

DECEMBER 2020

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge



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Email sales@greatnewsmedia.ca

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

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

January 19

February 16

March 9

Pickup Day

January 28

February 25

March 18

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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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	Bob Hall	403-278-6817
2nd Vice President	VACANT	
Treasurer	Kim Aurini	
Secretary	Karen Stevenson	403-278-3353

PAST PRESIDENT

Past President	Bob Hall	403-278-6817
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WE NEED YOU! CONTACT US TO VOLUNTEER AND GET INVOLVED IN YOUR COMMUNITY.

DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Gertrud VanDerMey	
Director at Large	Angela Ziegler	
Director at Large	Barb Chapin	403-278-6817

COMMUNITY COORDINATORS

Movie in the Park Coordinator	
Casino Coordinator	Barb Chapin
Ice Rink Coordinator	Bob Hall
Tennis Court Coordinator	Larry Lemieux
Trico Representative	Karen Stevenson
Newsletter Advertising	Great News Media
Newsletter Coordinator	Gertrud VanDerMey

CRIME STATISTICS

Deer Ridge Crime Activity was Down in October 2020

The Deer Ridge community experienced 4 crimes in October 2020, in comparison to 9 crimes the previous month, and 2 crimes in October one year ago. Deer Ridge experiences an average of 4.3 crimes per month. On an annual basis, Deer Ridge experienced a total of 52 crimes as of October 2020, which is down 29% in comparison to 73 crimes as of October 2019. To review the full Deer Ridge Crime report visit 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, or text tttTIPS to 274637.

BRAIN GAMES

SUDOKU

		4	6					9
			1				8	
				9	5	2		6
			4		2		1	7
	1						2	
2	7		5		8			
7		3	9	5				
	8				3			
9					6	4		

FIND SOLUTION ON PAGE 7



Soft and Chewy Ginger Cookies

I had the pleasure of receiving a box of these cookies from Krista last Christmas. I think they were intended to share with visiting family ... so I passed them around ... once. The rest of these delicious little lovelies were all mine.

Ingredients

- 1 cup salted butter, room temperature
- 1 cup granulated white sugar
- 1 egg
- 1 cup molasses
- 2 tablespoons white vinegar
- 5 cups all-purpose flour
- 1 ½ teaspoons baking soda
- ½ teaspoon salt
- 1 tablespoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves

Directions

1. In a stand mixer gradually blend together your butter and sugar. Continue to beat until well combined, and light and fluffy. This takes about 3 minutes.
2. Beat in egg, molasses, and vinegar.
3. Sift all of the dry ingredients together, and then blend them into the wet ingredients, being careful not to over-mix. The dough should come together when you press it in your hands, but not crumble.
4. Divide the dough into two even pieces, wrap each piece of dough in plastic wrap, and refrigerate for 30 to 90 minutes.
5. When the dough is done chilling, preheat oven to 350 degrees. Working in sections, roll the dough to 1/2" thick on a floured surface; cut into desired shapes. Place shapes on a baking sheet lined with parchment paper, or a baking mat. Gather and reroll "scraps" of dough as needed, using all of the dough.
6. Bake at 350 degrees for 7 to 8 minutes. Let the cookies cool on the pan for 5 minutes or so before lifting off the pan.

I love to decorate these with a simple royal icing.

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.

YOUR CITY OF CALGARY

Winter Holiday Fire Safety

Festive celebrations, flickering lights and winter greens are all hallmarks of winter holidays, but they also present fire risks that can quickly turn festivity into devastation.

Check out these tips for keeping you and your family safe during the holidays:

1. Keep pets and children at least three feet away from lit candles, the stove and oven,

especially when cooking.

2. If you're putting up a real Christmas tree, make sure it's fresh and water it daily to prevent it from drying out and becoming a fire hazard.
3. If hanging lights, make sure you are following the manufacturer's instructions about how many lights can be connected to prevent electric shock and fire.
4. Keep anything that can burn away from heat sources. Also, consider using flameless candles as an alternative to real ones when decorating.
5. Don't overload electrical outlets. Plug strings of lights directly into wall outlets and keep the number to a minimum.
6. Replace any strings of lights that have

worn or broken cords or loose bulb connections – these can easily start a fire. Also make sure you're using indoor lights indoors and outdoor lights outdoors.

7. Once the holidays are over, safely and responsibly dispose of your tree, away from your home, garage or anything that could catch on fire.
8. Make sure you have working smoke alarms in your home and create a home escape plan that you have practiced with your family.

Be safe - don't let a fire ruin your holidays!

For more tips, visit calgary.ca/cspcs/fire/safety-tips/safety-tips-for-home/holiday-and-winter-fire-safety.html.

MESSAGE FROM THE BOARD

Skating Rinks

Exciting news: the skating rinks are being groomed and readied for opening! Work was done this past summer to get the rink resurfacing completed, new boards were installed on the long benches in the centre of the pleasure rink, and the skating rinks await the first skaters of the season. Bring your family, or your cohort, and enjoy some safe outdoor and distanced, wholesome exercise and family fun. Community membership is not required. All efforts are being made to ensure that the rinks can remain open for you to enjoy, safely and responsibly.

Family Winter Skate Day

Deer Ridge Community Association is planning to hold the Annual Family Winter Skate Day in January. There will be skating on both the shinny rink and the pleasure rink, music to skate by, a fire to warm up, and all COVID restrictions will be observed. Plan to come out for some safe family fun with your community neighbours. This event is free and community membership is not required. Watch for details on our website, and in the Community Association email bulletin, as we get nearer to the date.

Alberta Children's Hospital Virtual Physician Visits

Do your kids need to see a doctor, but you're not sure if it's urgent or can wait until tomorrow? Or possibly, their doctor can't see them late in the day, or you just can't get an appointment soon enough? The Alberta Children's Hospital physicians have heard you – and they've opened up an urgent pediatric medical advice service that's delivered virtually, by Pediatric Emergency Physicians.

The Virtual Kids same-day appointment service is available to Alberta families on evenings and weekends. You don't need to leave your home, and there's no cost to you for this service, although valid Alberta Health Insurance is required. If telemedicine access is difficult for you, the physician will call you at the number you provide during the booking.

This service is not designed to replace your child's regular physician, but rather, is complementary to the excellent regular medical care your child is already receiving. Virtual Kids physicians will work collaboratively with your child's regular physician. A record of your child's virtual health visit will be sent to your child's regular doctor.

Go to <https://virtualkids.ca/> for details and to schedule an appointment.

StoryShare

Do you know, or are you, a senior who would enjoy hearing a story, or has a story to share? Storytelling Alberta (Calgary Chapter) offers StoryShare, a free, friendly, outreach program for seniors who love a good story. There are 3 options, each at no cost to the client:

1. There's an Individual StoryShare Chat, a story delivered to you or someone you love, by a professional storyteller, via phone or video platform. You can share a story, too. There will be a community volunteer available to connect the senior to any needed resources.
2. Join a StoryShare Tellaround by phone or video, and tell a story, or simply listen, in a warm, friendly, group story sharing circle.
3. Or participate in a Legacy Recording, done by phone or video platform, where a senior's story may be recorded, or the senior may be interviewed for their story, as part of the Legacy Project.

This free service is available to all Calgary and area seniors 65 years of age or over. Sessions are also offered in French, Spanish, Urdu, and Dutch. Request a story or give a story – it's the gift of connection, of inclusion, and of a darn good time sharing with others.

Learn more at <https://storytellingalberta.com/aboutstoryshare>, and request a story using the online form, <https://storytellingalberta.com/storyshare-request-form>.

Email: storysharecalgary@gmail.com
Phone: 587-578-5STORY 0 (587-578-6790)

Community Association Membership

Membership in the Deer Ridge Community Association is still only \$15. Your membership helps support the skating rinks, tennis courts, events such as Movie in the Park, and the Annual Family Winter Skate. Your membership gives you a voice and a vote at Community Association Board Meetings. At Community Association meetings, you will also have the opportunity to ask questions, and offer your feedback to our government and City police representatives, who attend each month to give us updates and answer questions.

We would like to hear from you – what's important to

A MESSAGE

Alberta
Freedom To Create. Spirit To Achieve.

FROM THE CONSUMER INVESTIGATIONS UNIT

Hiring a Contractor? Having issues with a Landlord? The Consumer Investigations Unit (CIU) work to ensure a fair marketplace for both the consumers and businesses. Our department provides an appropriate regulatory framework, and informs consumers and businesses of their rights and responsibilities.

CIU investigates complaints from Albertans about consumer transactions where a business has breached Alberta's consumer protection or tenancy laws. If you want to submit a complaint, go to <https://www.alberta.ca/file-consumer-complaint.aspx#toc-2>

The CIU can investigate complaints and transactions related to:

- auctions
- cemeteries
- charitable fundraising
- collection agencies
- condominium developments
- credit reports
- door-to-door sales
- employment agencies
- energy marketing
- gift cards
- home inspections
- landlords and tenants
- payday loans
- prepaid contracting
- time shares and travel clubs
- unfair trade practices

Contact Us: 1-780-427-4088 | Toll-Free 1-877-427-4088
<https://www.alberta.ca/consumer-business-tips.aspx>

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.

you in Deer Ridge? Where should we be focusing our efforts? Please become a member and join us in making, and keeping, Deer Ridge a great community.

Upcoming Community Association Meetings

Community Association Board meetings are held the 3rd Tuesday of each month. We would love to have you join us at these meetings. It's very important to us to hear your views, your concerns, and where you would like us to direct our attention on your behalf.

Upcoming meetings are scheduled for:

- Tuesday, January 19, 7:00 PM.
- Tuesday, February 16, 7:00 PM
- Tuesday, March 16, 7:00 PM

Please watch the website and the Deer Ridge Community Association email bulletin to see whether the meeting will be held in person or virtually.

Wishing each and every one of you a warm, happy, and safe festive season, and a happy, healthy, and prosperous new year.

BRAIN GAMES

SUDOKU

8	2	4	6	3	7	1	5	9
5	6	9	1	2	4	7	8	3
1	3	7	8	9	5	2	4	6
3	9	8	4	6	2	5	1	7
4	1	5	3	7	9	6	2	8
2	7	6	5	1	8	3	9	4
7	4	3	9	5	1	8	6	2
6	8	1	2	4	3	9	7	5
9	5	2	7	8	6	4	3	1

DECEMBER FESTIVE FOODS

(Mmmmm, traditional deliciousness)

Deer Ridge is a very diverse community – our community members have come here from all over the world. Many have brought their traditional recipes with them, and when the ingredients are available, love to make and enjoy these specialties. There are, of course, too many to mention, and I apologize for the outstandingly delicious offerings we couldn't fit in here (or in our tummies). Nevertheless, here's a sampling of a few specialties you might enjoy in a Deer Ridge home this festive season.

CANDY	ORANGES	FISH	GOOSE	SHORTBREAD
BANNOCK	NUTS	SEAFOOD	PANETTONE	LATKES
CAKE	EGGNOG	HERRING	BEETSALAD	BRISKET
COOKIE	GINGERBREAD	HAM	FUDGE	KUGEL
CHOCOLATE	TARTS	PANCIT	MARZIPAN	PRAWNS
TURKEY	STOLLEN	LUMPIA	PIE	SPEKULATIUS

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

BUSINESS CLASSIFIEDS

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

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."

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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.

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ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Ridge? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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).

AFFORDABLE DENTAL CARE MINUTES FROM DEER RIDGE: Below ADA fee guide! Direct billing OAC. Only pay deductible/co-pay, get tax receipt. Save money, no charge PPE, uncomplicated 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: 10% off all kitchen contracts signed before December 31st. 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. Discounts also available for veterans. Call Bill at 403-819-8588.

SNOW REMOVAL, CHRISTMAS LIGHTS & 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.

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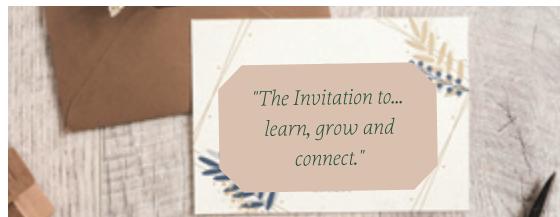
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RESIDENT PERSPECTIVES

The Invitation



by Elisabeth Fayt

I've made it a new ritual to spend Saturday mornings with my sister and my mother who's 81. We sit around my mom's kitchen table and talk about the world. Our latest visit was so inspiring I had to share it.

My sister is the Principal of a large K-9 school and every year, the District holds an annual *Faith Day*. This year, it was held at each school, due to COVID, so my sister led her team of 55 staff through a day of inspiration. In one of her talks, she relayed a personal story of a time when she had called me for advice (which we do for each other). Instead of sympathizing with her pain, I called her out on what I thought was a "woe is me" attitude. Although I could tell she wasn't happy with my response, I advised her to turn her attention to the lesson and the *gift* of that *lesson*.

Once she realized what was happening in our conversation, she had an epiphany, which she shared on that day: "Life doesn't present us with TESTS, it presents us with an INVITATION."

She went on to say, "Sometimes in life we get caught up in a tornado, where we feel like we're spinning. When we're able to pass through the test and get outside of it, we can look back and realize 'Hey, I was *in* that!'"

When we're *in* it, we don't think clearly.

We all have challenges. We can choose to gripe to others about them, and stay in the tornado. Or we can choose to step out, by accepting the INVITATION to learn, grow and connect; to become stronger, wiser, and better.

Something to ponder: What has been your most recent challenge? What could it inspire you to do or become? Think of even the little daily challenges you have, and turn them into *invitations*. And if someone comes to you, beaten down from life...*invite* them to do the same!

Councillor, Ward 14
Peter Demong

• www.calgary.ca/ward14
✉ eaward14@calgary.ca or
📞 403-268-1653



Hello, Ward 14!

We are coming to the end of what has been an eventful year, to say the least. From my family to yours, I wish you a peaceful, rejuvenating December with your loved ones, and the strength to tackle the new year, and all its opportunity. Merry Christmas, and best wishes to all during the holiday season!

My primary goal for this December column is to provide you with a debriefing of what transpired at Council's most recent budget deliberations. This means you will have to visit my website for the updated, full version for two reasons: because it is likely too long to fit in this newsletter, and because this newsletter will be printed before the deliberations start. So, you can find the full version by visiting calgary.ca/ward14newsletter. You may also want to keep an eye on calgary.ca/assessment for upcoming property assessment information.

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.

Councillor Peter Demong

MLA Calgary - Fish Creek

Richard Gotfried

📞 403-278-4444
✉ calgary.fishcreek@assembly.ab.ca
🌐 ucpcaucus.ca/richard-gotfried
🐦 [@RichardGotfried](https://twitter.com/RichardGotfried)
 FACEBOOK [RichardGotfriedAB](https://www.facebook.com/RichardGotfriedAB)
 INSTAGRAM [@RichardGotfried](https://www.instagram.com/RichardGotfried)



It is hard to believe that 2020 is coming to an end. For many of us, 2020 has been a year to remember, but not necessarily in the most positive light. As we close out the year and Christmas and other holidays are forthcoming, I hope that you are able to spend time with family and close friends and remember the positive. I am saddened that I will not be able to host my annual Holiday Open House at the office, but given COVID protocols I will wait until there are more assurances of our health and safety.

As promised, I would like to share some unique Alberta/Canadian aviation information. It is fitting to start with Christmas stories. For the past 15 years, the RCAF have kept Santa's Christmas Eve flight from the North Pole through Canada safe. Four RCAF CF-18 pilots track him through #NORAD and update the children on his progress.

Christmas can be a lonely time for many service men and women. They are away from loved ones and may be in foreign countries. Handwritten letters and cards have always been a source of joy. The holiday letters and small gifts are cherished, and yet Christmas Eve in 1914 in the trenches of France both Canadian/British troops met German troops in No Man's Land to exchange stories, food, music and even their precious gifts. The holiday spirit or light of goodness can soften each of us and remind us to give of ourselves. Each year there is a letter writing campaign to brighten the days of those who are keeping democracy safe throughout the world. Correspondence can be sent to any Canadian military personnel through Canada Post to:

Any Canadian Armed Forces Member
P.O. Box 5004 Stn Forces
Belleville, Ont. K8N 5W6

Many of our veterans struggle when returning from service to find employment, housing and restore personal connections. The Veterans Food Bank has been assisting those in need for many years. If anyone would like to support or give but are unsure who to connect with, please contact my office.

Please be aware, the office will be available for emergencies over the holidays. Please just either send an email or call, as messages will be checked each day. I would encourage each of you to sign up for our e-distribution list to get updates on telephone town halls, important updates, and public consultation.

As always, your feedback allows me to better represent you in Edmonton, so please reach out anytime to 403-278-4444 or calgary.fishcreek@assembly.ab.ca.

Merry Christmas, Happy Holidays and wishing you and your family all the best in the year ahead.



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