

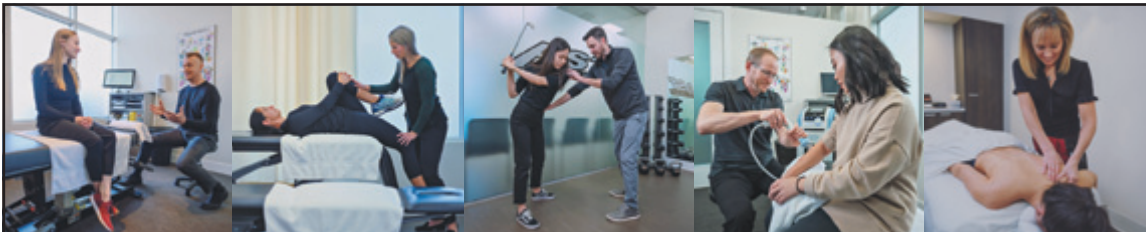
FEBRUARY 2021

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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER





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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

February 16

March 9

April 13

Pickup Day

February 25

March 18

April 22

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 |
|----------------|----------|--------------|

**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 | 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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www.DeerRunRealEstate.com



Essential numbers for seniors in Calgary

| | |
|---|--|
| 9-1-1 Emergency (24-Hour) | 403-SENIORS (403-736-4677) The Way In |
| For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency. | Information, advice and help accessing programs and benefits for older adults. |
| 8-1-1 Health Link (24-Hour) | 403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour) |
| Health advice (including dementia advice) from a registered nurse. | Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community). |
| 3-1-1 City of Calgary (24-Hour) | 403-943-1500 Access Mental Health |
| Information on all City of Calgary services. www.calgary.ca | Non-urgent advice on navigating the addiction and mental health system. |
| 2-1-1 Community Resources (24-Hour) | 403-705-3250 Elder Abuse Resource Line (24-Hour) |
| Information and referrals for community and social services. www.ab.211.ca | Confidential information and support, or to report a suspected case of elder abuse. |

Telephone language interpretation service available on all lines.

CRIME STATISTICS

Deer Ridge Crime Activity was Up in November 2020

The Deer Ridge community experienced 5 crimes in November 2020, in comparison to 4 crimes the previous month, and 5 crimes in November 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 November 2020, which is down 25% in comparison to 69 crimes as of November 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 ttTIPS to 274637.



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BEFORE



AFTER



BEFORE



AFTER



BEFORE



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MESSAGE FROM THE BOARD

This is the month that we celebrate love. Valentine's Day and Family Day are the days that we officially recognize those we love and those who share their love with us.

Our volunteers, frontline, and essential workers show us their love every day. They have been keeping this up for almost a year now. Season after season, they have shown us their courage and dedication. This month, when we show our love and appreciation of those dear to us, let us recognize and thank them for the love they show us every day.

It's a good month to remember the importance of telling, and showing, our loved ones how much they mean to us. We see in the news, each day, how tenuous our hold on good health and life can be, so let's remind our families and friends that we love them, and let's do it often.

Rinks

A big shout out to our Rink Rats for their hard work again this year! This dedicated group of volunteers, led by Bob Hall, has been regularly grooming and flooding the ice on the shinny rink and pleasure rink for your enjoyment. Please come out and enjoy the rinks - there is no charge for their use. However, please remember to keep your distance from other skaters and observe all COVID-19 guidelines.

Family Winter Skate

At the time of writing, there has not yet been an update on whether we may have the Family Winter Skate this year. Please keep an eye on our website for updates - if we may have it, this is an event not to be missed, with free skating, music, a fire pit, and lots of fun. Updates will be posted on <https://deerridgeca.com/events/>.

Membership

Deer Ridge Community Association Memberships are still only \$15.00 annually. A single membership covers all family residents living in the same household. Your membership may be purchased at any time of the year. Membership grants you Deer Ridge Community Association voting privileges, so that you can play a part in making and keeping this a great community. We invite all Deer Ridge residents to actively participate in the decisions shaping your community.

Membership application forms are available in this newsletter and online at this link:

<https://deerridgeca.files.wordpress.com/2020/08/2020-2021-membership-drive-2.pdf>.

Upcoming Board Meetings

Our Board meetings are currently being held virtually, the third Tuesday of each month, at 7:00pm. Please let us know at DeerRidgeCA@gmail.com, if you would like to attend and we will send you a link to join the meeting. Upcoming Board meeting dates are:

- February 16, 2021
- March 16, 2021
- April 20, 2021

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.

A Dime a Dozen!



Have you ever noticed how much noise the change in your pocket makes when it hits against each other? That's probably because, just on a dime there are 118 ridges around its edge. So, think about all those ridges and surfaces to clang against each other, no wonder its so loud!



LIVING IN DEER RIDGE

Submitted by Lanis Anderson

Our community in South East Calgary is nestled in by Fish Creek Park. There are amenities, shopping, fantastic schools, and playgrounds. I think people need to realize what a pleasure it is to be in Deer Ridge. We have our own unique charm and encourage anyone who takes pride in the community to join the community association. By doing so, ideas and visions for the future can be idealized. The memories created at our events (Movie in The Park, skating parties) help the young families build bonds and increase friendships, and meet your neighbours. This is a great group of likeminded individuals who meet with politicians and advocate for the community. Please do buy a community membership and build the future.

"I am living the fullest life I can, fueled by the balanced environment of creative expression, healthy diet, and physical recreation in a close-knit community." - John Early (Canadian Author)

Getting to know your community is a wonderful pastime that can be done safely. Please support our local businesses. Look around and enjoy all that Deer Ridge has to offer!



We have a new home!

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Crash, Boom, Bang!

A single rhinoceros is called just that, a rhinoceros. But did you know that a group of rhinoceroses is called a 'crash'?

This seems very fitting if you picture what would happen if you brought a rhinoceros into a china shop!





Thriving communities support a successful Calgary

The success of Calgary as a whole relies on thriving communities:

Communities as places where people can live now, regardless of income or stage of life. Communities that appeal to growing youth and provide the right amenities for a mature and aging population. Communities that attract new people and investments to our city.

Our great communities are growing more inclusive, with more housing options. They are growing more environmentally responsible, as more people live closer to amenities and services.

Calgarians needs are changing - that should be reflected in the community we live in now and the one we want to live in years from now.

See how we're working to achieve this:

- Share your community stories:
Engage.calgary.ca/guidebook
- Learn about the future of our communities:
Calgary.ca/guidebook
- Read about how we're doing it:
Calgary.ca/lap



WORD SEARCH

Show them you care – love them back!

February is the month we celebrate love with Valentine's Day and Family Day. What are some ways we show love and appreciation to our spouses, our children, our parents and grandparents, extended family, and our special friends?

How can we express our love and appreciation to the people in our Deer Ridge and Calgary community - the ones who show us their love by the many things they do for us? The volunteers who jump in to make our world a better place or a bit more fun, the frontline workers who attend to us when we're suffering, the grocery clerks who ensure we can eat, the truck drivers who haul in everything we need, the delivery drivers who make sure we can shop from home, and the snow angels who help out when we get a dump of the white stuff – they're all showing us their love.

What can we do or say to show our appreciation to the many people who make up our community extended family?

ACKNOWLEDGEMENT
CHAT
COOKIES
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LUNCH
PHONE
TEXT
WAVE

BREAKFAST
CHOCOLATE
DINNER
FACETIME
LETTERS
MEAL
SMILE
THANKS
WINE

CALL
COFFEE
EMAIL
GREET
LISTEN
NOTES
TEA
TOGETHERNESS
ZOOM

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| E | E | F | N | C | F | F | O | S | K | K | W | K | Z | P |
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DEER RIDGE 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.

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.

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.

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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).

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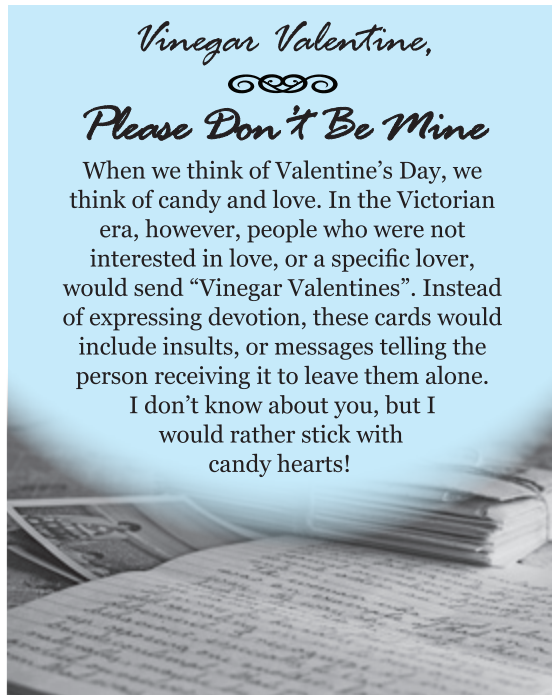
Vinegar Valentine,



Please Don't Be Mine

When we think of Valentine's Day, we think of candy and love. In the Victorian era, however, people who were not interested in love, or a specific lover, would send "Vinegar Valentines". Instead of expressing devotion, these cards would include insults, or messages telling the person receiving it to leave them alone.

I don't know about you, but I would rather stick with candy hearts!



SPRING GARDENING HEAD START

Dreaming of when you can get your hands in the dirt again? Planning your garden and landscaping – it's that time of year! Time to start thinking about what you'd like to plant where, what seeds you'd like to start over the next couple of months, and what flowers and shrubs you'd like to ask the specialty growers to send you for that amazing garden or balcony you're going to have, right here in Deer Ridge, this summer. Or perhaps you're interested in sustainable garden design, or xeriscaping for a beautiful summer garden, without the water consumption.

The City of Calgary has indoor and outdoor gardening information and videos on their web pages, including some that would be fun for kids.

<https://www.calgary.ca/csps/athome/learning/gardening/gardening.html>.

Rainwater is warm, soft water; it grows the best plants and best of all, it's free. Learn more about how to purchase a rain barrel online, set up and maintenance, here on this City of Calgary webpage:

<https://www.calgary.ca/uep/water/water-conservation/lawn-and-garden/water-wise-gardening-and-plants/rainbarrel.html>.

Think you'd like to grow fruit in your Deer Ridge yard, or prune the trees on your property? Alberta Agriculture's got you covered:

<https://www.alberta.ca/horticulture.aspx>.

Whatever you're dreaming of for your yard or your garden boxes for this summer, it's time to start sorting through your seeds, testing any old ones to see if they're still viable, plan out what will go where, check out the seed catalogues, and maybe place an order, and get some of those seeds settled into your little windowsill pots or mini greenhouse.



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, refinancing, and renewal options.

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Councillor, Ward 14
Peter Demong

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☎ 403-268-1653



Hello, Ward 14.

We are nearing the end of winter, and although we may still be in the grips of the cold weather, we are headed for a spring filled with more hope than the last. I have prepared some information you may find useful for this month (not that I don't always try to be useful). You will find the full version of this column at calgary.ca/ward14newsletter.

2021 Property Assessments

I mentioned this last month, but as I do every year, I will mention it a second time at least. Reviewing your property assessment is a habit that you should get into. You have the right to ensure that it is accurate, fair, and equitable. Visit calgary.ca/ward14newsletter for a detailed summary of what you need to do.

Help protect your water lines from freezing this winter

Every winter some Calgarians experience freezing service lines, water pipes, and water outages. You can find some tips on how to prevent this at calgary.ca/ward14newsletter.

Mental Health: Emotional Preparedness

I have touched on the topic of emergency preparedness on a few occasions in this column because I feel it is important. On that note, one of the many things 2020 taught us is that mental health is very important too. You can visit calgary.ca/ward14newsletter for some helpful tips, courtesy of Alberta Health Services, on how to mentally cope with an emergency.

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 Gottfried

☎ 403-278-4444
✉ calgary.fishcreek@assembly.ab.ca
📷 @RichardGottfried
f RichardGottfriedAB



Without question, February is set to look markedly different from the past. Just one year ago, life seemed relatively normal as we began to receive reports of the "Coronavirus" from around the world, while it still seemed distant and surreal. So much has changed, but in many ways, we have been reminded of what is most important - family, friends, and relationships. Family Day and Valentine's Day are reminders of the significance of love and family togetherness. Just "being" with those we love has now become a virtual experience, as we continue to protect those most at risk. As we drive forward with vaccine roll out, please work with us in support of protecting front-line workers in Health, Seniors Care, and in "high-touch" retail and service industries; and getting them back to work! As newsletters must be written a month in advance, my apologies for any inaccuracies, while recent updates can be found on social media, or you may contact my office to sign up for my e-newsletter or advisories.

As promised, and in reflection of my recently established Aviation Council, I'll continue with CFB Cold Lake, or "4Wing" history. 1960's operations centered on training crews for all weather flying. In 1962 the CF-104 Starfighter arrived, shifting focus to Canada's NATO commitment. In 1968, Canada's military evolved when the RCAF merged with the Royal Canadian Navy and Army to form the unified Canadian Forces. As a result, the RCAF Station became CFB Cold Lake, falling under Air Defense Command (ADC). The change was significant in raising the profile of CFB Cold Lake on the world stage. In 1975, all Canadian military aviation merged under one name - Air Command (AC). AC, now RCAF (Royal Canadian Air Force after it reverted back to its historical name in 2011) is partnered with the United States Air Force to protect our regional/continental airspace under the umbrella organization of NORAD (North American Aerospace Defence Command). 4Wing Cold Lake is the busiest fighter base in Canada and has earned the title of "home of the fighter pilot". Varied geographical terrain, northern climate, and almost 1.17- million-hectare unrestricted air weapons range equipped with state-of-the-art technology make 4Wing a coveted training facility for fighter pilots from around the world. The CFB Cold Lake focus of people, leadership, innovation, and technology continues to this day. More CFB "tails" coming next month!

While we do not know the status of COVID related restrictions at time of writing, I would continue to encourage you to be kind and courteous in your interactions with one another. A smile, a nod of encouragement, a hand-written note, a surprise at the door all goes a long way in letting others know they are not alone.

With our shared prayers for a better year ahead, please do keep in touch (via email or phone). Thank you for your feedback and support!



DID YOU KNOW?

YOUR LOCAL SOCCER PROVIDER U4-ADULT

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Lake Chaparral, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**



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- In-house Sport Science program to develop athleticism and injury prevention.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.
- Verifiably Calgary's best soccer program with more resources and pathway to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships Won.
- Foothills FC are 2018 PDL/USL2 Champions.
- Foothills WFC are highest level of women's soccer in Canada and 2019 UWS Western Conference Champions.

OUTDOOR 2021 REGISTRATION: Program details and online registration available **FEBRUARY 1ST TO MARCH 15TH** at www.gofoothills.ca