

JULY 2020

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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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🌐 woodridgeford.com

📍 11580 - 24 Street SE, Calgary, AB

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

Good Food Boxes, prepared by the Community Kitchen Program of Calgary, contain fresh fruits and vegetables bought direct from farmers and wholesalers. Good Food Box is a program to help anyone and everyone access fresh fruits and vegetables, regularly, and affordably.

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

- No Good Food Box in July or August
- September 8

Pickup Day

September 17

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

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			<p>To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p>			

MESSAGE FROM THE BOARD

Tennis Courts

The tennis courts are open! Pursuant to the City of Calgary relaxing its restraints around city tennis courts, the Board of the Deer Ridge Community Association decided, in a special vote, to open the Deer Ridge tennis courts. Physical distancing rules are in place for the sake of everyone's health. The Community Association will not provide a port-a-potty at the tennis courts this year, as maintaining the required sanitation standards at that location would be too difficult without additional volunteer assistance.

Community Garden

Planting began in late May, and the community garden plots are producing some great looking crops already. You may have noticed that there has been quite a bit of work done at the gardens this year. Not only has physical distancing signage gone up, but there is daily sanitation being done on all common surfaces and the port-a-potty. Each bed has been covered with a frame and mesh to keep out marauding wildlife. The planting beds were so popular this year that we sold right out of them!

Explore Your Street Survey

The City of Calgary has an Explore Your Street Survey underway. The City is collecting our input to help them understand how neighbourhood streets are used. There are a variety of ways to share your experiences and observations of how our community streets are being used and the amenities, or lack thereof, that you have found there. You can submit the survey for as many streets as you like. Find the survey at: <https://engage.calgary.ca/exploreyourstreet>.

Keeping Amenities in Our Community

Deer Ridge has been very fortunate to have been served well over the years by the businesses in the community and in the surrounding communities. Many of these are local small businesses, without a lot of wiggle room in their budgets. These businesses have suffered through COVID-19, losing revenues while costs continued, and they are now struggling to start up again. Even the Trico Centre, as large as it is, could fall to the significant losses in revenues that have been incurred during these last few months, and the significant costs it would take to re-open while maintaining disinfection and safe distancing guidelines.

These local businesses have been a mainstay and a backbone of our community. They feed us, they sponsor our events, help us to stay fit, ensure we don't have to go far to get the goods and services we need, provide discounts to community members, and help us collect community association membership revenues. If we want to continue to enjoy the convenience of having these businesses right here in our neighbourhood, we will now need to show them some loyalty and support as they work hard to recover. We urge you to show our local shops and services that you care by bringing them your business. Support our community – buy local!

Deer Ridge Community Association Meetings

There will be no regular Community Association Board meetings during July or August.

Mark Your Calendar – This year, the Deer Ridge Community Association will hold its Annual General Meeting on Tuesday, September 15. Watch for details!

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



**IRAN
HAS
MOVED!**

Dear valued clients,

Please know that I'm not that far away. I'm now ready to be your barber again at the Lake Bonavista Barber Shop in Lake Bonavista Mall. You will be served better, and the price of haircuts will remain unchanged!

BEST to call/text me at 403.667.3737

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	Bob Hall	403-278-6817
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.**

Summer in Deer Ridge

Sometimes you don't have to go very far at all to have a great time. What are some of the best things about summer that you can enjoy right here in your own back or front yard?

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

CAMP	SUNBATHE
POPSICLES	SLIPNSLIDE
FIREPIT	PAINTING
COOKOUT	SKETCH
BARBECUE	DRAW
SPRINKLER	PETS
WATERFIGHT	FAMILY
BADMINTON	FOOD
GAMES	DRINKS
READ	SLEEP
TAG	JUMP
YOGA	

BUSINESS CLASSIFIEDS

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DEER RIDGE CONTRACTOR: Over 20 years experience completing renovations in and around Deer Ridge. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403 616 0880 to discuss your project. www.lefroyconstruction.com

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

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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.

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.

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LIFE INSURANCE: Protect your family in case you unexpectedly die. Contact Jeff Tovee, CFP, at 403-923-5333, eternalwealth@f55f.com, www.eternalwealth.ca (In-home meetings are available).

EXTERIOR WORKS: Siding, soffit, fascia, roofing 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.

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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.



Cooking with Krista

Peanut Butter Beef Sirloin with Spring Asparagus and Warm Tomatoes

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.

Ingredients:

1lb Beef sirloin tips diced
3 mushrooms
1/2 onion diced
1 tablespoon cooking oil

Peanut Butter Sauce

1/3 cup water
1/4 cup soy sauce
1/4 cup peanut butter
3 teaspoons brown sugar
1 tablespoon lime juice
2 garlic cloves, minced
1/2 teaspoon crushed red pepper flakes
1 teaspoon ground ginger

1 Asparagus bunch
6 to 10 Cherry tomatoes
1 tablespoon butter
Lemon herb seasoning

Directions:

In a saucepan, combine all peanut sauce ingredients and put on medium low heat. Whisk often until sauce starts to thicken (this happens just before it boils). Remove from heat.

Turn your pressure cooker on to high heat and brown meat with a teaspoon of cooking oil, without the lid. Add onions and mushrooms and sauté for 2 to 3 minutes. Add your peanut sauce, and pressure cook on high with no venting for 1 hour. Release the pressure and ensure meat is tender. Serve immediately over rice topped with some green onions or chives.

Spring Asparagus and Warm Tomatoes

Wash vegetables and place in a hot skillet with 1/4 cup of water, and lemon herb seasoning. Allow vegetables to steam over medium high heat, stirring often to ensure even cooking. Once the water has mostly evaporated, (the vegetables should be half-way cooked), add 1 tablespoon of butter, salt, and pepper. Continue to cook on medium high heat until the vegetables start to char but still hold a bright green colour. Remove from heat and serve with peanut butter beef and rice. Enjoy!

Canada Day Broadcasting Corporation

There are few things as quintessentially Canadian as the CBC. Sticking with their patriotic roots, the first cross-country television transmission by the Canadian Broadcasting Corporation was on July 1, 1958. Additionally, their colour broadcasts were also started on Canada Day, eight years later, in 1966.

DISCLAIMER:

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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.



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



MLA Calgary - Fish Creek

Richard Gottfried

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada
T2J 3Z5 📞 403-278-4444 📠 403-278-7875

✉ calgary.fishcreek@assembly.ab.ca

🌐 www.richardgottfried.ca 📺 @GottfriedMLA

📧 gotfriedmla

It is with mixed emotions that I write this July newsletter. As all of us are aware, COVID-19 drastically changed our world, but also many of our anxiously anticipated Calgary summer traditions. I will deeply miss the Calgary Stampede and Parade, my annual Stampede BBQ, SummerFest, Folkfest, Globalfest, Dragon Boat and the Chinatown Street Festivals, just to name a few on my annual calendar, but I know all of us have shown what Calgary is made of by working together to flatten the curve and in doing our part to strengthen our communities. Now is a great time to focus on not what we have lost but what we have gained through this process. I know that I have gained a greater appreciation for relationships with friends and family. Seeing and hugging loved ones after periods of distancing can mean so much, while I am sure many of you share my sentiments. I will no longer take face to face connections for granted. COVID highlighted our need for social connections.

This was particularly true within our seniors community where many were “locked-down” from family visitation. We learned quickly that our valued seniors were most vulnerable to COVID, while it also became clear that as a society, we collectively have a duty and obligation to protect. COVID has also brought to the forefront the need for a continuing care review. Throughout the summer and into the fall, I will be meeting regularly with industry stakeholders, seniors associations, family representatives, and home care providers to strengthen the legislation for the next generation of Alberta seniors as I Chair that process on behalf of the Minister of Health.

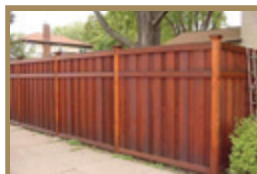
Legislative Session is scheduled until the end of July, with additional committee work into August. So, I will be dividing my time between Calgary and Edmonton, in service to my constituents, throughout the summer. I am, however, hopeful that we will have the opportunity to gather in the community, with appropriate distancing, by late summer or early fall.

Please reach out to my office at calgary.fishcreek@assembly.ab.ca or phone 403-278-4444 with any and all feedback. We have been doing many “virtual” meetings, “masked” notarizations, and assure you we will continue to be connected and accessible to our constituents. Please be vigilant and responsible in your personal actions, and visit Alberta.ca/Covid19 for regular updates.



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

Howdy, Ward 14!

For ten years now, I have begun my July column that way, and I never thought there would be a day when I would question if I should. The Stampede may not be taking place this year, but that doesn't mean we cannot display the strong sense of community embodied in it. Stampede or no Stampede, I hope you can take some time to enjoy this beautiful city when it is in full bloom.

When It Roars, Stay Indoors

Spectacular thunderstorms rolling through the city is a Stampede experience most of us can all relate to, and the absence of the Stampede will not mean the absence of these July storms. While they are exciting and beautiful, they can also do damage. Visit calgary.ca/ward14newsletter for tips on how you can protect your family and property.

Yard Smart

For the last few months, a lot of us have been using more water at home than we typically do just because we are home more often. That may not be the case as much in July, but with lawns and gardens being watered, summer typically sees more water usage anyway. Water conservation is not only good for the environment, it is good for your pocketbook too. Visit calgary.ca/ward14newsletter for some tips on how conserve water.

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.

Grade: Eh +

Each year, based on criteria provided by the Organisation for Economic Co-operation and Development, a list is created that outlines the most educated countries in the world. In 2020, Canada was once again named the World's Most Educated Country, with over 56% of the population having achieved some form of higher education.



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Calgary



The Guidebook for Great Communities- planning great communities for everyone

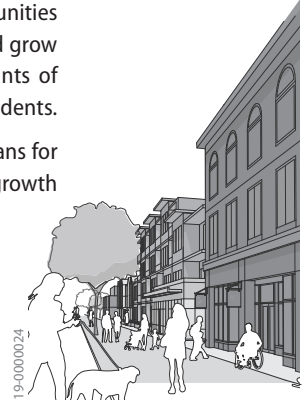
With the Guidebook for Great Communities, we're planning Calgary communities that offer people more choices to live, move, and gather. The goal is to plan and grow communities now and for the future. It's about balancing the needs and wants of current residents, while ensuring our neighbourhoods are appealing to future residents.

The Guidebook is a key tool used by citizens and The City to create local area plans for our communities. Together, The Guidebook and local area plans support future growth in communities, respecting each of their unique conditions and environments.

When our communities remain vibrant, so does Calgary.

Learn more about the Guidebook for Great Communities and local area plans:

- Share your community stories at [Engage.calgary.ca/guidebook](https://engage.calgary.ca/guidebook)
- [Calgary.ca/guidebook](https://calgary.ca/guidebook)
- [Calgary.ca/lap](https://calgary.ca/lap)



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