

JUNE 2020

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# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

**GROWING COMMUNITY  
FOR 40 YEARS!**

PHOTO BY BOB HALL



## THANK YOU FOR STANDING #UNITEDAPART

Who would have thought that staying in could bring out the best in us? As we navigate through uncertain times, Calgarians are finding new ways to pull together and build community. From sharing signs of support, to getting together virtually, or just reaching out to say hello, people of all walks of life are standing united to show kindness and generosity. At United Way, we know we're stronger together—even in challenging times, we can all show up for each other in big and small ways.

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W E   S T A N D   U N I T E D

# U N I T E D A P A R T



Standing **#UnitedApart** means standing up for our most vulnerable citizens—like older adults, people facing poverty, and people experiencing mental health and addictions issues. Now, more than ever, we need your help to connect them with the support they need to overcome this crisis and look toward recovery.

Please make a donation today, if you are able. Your contribution will ensure people can take care of the basics today and build a brighter future tomorrow.

Visit [UnitedApart.ca/join](https://UnitedApart.ca/join) to learn how you can help.



**United Way**  
Calgary and Area

# 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

June 2

September 8

### Pickup Day

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).

## PLUMBER

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## MESSAGE FROM THE BOARD

As I write this, we are still in a state of COVID restrictions, but that doesn't mean we can't enjoy the start of summer. Calgary's warm season is so short, we need to get out into our yards to enjoy the sunshine, fresh air, and relaxation that time outside can bring. And who doesn't need that right now?

### Community Garden

Another way to get outside and get some exercise is to get your hands dirty in the community garden. We are very excited to say that our Community Garden is open this year, and you are still welcome to join. Applications can be found online at <https://deeridgeca.com/community-gardens/>.

The City of Calgary will again be providing finished compost from the green cart composting program this year.

A community garden plot can provide fresh and tasty organic vegetables and greens, additional food security, and fewer trips to the grocery store. Healthy eating and savings – what's not to love? It's also great exercise and a great way to get to know your neighbours – at a distance this year. COVID-19 safety, physical distancing, and disinfection requirements are posted at the Community Gardens, and will be provided with your garden plot membership.

### Cancellations/Postponements

Our tennis courts, lacrosse at the rink, and our playgrounds are not open this year, pursuant to City of Calgary regulations. Soccer at the Yellow Slide Park fields is also not happening. The June Parade of Garage Sales has been canceled, there will be no late June Community Festival, and the Deer Ridge Community Clean-Up has been canceled. When I look at this list of cancellations, I am suddenly reminded of what an active community we are – congratulations, Deer Ridge; keep up the good work! This is what makes a community!

### Gardening/Landscaping at Home

Did you know that the City of Calgary provides free mulch to home gardeners? The mulch is created from Christmas trees that have been chipped. The mulch can be acidic in nature, so is not recommended for use around tender annuals, but is great for use around evergreens and garden displays. Calgarians can pick up as much as two truckloads from the East Calgary Landfill, at no charge, on a first come, first serve basis.

### 40 Years of Community!

Deer Ridge Community Association celebrates its 40th anniversary this year, although the lands for Deer Ridge were annexed as early as 1961. Prior to that, the lands were used for farming and ranching, and were a part of the Bow Valley Farm. More information about the history of Deer Ridge in Calgary is on our website at <https://deeridgeca.com/history-of-deer-ridge/>

If you have knowledge of the prior history of the lands that the community of Deer Ridge was built upon, we would be so happy to hear it and put it in the newsletter and on our website.

MISPRINT

We apologize for our error in reporting that the Deer Ridge Fundraising Casino was held on April 6 and 7. The April casino dates were canceled in response to COVID-19 restrictions. Our Fundraising Casino will be rescheduled for the fall, if conditions permit. We appreciate our volunteers, and hope you can join us then.

## CRIME STATISTICS

### Deer Ridge Crime Activity was Down in April 2020

The Deer Ridge community experienced 1 crime in April 2020, in comparison to 4 crimes the previous month, and 12 crimes in April one year ago. Deer Ridge experiences an average of 4.3 crimes per month. On an annual basis, Deer Ridge experienced a total of 51 crimes as of April 2020, which is down 43% in comparison to 89 crimes as of April 2019. To review the full Deer Ridge Crime report visit [drri.mycalgary.com](http://drri.mycalgary.com)

*How To Report Crime In Deer Ridge: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.*

# Deer Ridge Community Association

Box 43052  
Calgary, Alberta T2J 7A7

Visit our website at [www.deerridgeca.com](http://www.deerridgeca.com)  
If you have any questions or concerns, please  
contact us at [DeerRidgeCA@gmail.com](mailto: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	Bob Hall	
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	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.**

## Deer Ridge in History

Did you know that the Deer Ridge Community Association is now 40 years old? The area we call home was once farming and ranch country, part of Patrick Burns' agricultural empire. The land for Deer Ridge was annexed by the City of Calgary in 1961, and Deer Ridge was established in 1978. The Deer Ridge Community Association soon followed, in 1980, bringing many more amenities and a sense of community to this new neighbourhood of tree lined streets, homes, gardens, and especially, families.

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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](http://www.communitymediation.ca), 403-269-2707.

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**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.

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# Cooking with Krista

## Classic Chicken Pot Pie with Bacon and Mushrooms

*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 is the dish that always makes me feel good all over. From a homemade flaky pie pastry, to the scrumptious bites of chicken and vegetables in a home cooked gravy. The smoky flavour of bacon and lots of fresh mushrooms really takes it up a notch.

This is a great weekend meal because it takes time and patience to get all of the ingredients just right, but if you nail it, I can guarantee you will get requests for this one all year long.

### Pastry:

5 cups flour  
1 tsp. baking powder  
2 tsp. salt  
3 tbs. brown sugar  
1 lb. lard  
1 cup cold water  
2 tbs. white vinegar  
1 egg beaten

### Filling:

8 boneless skinless chicken thighs  
Cooking oil  
1/2 cup flour  
1/2 onion diced  
2 small carrots diced  
2 celery stalks diced  
4-5 mushrooms sliced  
3-4 strips cooked bacon diced  
1/2 cup frozen mixed veg with peas and corn  
1/2 diced red pepper

2-3 bay leaves  
1 litre chicken stock  
Salt and pepper  
Fresh thyme

### Pastry Directions:

In a stand mixer, add all dry ingredients and mix on low until combined. Cut the lard into 1/2" cubes and add to dry mixture, mix only until lard looks like the size of peas in the flour mixture. Combine cold water, egg and vinegar, and sprinkle into lard mixture quickly, while mixing lightly until the dough just holds together, making sure to not over mix. Remove from bowl and gently knead into a ball. Cut into 2 pieces, wrap in Saran Wrap and place in fridge to cool down for at least 2 hours.

Once cooled, cut each pastry ball into 4. Roll each piece out on a floured surface and push into individual pie tins (about 1/4" thick). I trim the edges and roll the trimmings out to form the lid.

### Filling Directions:

While your pastry is cooling in the fridge, you can make the chicken and bacon filling. I like to use my slow cooker for this because I can really get a great flavour profile by cooking it low and slow for several hours.

Dice chicken and place in very hot slow cooker (or pan) with cooking oil. Brown chicken meat and add flour, sauté the chicken for 2 minutes in the flour before adding the onion, carrot, celery mushrooms and seasoning. Once the vegetables are coated in the flour and chicken juices, slowly add the chicken stock until it is all combined. Let this cook in your slow cooker on high setting for 3-4 hours, season as necessary.

Since frozen vegetables and peppers tend to overcook easily, I add them to the stew with the bacon bits just before putting the mixture into the cooled pie shells. They will cook all the way through during the final step.

Scoop your stew mixture into your shells and use an egg wash to seal the lid to the base of the pie. Cut a small air hole in the centre of the lid and brush the top of the pies with the egg wash. Place pies in preheated oven 350 for one hour or until golden crispy on the top and sides.

Watch your whole family marvel at the beauty of breaking into a crispy homemade pie, watching the gravy and chicken roll onto the plate as the steam rises up into the air.





## Community Association

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

### Membership Year:

valid until August 31<sup>st</sup>, 2020

### Thank-you in advance for your support!

Membership fee \$15.00 per household

Membership payment available online at:

**DeerRidgeCA.com**



<b>Name:</b>
<b>Additional Family Members:</b>
<b>Mailing Address:</b>
<b>Phone Number(s):</b>
<b>Email Address(s)*:</b>

\* 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:

<b>Mail completed form &amp; cheque payable to:</b>	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
<b>Online:</b>	<a href="https://DeerRidgeCA.com/Membership">DeerRidgeCA.com/Membership</a>

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](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](https://DeerRidgeCA.com)

Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA



# SAVE THE WOLVES

*by Chloe Belisle, Age 8*

A lot of people think wolves will attack them. In the past, people were afraid wolves would attack their farm animals. Most hunters don't like wolves because they both hunt the same animals. However, adult wolves are usually scared of humans because humans are their only predator. Wolf cubs have predators like grizzly bears, cougars and even eagles.

## **Here are some cool facts about five different types of wolves:**

Red wolves are endangered. There used to be more than 100,000 red wolves in the wild. As of April 2018, there were only about 40 red wolves left in the wild. Red wolves are actually brown, white, and they have a little bit of red on their face.

Grey wolves are the most common type of wolf in the whole world. There are a lot of different types of grey wolves. Australia's wild dog, which is called the dingo, is a subspecies of the grey wolf.

Another type of grey wolf is the Arctic wolf.

Arctic wolves have short legs and thick white fur, which helps them stay warm in their freezing habitat. Arctic wolves are smaller than ordinary grey wolves. One more type of grey wolf is the Mexican wolf.

Mexican wolves are the most endangered type of grey wolf in the world. In Spanish, the word for Mexican wolf is el lobo.

Black wolves are becoming more common in North America. Their black colored fur might have come from domestic dogs that mated with wolves.

It is hard to tell the difference between a coyote and a wolf, but coyotes have pointed ears and a small nose. Wolves have small, round ears. They are bigger and weigh twice as much as coyotes.

Here are some ways you could help save the wolves! There are wolf and wolf dog sanctuaries where you can donate. There are also places like zoos where you can donate or volunteer.

## **Resources:**

1. [www.PEOPLE.com](http://www.PEOPLE.com) (There are only 40 red wolves left in the wild)
2. Wolves by KidsWorld

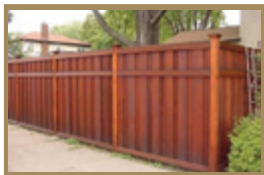


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