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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

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.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

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)

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)

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.

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

We Need You! Contact Us To Volunteer And Get Involved In Your Community.

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2nd Vice President Vacant

Treasurer Kim Aurini

Secretary Dawn Wallace 403-606-7331

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Casino Coordinator Dawn Wallace

Ice Rink Coordinator Bob Hall 403-278-6817

Community Garden Bob Hall 403-278-6817

Tennis Court Coordinator Larry Lemieux

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Newsletter Coordinator Diane Lum

Membership Coordinator Drew MacQueen 403-278-6817



Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their 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.

HELP (formally 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.

● **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.



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 send this form along with a cheque payable to:

Deer Ridge Community Association.

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2025 – 2026

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

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

Thank you for your support!

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 | X (Twitter): @DeerRidgeCA

MESSAGE FROM THE BOARD

February is upon us! Whether there's love in the air for Valentine's Day, festive events for the Lunar New Year, or spending time with loved ones on Family Day, the month is looking to be full of things to look forward to! We look forward to sharing with you our love of community and friends, through the wonderful and exciting things we've been doing and planning.

Winter Family Skate

Thank you to everyone who came out to the Deer Ridge Community Association's Winter Family Skate on Saturday, January 10 at the Deer Ridge outdoor rinks. A lot of fun was had by everyone who joined us for skating, shinny hockey, music, hot dogs, hot chocolate, music, and more!

A very special thank you goes out to all our volunteers who worked hard to make this happen, from those who tended to the ice for days ahead of time to those who grilled and served hot dogs, tended to the fire, and cleaned up afterwards. It is due to your efforts and dedication that we can continue to put on events like this.

Another big thanks go out to our community sponsors whose participation and generosity help us ensure events like this are a continued success. We are very grateful for your support! See these sponsors recognized on our Deer Ridge CA website.

Family Day Skate

Celebrate Family Day with an afternoon of ice skating or a game of shinny! Join us for free hot dogs and hot chocolate as well as some creative fun with ice and snow painting! Invite your family and friends to this free event taking place at the Deer Ridge rinks on Monday, February 16 from 12:00 to 3:00 pm.

Chinook Blast Winter Festival

Calgary's signature winter event is back! Chinook Blast will debut at the newly renovated Eau Claire Plaza with an artful winter wonderland experience. It takes place from January 30 to February 16 so grab your mittens, lace up your boots, and get ready to beat the cold. Expect dazzling light installations, live music, sports, and an absolutely magical series of events. Three weekends packed with free entertainment celebrating

Calgary at its best!

For more information, go to <https://www.chinookblast.ca>.

Residential Snow and Ice Clearing

Calgary's snowiest month (March) is still yet to come. Be sure you know what to expect and what to do when those snow drifts pile up on your roadways and sidewalks.

Property owners must clear sidewalks within 24 hours after a snow fall. The City is expected to do the same with its property's sidewalks.

Snow from a public space, such as a sidewalk, may be shoveled onto another public space, such as a roadway, but please don't block any access points. If you are shovelling from private property, such as your driveway, this needs to go on your own private property, like on your lawn where it would do the most good come spring.

For more information, go to <https://www.calgary.ca/bylaws/snow-shovelling.html>.

City of Calgary Sidewalk Sand-Salt Mix

During the winter, the City of Calgary makes available a sand/pea gravel-salt mixture, called pickle, for individual use on sidewalks bordering private properties. Pickle helps break down snow and ice, making it easier for you to comply with the bylaw regulating snow and ice removal. Find out details, including where to get pickle at <https://www.calgary.ca/roads/maintenance/free-sand-salt.html>.

Upcoming Board Meetings

The Board of Directors meet monthly on the third Tuesday of each month. Our next meeting is Tuesday, February 17 at 7:00 pm. Please contact us at DeerRidgeCA@gmail.com if you are interested in attending, volunteering on the board, or if you have anything you would like the board to discuss at the meeting.

Membership

Deer Ridge Community Association's annual membership drive is ongoing. If you have not yet purchased your 2025-2026 membership, we invite

you to add your voice to determining the direction of your community by becoming a member today. We invite Deer Ridge residents to actively participate in the decisions shaping your community. Residents of the community with memberships are encouraged to vote at the Annual General Meeting. Your membership contributes directly to the community. The Deer Ridge Community Association is a volunteer run non-profit group. Memberships are still only \$15 per household. All memberships expire annually August 31. You may purchase your membership:

- Directly online on our website: DeerRidgeCA.com/Membership/
- By downloading the membership form and returning it by mail with payment, or
- By returning the membership form from this newsletter by mail with payment. If you are already a member, we sincerely thank you for your participation and commitment to your community.

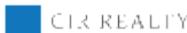
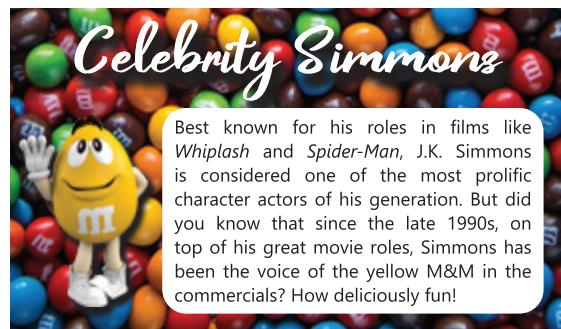
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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

GAMES & PUZZLES

Guess the Olympic Sport!

1. Prince Albert II of Monaco competed in this winter sport at the Calgary 1988 Olympics.
2. This sport includes two events: rifle shooting and cross-country skiing.
3. This team sport involves sliding granite stones on a sheet of ice towards a target circle.
4. This sport also known as "skimo" will make its Olympic debut at Milano Cortina 2026.
5. Marit Bjørgen is the most decorated winter Olympian and competed in this sport.
6. This elegant sport is widely recognized as the most popular event at the Winter Olympics.



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February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

The logo for Anita Mortgage Avenue. It features a stylized yellow house icon with a window and door. Below the house, the words "ANITA MORTGAGE" are written in yellow, and "AVENUE Financial Real Estate Services" are written in a smaller, grey font.

Give Your Parents Comfort with a Reverse Mortgage

A professional headshot of Anita Russell, a woman with long brown hair, smiling and wearing a grey blazer over a yellow top.

Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.

A QR code located in the bottom right corner of the advertisement.

ANITA RUSSELL **403-771-8771**
anita@anitamortgage.ca

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Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

And here's some really good news: even while grocery store prices continue to rise and package sizes continue to shrink, Good Food Box prices and box sizes have not changed!

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit ckpcalgary.ca/goodfoodbox.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to a convenient Deer Ridge depot for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: ckpcalgary.ca/recipes.

Produce Box Options

Small Box	\$30	15 to 20lbs* of fruits and vegetables
Medium Box	\$35	25 to 30lbs* of fruits and vegetables
Large Box	\$40	35 to 40lbs* of fruits and vegetables

*Note that weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order Day	Pickup Day
February 17	February 26
March 10	March 19

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.



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Staying in Relationships Thinking the Other Person Will Change, Now What?

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

Cats, Canines, & Critters of Calgary



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Flair and Little Lady, Strathcona Park



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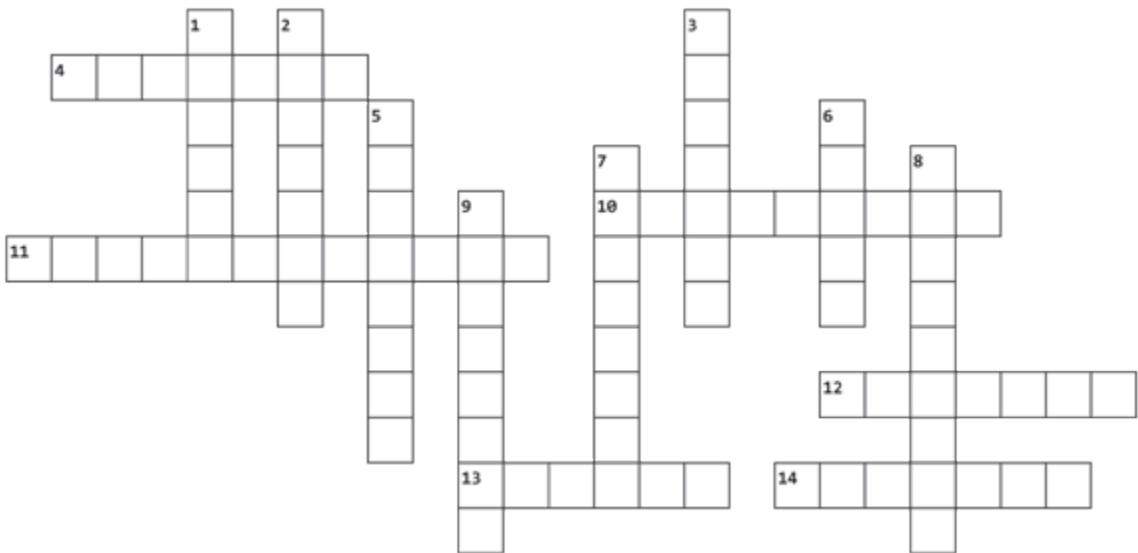
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Happy
Valentine's
Day



February Crossword



Across

- Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
- On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
- Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
- Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
- The first volume of this English Dictionary was published on February 1, 1884.
- The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

- This North American country celebrates National Flag Day on February 15 annually.
- During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
- At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
- Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
- The 2026 Chinese Zodiac is this equine beauty.
- Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
- The XXI Winter Olympic Games were held in this Canadian city in 2010.
- On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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Myles McDougall**

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✉ Calgary.FishCreek@assembly.ab.ca

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FACEBOOK [MylesMcDougallYYC](https://www.facebook.com/MylesMcDougallYYC) | TWITTER [@MylesYYC](https://twitter.com/MylesYYC)

As I get ready to head back to the legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek@assembly.ab.ca.



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