

OCTOBER 2020

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



RE-OPENING?

let us help you
**GET THE
WORD OUT.**

GREAT NEWS MEDIA

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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

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

October 27

December 1

Pickup Day

November 5

December 10

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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FIND SOLUTION ON PAGE 8

Wherefore Art Thou October?

William Shakespeare was known for his plays and sonnets that contained an extensive vocabulary of 31,534 unique words. One word that you'll never find in one of his works is 'October'. The autumn month is never mentioned in a single one of his writings but there seems to be no specific reason as to why that is.

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.

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MESSAGE FROM THE BOARD

October is the month during which, over dinner together with family, we traditionally express our gratitude for a good harvest, food on our tables and the good fortune to live in a land where, for the most part, peace reigns, and work and food are available. This year, though many of us are struggling with even the basics, the cohort around our Thanksgiving tables may be smaller, and some of us have suffered losses, we know that we still have much for which we can be grateful. In our community of Deer Ridge, we would like to express thanks for the

- volunteers who keep things running,
- community that supports one another,
- friends who come out to help when we need them, sometimes fully unexpectedly,
- family who love and comfort us,
- neighbours who look out for us and give us a hand with things from time to time,
- strength to keep going, or sustained, and maybe even regained, health,
- complete strangers with helping hands that reach out to give assistance, and
- frontline workers who keep us safe.

Thank you to all of you who make this a wonderful place to live. Your hard work and thoughtfulness is valued and appreciated.

Annual General Meeting

The Deer Ridge Community Association Annual General Meeting was held on September 15 at Deer Park United Church. Thank you to all who attended, whether virtually or in person. Your interest and support in making our community a great place to live goes a long way toward encouraging our hard-working volunteers.

Community Gardens

The Deer Ridge Community Garden is winding up after a great growing season. Garden members grew crops for donation to the Calgary Food Bank, in addition to tending the lushly growing produce in their individually rented plots. Thank you to Bob Hall for all his hard work on the gardens and surrounds, for his tireless work on repairs and maintenance, for watering on hot days when gardeners hadn't got to it yet, for cleanup and keeping the sanitation supplies stocked, and for making and posting the signs to let the community know how the gardens were being managed through COVID-19.

Thank you to our wonderful community members for respecting the restrictions put in place at the gardens this year. We appreciate your understanding, and all the extra efforts made to keep everyone safe.

Off-Leash Area

Please remember to keep dogs leashed in the Don Bosco school grounds and the community garden area. There is a large off-leash area just a couple of blocks east of Don Bosco School, where your dogs may run and play, just as long as they are under your control. And of course, as always, please remember to pick up after your furry friend and either take the waste back home with you, or drop it in one of the on-site city waste bins.

City of Calgary Waste Collection

Speaking of waste, are you aware that the City of Calgary is now charging \$3 a bag for extra garbage put out for collection? From the City's website: "Starting October 1, 2020, if your black cart is full and you have extra bags of garbage that will not fit, you will need to buy tags to put on extra garbage bags for pickup. You can buy tags at participating convenience and grocery stores or online." This is a good time to have another look at what can go in the green and blue bins, instead of the black bin. Need a review of what can be recycled or composted? The City has a Quick Reference Guide and a What Goes Where recycling and disposal search tool on their website at <https://www.calgary.ca/uep/wrs/what-goes-where/default.html>.

Hallowe'en – Keep 'em safe!

Will the little witches, zombies, and goblins take to the streets in search of treats this year? Please make sure to take extra care on the roads and streets, and watch out for our little, and maybe not so little, neighborhood spooks, monsters, princesses, and witches on Hallowe'en night. At time of writing, Hallowe'en is still a go, but whether it's officially canceled or not, please be extra careful on the streets that evening.

Daylight Saving Time

This year's Daylight Saving Time comes to an end at 2:00 am on Sunday, November 1, giving us all an hour of extra sleep, conveniently immediately after Hallowe'en. Don't forget to roll back your clocks and enjoy the extra time.

That's all for now. Keep safe, keep well, and keep your spirits up.

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	

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BAT
CAT
BEAST
FAIRY
GHOST
HAT
HAUNT
MUMMY
VAMPIRE
ZOMBIE

HALLOWE'EN FUN

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BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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).

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. Visits to former clients can be arranged. Call Bill at 403-819-8588.

SNOW REMOVAL, YARD CARE & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

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.



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

Hello, Ward 14!

In November, City Council will enter into what will likely be one of the most difficult budget adjustment discussions it has ever faced. We all know the circumstances that have caused the economic turn in this City. Taxpayers are looking for relief, our administration has already committed to finding budget reductions, and at the same time, the City's revenues are taking a hit.

During budget adjustments, Council will signal its priorities through its budget. I lean toward less spending, but more important is what you feel the City of Calgary should be focusing on. It is my job to represent *you*. For the next month and a half, I am hoping that you will share your thoughts on where the City should focus its funds and efforts right now. Please send me your views at calgary.ca/contactward14.

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. The best way to contact me is by visiting calgary.ca/contactward14.

BRAIN GAMES SUDOKU

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RESIDENT PERSPECTIVES



Strength in the Storm

by The Rev. Natasha Brubaker

One thing that (perhaps) we can all agree upon is that these are times of high anxiety. COVID-19 has disrupted everything. Most of us are stressed about something and exhausted with our distanced interactions. To be anxious in such circumstances is normal. To find healthy ways to face and reduce our anxiety is necessary. One such way is to regularly pay attention to our inner life and tend to it.

The following is an ancient meditative practice that is found in many traditions and forms. This is simply the “core” of it, in which to incorporate one’s own language/symbols. It takes at least 20 minutes and a quiet space. The first step is to quiet and relax the whole body, starting at the head and travelling all the way down to the feet. A warning—the hardest part may be getting your brain to be (relatively) quiet! Relaxing each part releases pent-up stress. Breathe in gently and breathe out deeply. This calms the body’s nervous system. As your body relaxes, start back at the top of the head, and allow light to enter your body and flow through it. Imagine this light as a soft light, not a spotlight searching for invaders. Imagine this light as a healing and calming presence; let it linger where it wants to (the heart, the lungs, etc.). Remain in a place where you see yourself infused with this light and allow what needs to “brought to light” to emerge. Such a practice both releases anxiety and reveals inner sources that can help us stay strong and pliable in times of great challenge. It is an intentional pause, a mindful moment, to be present to yourself.



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



BBQ Pork Tenderloin with Spaghetti Squash and Candied Pecan and Herbs Gnocchi

This meal is really quite simple, especially if you have the pecans made in advance. Homemade gnocchi is always the best, but for this quick dinner, I purchased a package of pre-made potato gnocchi from the pasta aisle in the grocery store.

Ingredients

- 1 pork tenderloin
- Salt and pepper
- Cooking oil
- BBQ sauce of your choice
- 1 spaghetti squash
- 1 package gnocchi
- 2 tbs butter
- Handful of fresh basil and sage
- 1/4 cup pecan pieces
- 1 tbs brown sugar
- 1 tbs butter

Preheat oven to 375 degrees. Cut spaghetti squash in half and lay cut side down on baking sheet. Place in oven for 45 minutes. Remove from oven and set aside to cool slightly. Use a fork to pull the squash out of its shell. I like to add some butter to the squash while it's still quite warm, so that it melts and coats each strand.

While the squash is cooking in the oven, mix the pecans with the brown sugar and butter. Lay them flat on a baking sheet and place in oven for 5-10 minutes, until they start to bubble and turn golden brown. Remove and set aside to cool.

Rub the pork tenderloin with the cooking oil, salt and pepper, and BBQ sauce. Place on BBQ or hot grill and

cook for about 3 to 4 minutes per side, or until desired degree of doneness is reached. I love my pork cooked to a perfect medium. Remove from heat and let stand for 10 minutes before slicing so that all of the juices don't run out when you slice into it.

For the gnocchi, boil a pot of salted water on the stove. Drop gnocchi into the pot for 5 minutes, or until they are floating and look soft but aren't falling apart. Strain water and set aside. Place butter and herbs in a frying pan on medium high heat. Cook together until the butter starts to brown and begins to smell a bit nutty. Immediately put the gnocchi and the nuts into the butter mixture and sauté on high heat until the brown butter starts to crisp around the edges of the gnocchi. Remove from heat and serve alongside your perfectly cooked pork tenderloin and spaghetti squash!

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.




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✉ calgary.fishcreek@assembly.ab.ca

🌐 www.richardgottfried.ca 🐦 @GottfriedMLA

📧 gotfriedmla

As this newsletter is submitted a month in advance, much can change prior to release, so please accept my apologies for any inaccuracies. 2020 has been a challenging year for many of us, especially during the past 6 months of dealing with COVID-19; but as we head into October, and reflect upon the past year, I always remind myself of what I am grateful for. Thanksgiving 2020 will bring new meaning for many as we reflect upon the good in our lives. For some, it might be family and friends, for others, continued good health, for yet others, stable employment.

Cicero said, "Gratitude is not only the greatest of virtues, but the parent of all others." Gratitude gives perspective and helps us overcome adversity. There will be challenging times ahead for Alberta as a decline in resource revenues and this pandemic have presented us with unique challenges. The economic update provided a month ago by Finance Minister Toews outlined that each Albertan has a debt burden of \$22,400 each or collectively \$99.6B. Projected revenue is down 23% from Budget Estimates at the beginning of 2020, or \$38.4B, fully \$11.5B below projections. Alberta faces tough times and difficult choices ahead as we address 13% unemployment and further economic, revenue, and public expense challenges. The Alberta Recovery Plan will help focus our efforts to grow our economy, create jobs, and find innovative solutions for our fiscal foes. All Albertans need to bring our collective efforts forward to the future. Each of us will have to consider a measure of sacrifice so as not to burden future generations with unsustainable debt.

The Continuing Care Review continues to move forward with regular meetings of the committee. I know that many of us have personal experience with both Long Term Care and Designated Supportive Living. I would ask that you take the opportunity to share your insights through my office to ensure we can engage all interested constituents in ensuring a vibrant, healthy, and active future for our valued Seniors.

On a final note, the Legislative Session is scheduled to commence October 26. The Constituency Office remains fully operational and appointments may be requested by calling 403-278-4444 or emailing calgary.fishcreek@assembly.ab.ca. Please reach out, as it is critical to hear your concerns and feedback as we head back to the Alberta Legislature.

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