason to rent a Deer Ridge community garden plot and get your summer veggies growing this spring)

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MESSAGE FROM THE BOARD

We hope you and your family are keeping safe and happy, and that you're able to enjoy the blessings of time with those who live together with you in your home. And we hope that if you live alone, you are still able to keep in touch with family and friends. This is a time of re-setting our priorities, of understanding that supporting one another is so vitally important, and of knowing that the love we show for one another can save a life.

Some of us have never had the opportunity to spend time at home, catching up on those things that never seem to get done, spending a little extra time talking with loved ones, reflecting on where we want to go next or what our next chapter will bring, gazing at the night sky or the clouds in the afternoon. I know I've spent so many moments wishing I had the time for such simple pursuits, and here it is – perhaps not in the way I expected, but here it is. It's a reminder that our wishes can, sometimes unexpectedly, come true – if not always how we might have wished.

Community Gardens

At time of writing, recognizing that things are ever-changing in these pandemic times, the Deer Ridge Community Gardens are still planned to start up again in May, weather permitting, around the Mother's Day weekend – watch the Deer Ridge website at <https://deerridgeca.com/> this month for communication about start up, plot availability, cost, and how to sign up.

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

Please consider attending an upcoming community association meeting. These meetings are your opportunity to hear what's happening in your community, in your city, and in your province, from representatives of the City of Calgary, Calgary Police Service, and the Alberta Government. This is also when you will hear what we're working on and you'll have an opportunity to let us know whether we're on the right track, and what you think is important for your community.

The next meeting is a virtual meeting of the Board of Directors on May 19, 2020. If you have any questions or concerns you would like addressed, please email or call in advance.

**Deer Ridge Annual General Meeting,
Tuesday, September 15th, 2020.**

***Please watch the Deer Ridge Community Association website for meeting and event updates.**

**** Community event cancellation: There will be no June Parade of Garage Sales**

DISCLAIMER:

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Deer Ridge Community Association

Box 43052
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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
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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		
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.

May Word Search

May, beautiful May, it seems like we've been waiting for you for such a long time! The weather has finally warmed, and everyone wants to be outside, especially the animals, some of which we haven't seen in a while. And there are so many animals to see in Deer Ridge – right here in our own back yards!

Look sharply to find the animals in this word search and in your yard this month.

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

ANT	GRUB
BAT	LADYBUG
BEE	MAGPIE
BEETLE	MOSQUITO
BUMBLEBEE	MOTH
CAT	RABBIT
CATERPILLAR	ROBIN
COYOTE	SEAGULL
CROW	SKUNK
DEER	SLUG
DOG	SPARROW
DUCK	SPIDER
FLY	WASP
FROG	WORM



Councillor, Ward 14
Peter Demong
 🌐 www.calgary.ca/ward14
 ✉ eward14@calgary.ca or
 ☎ 403-268-1653

Hello, Ward 14.

What a difference a month can make. I have occasionally reminded the readers of this column that because I must write it well in advance of the publication date (I am writing this in late March), some of the details might be slightly out of date. Never has that been truer than right now...

In the print version of my April column (which you will be receiving as I write this, and I wrote in February) two of the three topics—Counciltalk and Community Clean-Ups—are now cancelled to prevent the spread of COVID-19. In eight years of Counciltalk, not one has been cancelled until now. With the schools now closed, I have been forced to cancel the Ward 14 Wordsmith Awards for 2020 as well. We will be up and running again in 2021!

So how can we keep people informed when things are changing so quickly? One way is to share general websites that can be updated so people can refer to from time to time...

City of Calgary

Information and updates on the City of Calgary's response to the COVID-19 Pandemic can be found at calgary.ca/covid19.

Province of Alberta

For COVID-19 resources and updates, visit alberta.ca/covid19.

Government of Canada

Anything COVID-19 related from the Federal Government can be found at canada.ca/covid19.

Are you noticing a pattern?

Another way to make sure you are not getting outdated info is to visit calgary.ca/ward14newsletter for the updated and full version of this column. Feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

Hopefully by May we will be on our way to recovery. Stay safe and listen to the advice of health officials.

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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



Cooking with Krista

Maple Sausage and Gouda Hash Browns with Poached Egg and Avocado

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.

If your house is anything like mine, breakfast is a **big deal!** On top of it all, with having the family home full time, I've had to get creative with meals so that nobody gets bored with their food! This versatile recipe can be used for breakfast, lunch or dinner and is always a hit with the fam!

For the hashbrowns, I used leftover baked potatoes from our dinner last night. I just peeled them and cut them into chunks. This cuts the cooking time in the morning down significantly. I actually always throw in a couple of extra potatoes when I do baked potatoes so that I have them on hand for this exact purpose.

Ingredients:

2-3 previously baked potatoes

1/4 cup grated Dutch Gouda

6 maple breakfast sausages

1 avocado

1/8 cup sliced green onion

4 eggs

1/8 cup diced red pepper

1 Tbs vinegar

Cooking oil

Clubhouse onion burger seasoning

Preheat oven to broil. Peel and dice baked potatoes and gently mix onion burger seasoning and cooking oil with them. Lay flat in a baking sheet and place under broiler. Broil for 10 minutes or until the edges of the hashbrowns start to brown. In a separate frying pan cook breakfast sausages until browned and cooked through. Slice each sausage on the diagonal into 4 pieces. Mix the cooked sausages with the hashbrowns, green onion and diced red pepper. Place back into oven and continue to cook together for another 5-10 minutes, depending on your desired crispness.

Poached eggs - a lot of people are intimidated by poaching eggs, but I assure you, there's really no need to be. I use a deep sauce pan or frying pan because it gives me more room to pick the eggs up without feeling like I might break them. Fill the pan 3/4 of the way to the top with water and add 1tbs of white vinegar. Bring to a boil and turn the heat down so your water is simmering. Crack eggs one at a time into the water making sure to not drop from too high or they will stick to the pan. Let the eggs cook in the water until the whites are cooked through, and the yolk is soft. This takes approximate 4-5 minutes. Gently pick the eggs out of the water with a spoon and place on a paper towel.

To plate, place a generous pile of hashbrowns and sausage mixture on a plate. Top with grated Gouda, a poached egg, a few more sliced fresh green onions, salt and pepper, and some sliced fresh avocado.

Enjoy!

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