

SEPTEMBER 2020

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Starting October 1, remember to tag your extra garbage bags

Have an extra bag of garbage that won't fit in your City black cart? **Be sure to buy a garbage tag.** The cost is \$3 per tag.

Where to buy tags

You can purchase tags at participating convenience and grocery stores around Calgary or online. See the full list at calgary.ca/garbagetag

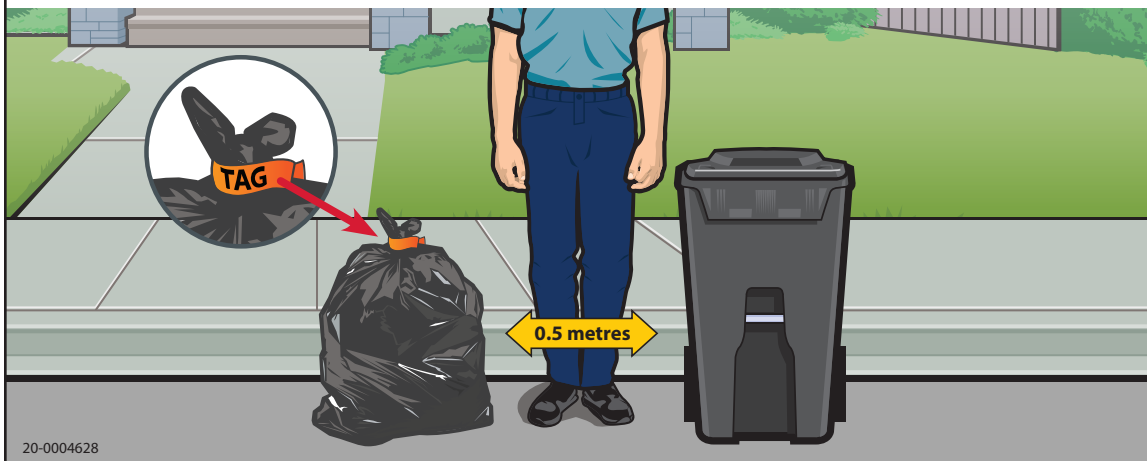
How to use garbage tags

- Fill your black cart first.
- Place your extra garbage in a bag and wrap a tag around the knot on top of the bag.
- On collection day, set the bag 0.5 metres (2 feet) from your black cart.

Help reduce garbage

We encourage everyone to look at what they're buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black).

Learn more at calgary.ca/garbagetag



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. Learn more about the Good Food Box program at <https://www.ckpcalgary.ca/program-services/good-food-box>.

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

September 8

September 29

October 27

Pickup Day

September 17

October 8

November 5

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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Why Relationships are Good for Your Health

by Darrah E.M. Wolfe, Masters of Applied Positive Psychology



Research has repeatedly shown cultivating positive relationships with others in our lives to be the single most critical element in contributing to our overall well-being. The benefits of relationships stretch far beyond the warm emotions we experience in cuddling up to our partner or indulging in a glass of wine with friends. In addition to our psychological well-being, relationships have been shown to have direct impacts on our physical and mental health.

Let me share with you some great reasons why you should invest in your relationships:

1. Not surprising, marriage is a stronger indicator of happiness than satisfaction with a job or finances.

2. Interpersonal relationships can buffer us from disease and the effects of stressful events by providing us with a variety of social supports.
3. A correlation has been shown between keeping socially engaged and putting family first to living longer lives.
4. Relationships and work groups contribute to our well-being by providing us with a sense of meaning.

One way to foster positive relationships is through expressing admiration, appreciation, and affection in our partnerships. Another is through spending quality time together in ways that encourage communication, connection, and good old fun!

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.
2. **Payback:** Community residents trust, and call businesses that advertise in their community magazines.
3. **High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
4. **Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
5. **Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

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

MESSAGE FROM THE BOARD

Summer is sending its last rays of warmth and it's time for back to school, leaves turning lovely colours, possibly a few last rounds of golf, and then getting the fall perennials into the ground and the yard cleaned up. It's a busy time of year and here's a little roundup of what's happening in your community this fall.

Welcome Back to School

Summer break is over, and children have returned to school. Whether walking, cycling, or driving, please be extra aware around crosswalks, bus stops, and school zones. Kids will be distracted with the novelty of getting back to friends and school after such a long absence, and they may not be thinking about traffic safety. They may possibly be wearing masks, and that can impact their peripheral vision.

Please remember to be extra mindful of speed limits and extra watchful for little ones, or distracted tweens and teens, who may not be thinking about watching for you and your vehicle.

Community Gardens

The gardens are growing well. Bob Hall and his team have finished adding a PVC hoop cover with netting to each of the beds to discourage marauding wildlife. The netting was pretty good at keeping most of this summer's hail out, as well! Locks were also added to each of the plots, this summer. Community members who rented these beds in spring are enjoying a great harvest this season. If you are interested in participating in the Community Gardens, please contact Bob Hall via the Deer Ridge Community Garden, deerridgecg@gmail.com.

Membership

Deer Ridge Community Association Memberships are still only \$15.00 annually. All family residents living in the same household are covered by a single membership purchase. Benefits of membership include hearing monthly reports directly from the City of Calgary, Calgary City Police, and the Province of Alberta at community association meetings, enjoyment of the many amenities and events offered in our community, a say in which amenities should be added or repaired, and most importantly, a voice in what happens in your community.

You may purchase your membership at any time of the year. Deer Ridge Community memberships may be

purchased online, by using the form included in this newsletter, or on the Community Association membership page, <https://deerridgeca.com/membership/>.

Deer Ridge Community Association Meetings

The Deer Ridge Community Association Annual General Meeting will be held September 15 at Deer Park United Church, 77 Deerpoint Rd SE, Calgary, AB. There is plenty of room for social distancing, masks are required, and hand sanitizer will be provided. A virtual option may be provided, but only members physically in attendance can vote. Please watch our website for details.

Community Association meetings are held the third Tuesday of the month, from September through June each year. Regular monthly meetings, following the AGM, will be held October 20 and November 17. These meetings will be held either virtually or in-person, depending on provincial and local health guidelines. Updates will be posted on our website, <https://deerridgeca.com>.

TOUGH AS GINGER

Studies have shown that 'gingers', individuals with fair skin and red hair, are tougher when they suffer pain compared to those of other hair colours. It has also been shown that they need 19% more anesthesia than people with dark hair.



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.

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.

BACK TO SCHOOL

The kids are back in school, even if it does look a bit different for them, and it's time to watch for our youngsters on the streets of Deer Ridge once again. How are the kids getting around in our community, and what are they doing on their way to and from school? What should we watch for in traffic, anytime, but especially in September?

BIKE	PLAYGROUND
CAR	ROAD
CHILDREN	RUN
CROSSING	SCHOOL
CROSSWALK	SCOOTER
HOP	SIDEWALK
JOG	SKATEBOARD
JUMP	SKIP
LONGBOARD	STREET
PATH	TEENS
PLAY	WALK

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

BUSINESS CLASSIFIEDS

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."

LOCAL MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca. Licensed by Verico Avenue Financial Real Estate Solutions.

DEER RIDGE CONTRACTOR FOR HIRE: 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.

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.

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.

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.

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: Kitchens and bathrooms. Over 30 years' experience in quality renovations. Full service custom cabinetry. Qualified professionals. Free in-house estimates. Licensed, bonded, and insured. Fantastic references. 15% discount for new kitchen contracts signed in August and September. Visits to former clients can be arranged. Call Bill at 403-819-8588.

LANDSCAPING & WEEKLY YARD CARE: Snow removal starting at \$120 per month. Garden bed design, mulch, rock, and sod installation. Stone patios, walkways, raised beds and rock walls. Affordable fence and deck construction. Window or gutter cleaning starting at \$89. A+ Member of BBB, Licensed, insured. Seniors' discount. Call or e-mail 403-265-4769. YardBustersLandscaping.com.

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).

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 17 years and 30,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

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.

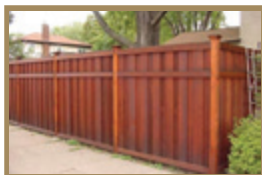


CUSTOMER SATISFACTION GUARANTEED



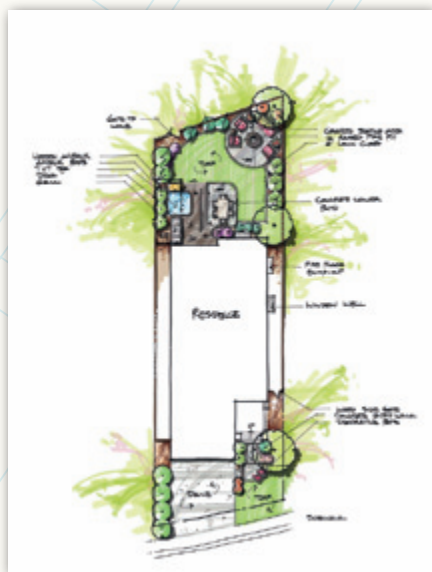
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Summer is sacred in Canada while September heralds the end of long nights, and a sense of renewal and reflection as children head back to school. Who would have predicted in January 2020 that the backdrop for return to school would include COVID-19!

Alberta prides itself on having quality education at both the K-12 and post secondary levels. A strong history of excellence in learning comes with high expectations for both parents and students alike. Post secondaries across the province have been diligently looking at delivering quality education for the fall, and for all higher learning institutions across the province, the bulk of their instruction will be online. Many institutions felt that, given the wide student population age range (18 to 108), and as many as 400 students in larger lecture halls, the shift to online education for the upcoming semester was necessary. For the younger K-12 students, much of the conversation has focussed around the term "near normal". On July 21, with a follow up on August 4, Minister of Education Adriana LeGrange announced there will be a return to masked, in-school learning this fall.

Jurisdictions across Alberta have experienced different rates of COVID, and the provincial return to school kit provided to local school boards enables the flexibility to adjust and adapt to local needs, circumstances, and community infection rates. Nothing about COVID is easy or without some level of personal, professional or community anxiety. That is the reality. But we know COVID has been hard on all of us emotionally, financially, and physically. Having personally survived a Tsunami, a bombing raid, and having to abandon a sinking ship gives me the perspective to be grateful for life, to not take anything for granted, and to recognize the need for calm and resilience in supporting Alberta's next generation of leaders in facing life's challenges. Resiliency allows us to move ahead knowing that our sense of "normal" may be adjusted but that collectively we have the fortitude to persevere and prevail just as our indigenous people and settlers demonstrated when building Alberta.

As print deadlines for our local Great News publications are a few weeks out, please note that some of the back to school information provided may be amended prior to distribution. I would recommend following me on Facebook for more current information or signing up for our e-newsletter. I am forever grateful for Dr. Hinshaw and her team who are in constant communication with our Premier and Ministers in providing timely scientific advice on the most current data in protection of Albertans health and well-being.

As always, my office is open for virtual meetings and calls. Please do not hesitate to reach out, as listening to your questions, insights, and concerns assists me in my advocacy on your behalf.



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



Chicken Souvlaki with Tzatziki Sauce

If you're a sucker for Greek food like me, you're going to love this simple chicken souvlaki recipe. I love to serve this with fresh tzatziki sauce, warm garlic pitas, and a simple Greek salad on the side. Most recipes call for dried oregano, but I insist, if you have it, please try and use fresh because it's a completely different beast. This recipe was actually inspired by my overgrown oregano garden!

Souvlaki Ingredients:

- 3 boneless skinless chicken breasts, diced into 1" cubes
- 1/4 cup chopped fresh oregano
- 1/4 cup olive oil
- 3-4 cloves fresh garlic (fine dice)
- Zest of 1 lemon (reserve juice)
- Salt and pepper to taste
- 6 bamboo skewers (soaked overnight)

In a mixing bowl combine oregano, oil, garlic, lemon zest, salt and pepper. Add diced chicken, mix until chicken is entirely covered with marinade, cover and let sit in the fridge for a minimum of 2-4 hours (I leave mine overnight).

Once the chicken is marinated, thread the cubes of meat onto the soaked skewers leaving a minimum of 3" at the holding end of the skewer. Place skewers on a hot grill (I use my BBQ) and cook until done. Remove from grill and drizzle with fresh squeezed lemon juice and freshly ground rock salt. I don't add the lemon juice until this step because adding it to the marinade can make the chicken a bit rubbery.

Tzatziki Sauce Ingredients:

- 2 cups plain Greek yogurt
- 1/2 cucumber grated and drained
- 5 cloves garlic (fine dice)
- Juice from 1 lemon
- Fresh dill to taste
- Salt and pepper to taste

Grate cucumber on the finest setting on your cheese grater and drain through a fine colander to remove moisture. I then give the shredded cucumber a quick

fine dice before adding to the mixing bowl, so that I don't get long strands of cucumber in the dip. Add yogurt, garlic, lemon and dill, salt and pepper, and mix well. I like to let this sauce sit in the fridge overnight before using.

This meal is perfect served with a warmed pita bread and some Greek salad; I hope you enjoy!

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.



**Councillor, Ward 14
Peter Demong**

🌐 www.calgary.ca/ward14
✉ eward14@calgary.ca or
☎ 403-268-1653

Greetings, Ward 14.

With kids going back to school, we are hopefully approaching some semblance of normal, but we are not completely done with the pandemic yet. I will start with a word about how we can protect ourselves as we ramp up for the fall, continue with a note on how we are adapting, and finish with a map that shows an interesting new way to look at the City.

Staying Open is in Your Hands

We all want to get back to what we would usually be doing in the fall, but circumstances are just different this year. Visit calgary.ca/ward14newsletter for more on how we can all make sure Calgary remains on the road to a full recovery.

Event Grants

We are all looking for ways to safely participate in arts, culture, sports, and recreation events like we did before COVID-19. Visit calgary.ca/ward14newsletter to learn more about how to receive funding to cover the health and safety costs of your community event.

Solar Potential Map

Have you ever thought about installing solar panels on your roof? The solar potential map can help you make that decision. Visit calgary.ca/ward14newsletter find out more about the Solar Panel Map.

If you need COVID-19 info, calgary.ca/covid19 is the place to find City of Calgary information, alberta.ca/covid19 is the place to find Provincial information, and canada.ca/covid19 is the place for Federal info.

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.

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WORD OUT.**

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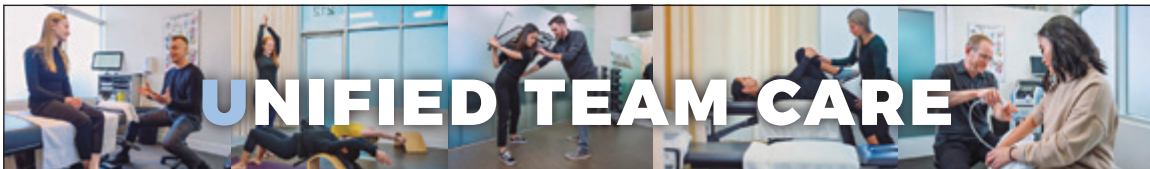
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📍 Suite 220 – 9950 MacLeod Trail South 🌐 activesportstherapy.ca 📞 403-278-1405 ✉ mail@activesportstherapy.ca

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