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## Board of Directors and Community Contacts

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

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

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Past President	Don Burdeyney
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Director at Large	Diane Lum

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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	
Trico Representative	Open	
Newsletter Advertising	Great News Media	403-720-0762
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.



## 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/](http://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/](http://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](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)  
Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

## MESSAGE FROM THE BOARD

Spring is in full bloom in Deer Ridge! It's a great time to check out some spring craft fairs or enjoy some wonderful time in the sun! Play some pickleball or tennis right here in our community! Whatever your plans this spring, have fun!

### Spring Craft Fair

The Queensland Diamond Cove Community Association will be having their annual Spring Craft Fair on Saturday, May 16 from 10:00 am to 3:00 pm. Check out some great gift ideas from local artisans! Located at 649 Queensland Drive SE.

### Community Cleanups

Community Cleanup events make it easier to dispose of household items that do not fit in your black cart. They take place across the city from April 24 to September 27, 2026. Events are held on Saturdays and Sundays from 9:00 am to 2:00 pm. They are open to all residents, regardless of where you live. The Queensland Diamond Cove Community Association (649 Queensland Drive SE) will be having their community cleanup on Saturday, May 30, 2026. You can check the city-wide schedule for more locations in Calgary at: <https://www.calgary.ca/waste/drop-off/community-cleanups.html>.

### YardSmart Rain Barrels

Using a rain barrel is a great way to capture and reuse rainwater in your yard. Capturing rainwater helps keep your plants healthy and reduces the amount of city water you use. Rain barrels can also help reduce stormwater runoff in our creeks and rivers.

The City of Calgary's rain barrel rebate program is returning in 2026 and is delivered through Green Calgary.

#### Program Details:

- Rebate amount: \$50 per rain barrel
- Rebate is a flat \$50 per eligible rain barrel (storage container only), regardless of size
- Accessories/add-ons are not eligible for rebate. Rain barrels must be an original sale (not resale)
- Maximum rebates per household: three (up to three rain barrels)
- Receipt timing: receipts must be dated within 12 months of your application date (examples below)
- Application period: April 1, 2026, to October 31, 2026 (or until available funding is fully allocated)
- Funding: up to 3,500 rebates are available (first come, first served, while funding lasts)

- Processing time: please allow four to six weeks to receive your rebate once your application is complete and approved

For more information, please visit: <https://www.calgary.ca/water/programs/rainbarrel.html>.

### Community Gardens – Spring Schedule

The Deer Ridge community gardens will start up this month for another great growing season of fresh vegetables and flowers. Gardeners who have signed up for a plot this year will receive an email inviting them to come to the spring startup event, when the garden plot soil will be turned and gardeners may dig in new compost, if they wish. New compost is expected to arrive later in May, and we hope to be ready for planting by end of May/early June. If you would like to learn more about the community gardens, please visit their Facebook page at <https://www.facebook.com/DeerRidgeCommunityGarden>.

### Household Hazardous Waste: Free Drop-Off in Calgary

Did you know the City of Calgary offers free Household Hazardous Waste (HHW) drop-off sites at 11 convenient locations across the city? There's no cost to use these locations, and they're designed to be quick, easy, and safe for residents. HHW includes everyday household items that should not go in your blue, green, or black cart, such as paints and stains, batteries, cleaners, and automotive fluids and chemicals. Placing these items in your carts can increase the chance of fires, toxic fumes, and serious harm in our homes and our community. Taking HHW to a proper drop-off site helps keep everyone safe while protecting the environment.

To find a drop-off location near you, visit [calgary.ca/HHW](http://calgary.ca/HHW).

This program is for residential drop-off only.

### Casino Volunteers Needed

Our major fundraising casino will be held on Tuesday, August 25 and Wednesday, August 26 at the Deerfoot Inn and Casino. Volunteers are needed to fill various positions. Day shifts are 11:00 am to 7:30 pm. Evening shifts are 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am. Training is provided and meals are no expense to the volunteer. Transportation is available if needed.

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available to the community

for facilities and programs such as a new park shelter, ice rinks, tennis court, replace aging playgrounds, youth programs, and special events like Family Skate Days and Movie in the Park.

Please mark your calendar and contact us to volunteer at: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com).

### Upcoming Board Meetings

The Board of Directors meet monthly on the third Tuesday of each month. Our next meeting is Tuesday, May 19, 2026, at 7:00 pm. Please contact us at [DeerRidgeCA@gmail.com](mailto: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.



## BRAIN GAMES SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



### Glory for My Cat

by Garth Paul Ukrainetz

Fireside with the morning  
Darkness fades away  
Quietness and coffee  
Drink to start the day

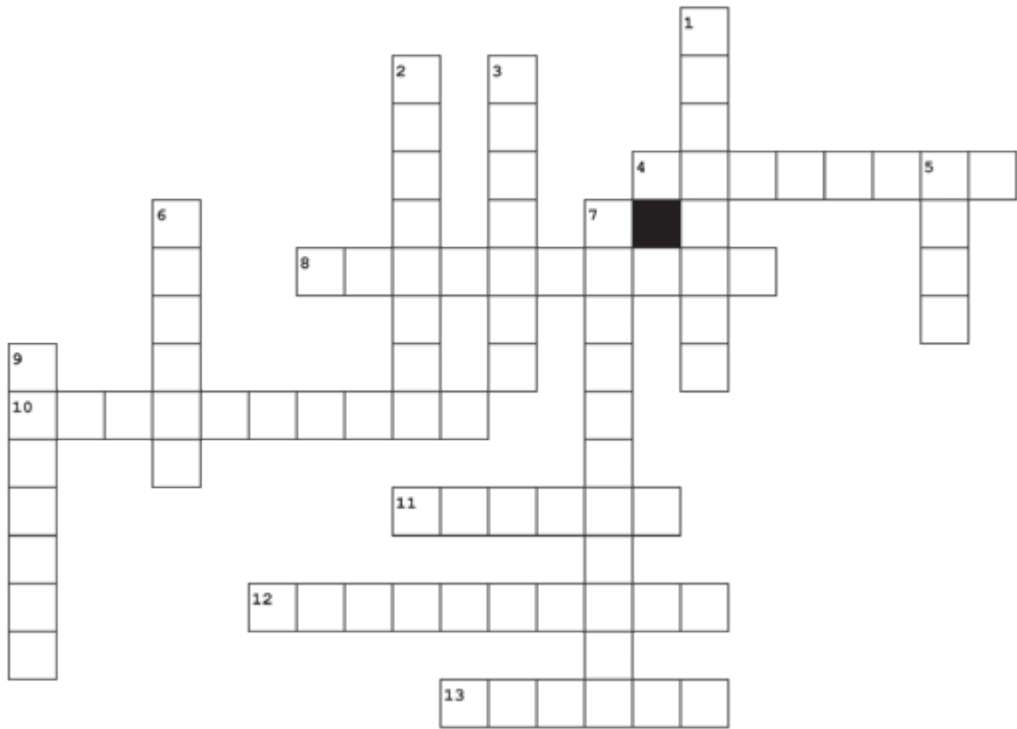
Just below horizon  
The sun appearing soon  
Sleepy blue the twilight  
Glowing orange piercing through

A peaceful calm confusion  
Clouds and sunlight swirl the sky  
Still fills me full of wonder  
Often brings a tear to eye

And purring through me loudly  
Always faithful on my lap  
No attention to the window  
I'm the glory for my cat

# May Crossword

To mom



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star \_\_\_\_ Pattinson, was born on May 13, 1986, in London, England.

## Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May \_\_\_\_.
5. May 2 marks the birthday of Dwayne the \_\_\_\_ Johnson.
6. The \_\_\_\_ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.



# 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.

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: Good Food Box — Community Kitchen Program of Calgary at [ckpcalgary.ca](http://ckpcalgary.ca).

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 the Fish Creek United Church (77 Deerpoint Rd SE) for pickup.

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

<b>Small Box</b>	\$35	20 to 25lbs* of fruits and vegetables
<b>Medium Box</b>	\$40	25 to 30lbs* of fruits and vegetables
<b>Large Box</b>	\$45	35 to 40lbs* of fruits and vegetables

\*Please note 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.

<b>Order By Date</b>	<b>Pick Up Date</b>
May 5	May 14
June 2	June 11

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

## Community Gardens



The Deer Ridge Community Garden will be growing into our 14th season in 2026. We are looking forward to another great harvest, seeing all the returning gardeners, and meeting new gardeners this season.

Compost will be delivered and mixed into the plots on the May long weekend enabling planting to begin the last week of May.



## Is Your Relationship Boring? Congratulations.

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not

surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as “chemistry” is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what’s missing is the anxiety, not the love.

In a healthy relationship, love doesn’t spike your stress levels or leave you questioning your worth. It doesn’t require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you’ve been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a “boring” relationship is the space it creates. You don’t have to shrink yourself to keep the peace. You’re not walking on eggshells. You can simply be who you are, and feel accepted in that. No chasing, seeking affirmations, or changing who you are. That’s what creates a sense of grounding and safety.

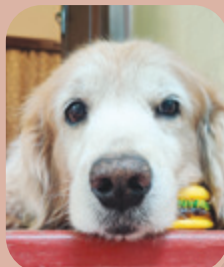
Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn’t feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It’s choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it’s just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn’t have to be loud to be deep and real.

Maybe “boring” is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn’t drain, confuse, or exhaust you is incredibly valuable.

## Cats, Canines, & Critters of Calgary



Chase, *Bridgeland*



Frankie, *McKenzie Towne*



May, *Elbow Park*



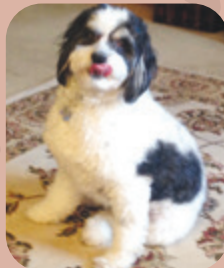
Miss Charlee, *Crescent Heights*



Moony, *Lake Bonavista*



Oreo, *Mahogany*



Osito, *Canyon Meadows*



Togo Grimshaw, *Panorama Hills Estates*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and

decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than ten centimetres (four inches) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of ten centimetres (four inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

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## Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit  
[gofund.me/31fdeef6f](https://gofund.me/31fdeef6f)

Any help is appreciated ♥





MLA Calgary - Fish Creek

**Myles McDougall**

7 - 1215 Lake Sylvan Drive SE

Calgary.FishCreek@assembly.ab.ca

403-278-4444 | @MLAFishCreek

MylesMcDougallYYC | MylesYYC

### Save The Date: Fish-Creek Constituency Annual Stampede BBQ

Please join me on Saturday, July 4, 2026, from 11:30 am to 1:30 pm at Bonavista Downs Community Hall for some BBQ smokies, music, and community fellowship!

As summer is approaching, I look forward to spending time in and around the community when I am not in Edmonton for the remainder of the spring session. I hope everyone can enjoy the spring weather and explore the beautiful parks in our constituency as the weather warms up!

As part of the Alberta government's priority to ensure all Albertans have access to a primary care provider, the new Alberta Find a Provider website has been launched for families to search for doctors in their community. Currently, there are 11 doctors' offices within the Calgary-Fish Creek constituency who are accepting new primary care patients. For more information, visit [albertafindaprovider.ca](http://albertafindaprovider.ca). We encourage all families looking for primary health care providers to check the new website regularly for updates and additional clinics added.

I was lucky enough to welcome grade 7 students from Wilma Hansen School to the Legislature in Edmonton this past month. I had the opportunity to meet with the students after their tour of the legislature building and grounds.



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# TURN EMPTIES INTO OPPORTUNITIES



# SUPPORT YOUR LOCAL 148 OAKRIDGE SCOUTS

**NO SORTING, NO DRIVING, NO LINEUPS!  
WE'VE PARTNERED WITH SKIPTHEDEPOT TO DO ALL THE WORK**



## HOW IT WORKS

1. SCAN THE QR CODE TO DONATE WITH SKIPTHEDEPOT
2. USE PROMO CODE **148SCOUTS** FOR 100% REFUND TO THE SCOUTS
3. SCHEDULE A PICKUP TIME THAT WORKS FOR YOU & LEAVE YOUR EMPTIES OUTSIDE



## WHY YOUR SUPPORT MATTERS

- EVERY PICKUP HELPS FUND CAMPING TRIPS, GEAR, BADGES, AND YOUTH PROGRAMS.
- EVEN ONE BAG OF BOTTLES MAKES A DIFFERENCE.
- IT'S A SIMPLE WAY TO SUPPORT LOCAL YOUTH WHILE RECYCLING RESPONSIBLY.



NO EMPTIES BUT STILL  
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DONATIONS WELCOME.  
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