

MARCH 2022

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge

The Wacky Wombat

Did you know that wombat poop is cube-shaped? The Australian marsupial uses their droppings to mark their territory and communicate with other wombats. Luckily, the little cubes make it easy to stack... the squarer the poop, the healthier the wombat!



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Disease prevention by immunization has been a fantastic medical tool to prevent infections in humans since 1796 when Jenner found how cowpox in milk maidens, caught from their dairy cows, gave them immunity to smallpox, and Pasteur discovered bacterial fermentation in the 1860s.



These are the diseases presently prevented by vaccination and inoculation. Their use has predated antibiotics by two centuries, saved millions of lives, and is cheap and effective. It will now save lives from COVID-19 and its variants!

- | | | |
|------------------------------|--------------------------------|-----------------------------|
| 1. Anthrax | 13. Japanese Encephalitis | 25. Tetanus |
| 2. Cholera | 14. Meningococcal Meningitis | 26. Tic-Borne Encephalitis |
| 3. COVID | 15. Mumps | 27. Tuberculosis |
| 4. Dengue | 16. Pertussis (Whooping Cough) | 28. Typhoid Fever |
| 5. Diphtheria | 17. Pneumococcal Pneumonia | 29. Variola (Smallpox) |
| 6. Equine Encephalitis | 18. Poliomyelitis | 30. Varicella (Chicken Pox) |
| 7. Haemophilus (Influenza) A | 19. Rabies | 31. Yellow Fever |
| 8. Haemophilus (Influenza) B | 20. Rotavirus | |
| 9. Haemophilus (Influenza) C | 21. Rubella (German Measles) | |
| 10. Haemophilus Meningitis | 22. Rubeola (Red Measles) | |
| 11. Hepatitis A | 23. Herpes Zoster (Shingles) | |
| 12. Hepatitis B | 24. Streptococcal Pneumonia | |
- There is some progress reported from Africa on the prevention of malaria by immunization, which in turn would save millions of lives. It too may soon be added to this list!*



Good Food Box

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

**Please note, weights are approximate and will vary depending on produce size and density*

Order Day

March 8

March 29

May 3

Pickup Day

March 17

April 7

May 12

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

DISCLAIMER

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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

Board of Directors and Community Contacts

EXECUTIVE

President	Don Berdeyney	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	John Life	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

PAST PRESIDENT

Past President	Dawn Wallace	403-606-7331
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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	Barb Chapin	
Director at Large	Getrud VanDerMey	
Director at Large	Angela Ziegler	

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Open	
Casino Coordinator	Barb Chapin	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Open	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	

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.

SAFE & SOUND

Burns and Scalds

by Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911



Deer Ridge

Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may mail the form below along with cheque payable to: "Deer Ridge Community Association".

The Deer Ridge Community Association membership fee is \$15 per household. Two membership cards, printed with family last name(s), will be mailed to you. Your membership grants you Deer Ridge Community Association voting privileges. We invite all Deer Ridge residents to actively participate in the decisions shaping your community.

Thank-you in advance for your support!



Deer Ridge Community Association Membership 2021 - 2022

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note your email address will be added to electronic mailing list used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

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](https://twitter.com/DeerRidgeCA)



MESSAGE FROM THE BOARD

I'm not sure whether we're getting the six more weeks of winter the groundhog promised us, but I do know this is the month where we start to feel things changing a bit around us – there are signs of spring, if not always in the weather, at least to note on our calendars.

Daylight Saving Time 2022 Reminder

The days are getting longer and warmer, and we're getting ready to have an extra hour of sunshine at the end of each day. Daylight Saving Time will begin at 2:00 am on Sunday, March 13. Don't forget to set your clocks forward one hour.

Spring Clean Up

At time of writing, there is not yet any word on what day we'll have bins for spring clean-up. We're hoping to share a late June date with the Queensland Community, and we'll let you know when the schedule has been announced.

Additionally, for those of you perhaps thinking of doing a little tree and shrub trimming while the trees are mostly still dormant, the City of Calgary reports that the green bin schedule changes to weekly in April.

Have you gotten started on your spring cleaning? Don't know what to do with some of the items you want to get rid of? The City's residential recycling and disposal search tool is available at <https://www.calgary.ca/uep/wrs/what-goes-where/default.html>.

The nearest City of Calgary landfill is the Shepard Landfill. It has Throw 'n' Go for residential customers to "allow you to safely and conveniently dispose of items that you want to recycle or throw away." The website has a list of all the items you can dispose of in the landfill for free. <https://www.calgary.ca/uep/wrs/landfill-information/landfill-throw-n-go-facilities.html>.

The nearest community recycling bins are located at Southcentre, 11011 Bonaventure Dr. SE (Southeast corner of the mall parking lot, by CIBC).

Community Ice Rinks

A great big shout out to Bob Hall and our community ice rink volunteers who've kept the ice groomed, flooded, and maintained all winter, despite some serious challenges with warmer weather. Thank you, also, to everyone for coming out and enjoying the rinks and we hope to see you on the ice again next winter.

Community Gardens

Are you watching the days get longer and dreaming of getting back into the garden? Have you bought your seeds? Maybe even started a batch of your own bedding

out plants? The Deer Ridge Community Gardens will start up again in May – watch the Deer Ridge blog at <https://deerridgeca.com/> in April, for communication about plot availability and how to get yours! More details at <https://www.facebook.com/DeerRidgeCommunityGarden>.

Foothills Soccer

Soccer season is almost here – are your kids getting excited to go out and kick the ball around? Deer Ridge is proud to be a community partner with Calgary Foothills Soccer Club and we're excited to see the club teams practice on the field beside Yellow Slide Park again this year.

Registration is now open for the May 2022 season start. Details and registration at www.gofoothills.ca. Community membership is required for registration.

Membership

You can become a member of the Deer Ridge Community Association at any time of year, and we encourage you to join us in making the Deer Ridge community an exciting and welcoming place to call home. Membership grants you Deer Ridge Community Association voting privileges, so that you can have a part in making and keeping this a great community.

Memberships are only \$15 annually. One membership covers all family residents living in the same household. 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 <https://deerridgeca.com/membership/>.

Upcoming Board Meetings

Our Board meetings take place on the third Tuesday of each month, at 7:00 pm. Please let us know at DeerRidgeCA@gmail.com if you would like to attend and we will provide you with a link or a location to join the meeting.

Upcoming Board meeting dates are:

- March 15, 2022
- April 19, 2022
- May 17, 2022



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

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

Mobile unit assisting individuals who are sleeping in camps outside.



Kim Aurini – Treasurer



Hello everyone,

I was born and raised in Ontario and moved to Calgary in 2014. After a year of house hunting, I moved into my new home in Deer Ridge, and shortly after, I met my husband, Mike. It wasn't until he came to pick me up for a date that he realized I had bought my house just down the street from where he grew up. Small world! After a while, Mike and his daughter Kris moved in.

In late 2017, we adopted our dog Gadget. He loves to bark at other dogs but loves all people, especially me. A year later, we welcomed our daughter Lorelei. Kris was so excited to finally become a big sister. Lorelei is our little firecracker. She loves to climb and gives me a lot more grey hair. When I had Lorelei, I decided to stop working for a few years to raise our family.

In 2020, we welcomed our daughter, Irelyn. She's more mellow but loves to climb as well. In the summer, you'll find us at Yellow Slide Park. In the winter, you'll find us at the skating rinks.

I have worked in accounting for 12 years. I have worked in construction for my entire accounting career, from suppliers to general contractors.

I originally joined the board in 2017 as Treasurer to get to know people in the community. Kris and I have made some great friends through the board and their family members. I really enjoy volunteering on the board and meeting fellow neighbours. We regularly go for walks around the community, and we now know many of our neighbours.



In 1992, almost 30,000 rubber ducks were lost at sea when a cargo ship container opened, and its contents fell into the North Pacific Ocean. These duckies have revolutionized our understanding of ocean currents and are still washing up on beaches around the world today!

What is Happening at Trico Centre?

Basketball and open gym are back! For schedule information, go to tricocentre.ca.

Sign up for swimming lessons! Register online at tricocentre.ca.

Shinny hockey is back three times a week at Trico centre. Check the facilities schedule at tricocentre.ca.

Book your event at Trico centre. Corporate rates available. [Tricocentre.ca/rentals](http://tricocentre.ca/rentals).

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. This facility functions as the community hall for Deer Ridge. We offer something for everybody, whether it is working out in our fitness centre, swimming in the warmest pool in Calgary, skating or playing hockey on one of our two rinks, or using the gymnasium or studios. You can find more information on all our activities at www.tricocentre.ca.

For more information or business inquiries please contact Jason MacAskill, Business Development and Marketing Coordinator, at jmacaskill@tricocentre.ca.

**BRAIN
GAMES**

SUDOKU

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5		1	8					

FIND SOLUTION ON PAGE 11

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March Word Search

March is an exciting time – so many things are happening in March this year. Mardi Gras, Shrove Tuesday, or Fat Tuesday, is on March 1, followed immediately by Ash Wednesday, which marks the beginning of Lent. The Ides of March is on the 15th, and then we can celebrate St. Patrick’s Day on the 17th. Purim falls on March 17th, this year, too. International Earth Day falls on March 20th, which is also this year’s vernal equinox, or, (yaaayyyy!) the first day of spring! March is an important time for birdwatchers March, as a number of bird species migrate through or return to Deer Ridge, and others will already be beginning to nest. Watch for them in this puzzle and out in the yards and green spaces of our community.

BIRDS	GROUSE	SAINT
BLACKBIRD	HERON	SHAMROCK
CELEBRATE	IDES	SHOVELER
CRANE	KILLDEER	SHROVE
EAGLE	LENT	SPRING
EARTHDAY	MARCH	SWAN
EQUINOX	MARDIGRAS	TUESDAY
FALCON	MERRymaking	VERNAL
FLICKER	NESTING	WAXWING
FUN	PATRICK	WEDNESDAY
GREEN	PURIM	WOODPECKER

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



Councillor, Ward 14

Peter Demong

www.calgary.ca/ward14

eaward14@calgary.ca or

403-268-1653

Greetings Ward 14,

By the end of this month, winter will be over. Here is some information you can use to get you through. You will find the full version of this column at calgary.ca/ward14newsletter.

Keeping Storm Drains Clear This Spring

Storm drains are the main way stormwater gets into our stormwater management system, and this becomes even more evident in the spring. Visit calgary.ca/ward14newsletter for more information.

2022 Property Assessments

The Customer Review Period for you to talk to a property assessor, and possibly appeal your assessment, ends on March 14. Now is the time to look at your assessment notice. Go to calgary.ca/ward14newsletter for a detailed summary of what you need to do.

Expanded Eligibility for The Resilient Roofing

Rebate Program

You may be eligible for a \$3,000 rebate if you installed or are planning to install a Class 4 impact-resistant roofing product on your single-family, semi-detached, or duplex home. Visit calgary.ca/ward14newsletter for more information.

Youth Hiring Event – April 7

The City of Calgary Youth Employment Centre (YEC) is hosting an in-person hiring event on Thursday, April 7 from 1:30 to 6:00 pm at the Big Four Building. Check out calgary.ca/ward14newsletter to get more details.

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

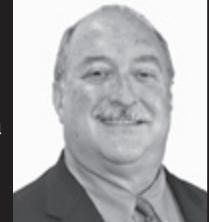
Richard Gotfried

403-278-4444

calgary.fishcreek@assembly.ab.ca

@RichardGotfried

RichardGotfriedAB



With Spring right around the corner as March arrives, we look forward to the warmer weather and longer days. The Legislative Session is now in full swing (since February 22nd), Throne Speech read, and the Provincial Budget released. I will be hosting several virtual Budget feedback sessions including a Conference line for participation by phone. Watch for signs and registration details by the first week of March.

Great news! Sikome Lake will open for summer! I am thrilled to see this decision made early for enjoyment by all sun and beach-loving Calgarians. Our short but sweet summers in Alberta are not to be denied, while it is also time for us to contemplate the evolution of this unique facility.

Spring is also the time when many of us look forward to Summer plans. Camping and appreciating our great outdoors is a highlight for many. Reservations for provincial park camp-spots are booked through Alberta Parks. Booking is now all year long and sites can be booked 90 days in advance for individual and/or backcountry sites and 180 days in advance for group and comfort camping. Individuals can book a maximum of 10 nights per reservation which allows broad access for all campers.

<https://www.albertaparks.ca/albertaparksca/visit-our-parks/camping-in-albertas-parks/online-reservations/>

or www.Reserve.AlbertaParks.ca

While many of us are partial to our beloved Fish Creek Park, close day trips in the region offer us many hidden gems like Kananaskis and the Badlands. Writing on Stone – Aisina’PI is a UNESCO World Heritage Site just a short 2 ½ hour drive away. There are Pictographs and Hieroglyphs from our celebrated and globally recognized Indigenous history for all to enjoy and appreciate.

For all you Cowfolks out there, I am planning to whoop it up once again with my Annual Stampede BBQ! The past 2 years I combined with fellow MLAs, but it's time to welcome you all back to our own community with good company, Spolumbos, music, and fun for kids of all ages. Save the date for Saturday July 9th 11-2pm at our Bonavista Downs office location.

As always, your feedback is welcome and appreciated. Please continue to email or call for information, comments or assistance. And don't forget to "Spring forward"!

BUSINESS CLASSIFIEDS

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

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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.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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BRAIN GAMES SUDOKU

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1	2	3	4	5	7	6	8	9
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3	8	1	7	6	2	4	9	5
6	4	7	3	9	5	8	1	2
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www.veteransassociationfoodbank.ca/thrift-store