

APRIL 2023

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

LOOKING FORWARD
TO SPRING!



Deer Ridge



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MAJOR BRANDS WE CARRY

ACANA ALMO ARTISAN
BENNY BULLY'S CHUCK IT
CANADA POOCH CARNIVORA
CANADIAN NATURALS
CRUMPS' FARMINA
FROMM FRUITABLES' GO!
HEMP 4 PAWS KONG NOW
ORIEN PUPPY LOVE
PUREBITES REDBARN
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News, Events, & More	Crime Statistics	Real Estate Statistics
		

The Day's Eyes

The daisy is April's birth flower, and its name is more than just pretty; it's symbolic. 'Daisy' comes from the Old English phrase 'dæges-eage,' which means 'day's eyes.' This is because each night as the sun goes down, daisies close their 'eyes' by pulling their petals inwards. In the morning, they reopen their petals, or 'eyes,' as the sun rises.

Board of Directors and Community Contacts

EXECUTIVE

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

**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

COMMUNITY COORDINATORS

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

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 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.

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.

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 or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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 this form along with a cheque payable to: DeerRidgeCA@gmail.com

Deer Ridge Community Association.

The Deer Ridge Community Association membership fee is \$150 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 2022 - 2023

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](#) | Twitter: [@DeerRidgeCA](#)

27 Ways to Say No

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

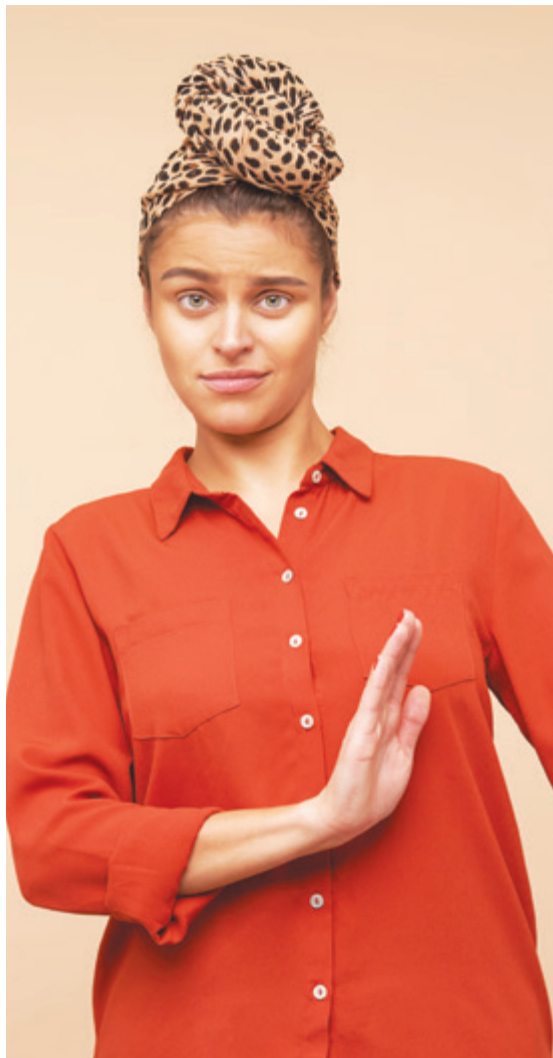
Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

MESSAGE FROM THE BOARD

Queen Elizabeth II Platinum Jubilee Medal - Volunteer Recognition

Congratulations to Mr. Don Burdeyney and Mr. Bob Hall who received the Queen Elizabeth II Platinum Jubilee Medal! Richard Gotfried, MLA for Calgary-Fish Creek, presented the medals.

Spring Fling

The Deer Ridge and Queensland Diamond Cove Spring Fling party was held at the Queensland Community Centre on April 1. A very special thank-you goes out to the dedicated volunteers who made this event for our kiddos a great time. A great big thank-you, also, to all the kiddos and their parents who came out to join us and have some fun as we welcome spring back into our neighbourhoods.

Volunteer in the Community

Yes, I am interested in being a volunteer and joining together with like-minded people who want to make this a great community in which to live, work, and play!

The continued success of various events, new initiatives, as well as maintenance and improvements of facilities is dependent upon involvement of Deer Ridge residents. Visit the volunteer page at <https://deerridgeca.com/volunteer/> to join us in the fun!

Deer Ridge CA Casino 2023

Our community was able to get casino dates once again. Casino revenues provide an exceptionally large portion of the revenue that Deer Ridge receives to help support programs and initiatives in the community. Our casino dates for 2023 will be May 1 and 2 at Ace Casino on Aero Drive. A big shoutout to the volunteers who have already come forward to work this casino – you rock!

Community Gardens

Have you been getting your lettuce, radish, carrot, and bean seeds ready? Our community gardens will be running again this year and we hope you will join us. Watch for a garden sign-up announcement coming soon. We will get going with a garden cleanup in May, including the distribution and digging under of fresh compost, and we welcome all community gardeners and those who wish to garden with us. Come join us, get your hands in the dirt, and taste the rewards of homegrown organic produce this summer!

Movie in the Park

Mark your calendars for Movie in the Park on Saturday, August 19! Deer Ridge Community Association will be hosting a movie night with hot dogs and all the fixings and activities for the kids. The event is free for everyone. Come, bring the family, a little bug spray, and a blanket or chairs, and be ready to have a great time. Be sure you plan to join us for this very popular, fun, family event – we look forward to seeing you there!

Membership

Your membership contributes directly to the activities and amenities in your community!

Membership are still only \$15 per household, available:

- Online from our website, www.DeerRidgeCA.com/Membership.
- Or by requesting a form to be mailed to you.

E: deerridgeca@gmail.com | T: 403-606-7331

Thank you for your support!

Monthly Meeting

This month's meeting will be held on Thursday, April 18, 2023, at 7:00 pm; location to be announced. Please let us know at deerridgeca@gmail.com if you would like to attend and we will be sure to get location details out to you – we welcome all community association members at our meetings.

Please contact us at the email above if you are interested in volunteering on the board, or if you have anything you would like to discuss at the meeting.



National Pet Day

April 11 is National Pet Day! On this day, we show our love and appreciation to our furry, feathery, or scaly friends, even those still in need of a home. Pet Day is also used to advocate against animal violence and cruelty. This April 11, be sure to shower your pet friends with care and love, whether it means your own pet, someone else's, or a shelter animal in need.

Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tsps. honey
- 1 ½ tsps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!



April Word Search

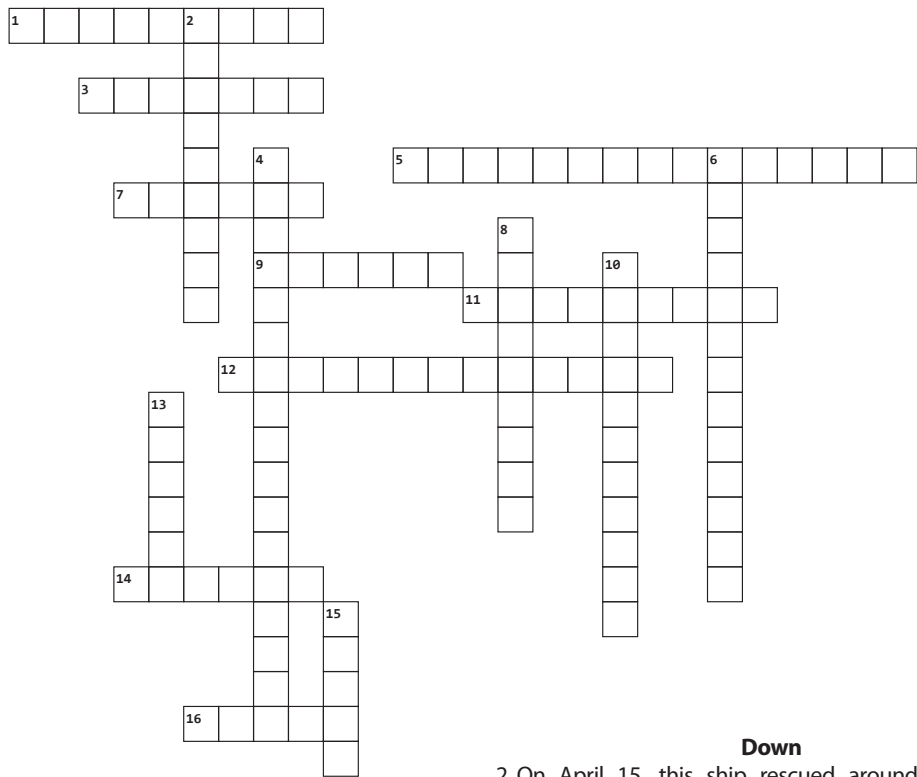
What’s so special about April? Is it the warmer weather, the sunshine, the first robin or chickadee that you see, or the promise of flowers opening soon? Is it looking for the first signs of green in the lawns and fields, or the thickening of the buds on the trees, the smell of sap running in the trees? Or is it simply getting out onto the playground without snow?

- APRIL
BIRDS
BUDDING
CHICKADEES
DAFFODILS
EARTH
FLOWERS
- FOOLS
GRASS
GREEN
MIGRATION
MUD
PRANKS
RAIN
- ROBINS
SAP
SNOWDROPS
SNOWMELT
SPRING
SUNSHINE
WARMTH

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



April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist’s painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word ‘April.’
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dægese-eage’.

SCAN THE QR CODE FOR
THE ANSWER KEY





How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!

3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.



Good Food Box

Are you finding it hard to keep up with continuously rising prices of fresh produce at your regular grocery store? Have you seen the big GFB truck coming through our neighbourhood or considered giving Good Food Box a try?

Good Food Box (GFB) is a program through which anyone and everyone can access nutritious fresh produce regularly and affordably. Good Food Boxes contain a combination of in-season fresh fruits and vegetables bought directly from farmers and wholesalers. The content varies weekly, depending on what's in season, and each box contains the maximum produce to ensure you get the most value for the price.

Box Options:

Small Box: \$25 15-20lbs* of fruits and vegetables

Medium Box: \$30 25-30lbs* of fruits and vegetables

Large Box: \$35 35-40lbs* of fruits and vegetables

*Please note, weights are approximate and will vary depending on produce size and density. While prices remain the same – box weights have slightly changed.

Order Day	Pick Up Day
April 25	May 4
May 23	June 1
June 13	June 22

No Good Food box in July

To order or pick up, please contact Emma at 403-278-8263 at Fish Creek United Church (previously known as Deer Park United Church), 77 Deerpoint Rd SE.





Councillor, Ward 14
Peter Demong
 403-268-1653
 eaward14@calgary.ca
 www.calgary.ca/ward14

Hi Ward 14!

Spring is here, and nicer weather is in our future. Calgary is about to come alive.

To find the full version of this column you need to visit my website (where I can fit much more useful content). This month has a water theme, which is not surprising since that is what all the snow will become. I will give a refresher on how Calgarians can handle storm drains. Beyond that, you will find a spring water checklist for homeowners, and information about rain barrels. I will also talk about the new fire station/library that is in Walden's near future.

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 or calling 403-268-1653.

Councillor Peter Demong

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Spring is in the air, Calgary Midnapore!

Throughout the winter months, I enjoyed hearing from constituents at various community events. Thank you to all the Community Associations for organizing these great events and for all the work you do to bring us together! I look forward to attending more in the upcoming months.

Last month, you should have received my 2022 Tax Guide which is aimed at saving you more. The deadline to file your tax return is Monday, May 1.

In Parliament, my colleagues and I have been fighting for lower taxes and an end to inflationary spending. However, on April 1, Justin Trudeau raised taxes on you once again. This time his carbon tax went up an additional 30% which will not only cost you more at the pump, but will also make the food you buy, energy you use, and everything else more expensive.

While the current government continues to make life unaffordable, Conservatives have a plan to lower your bills, turn hurt into hope, and ensure Canadians prosper once again.

To stay up-to-date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and participate in my monthly survey question at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

**Correction from March edition: For Valentine's Day, my office partnered with Le Roi Daniels School in providing handcrafted Valentine's cards to residents of the AgeCare Midnapore facility. Thank you to the staff and students for bringing such joy to our cherished seniors.*



This is my last newsletter as your MLA, and I write it with mixed emotions. I am grateful, honoured and humbled for the privilege of representing the people of Calgary-Fish Creek for the past eight years, and it is a role I will cherish forever. Thank you.

My last Legislative Session ends on March 30th. Throughout the month of April, my amazing Constituency Manager Christina Steed and I will be available for notarizations and appointments. Please plan on attending my Budget Open House on April 11th – drop-in basis from 5pm-7pm at the office where I will address any questions you might have on the Budget. On May 1st, it is anticipated that the Premier will ask the Lt. Governor to drop the writ (call the election). Once the election is called, all 87 MLAs across the province become private citizens and the election period begins. The office will remain open during the election to serve you, so please use the general office inbox, calgary.fishcreek@assembly.ab.ca, if any services or assistance are required during the month. Election Day will be May 29th after which Calgary-Fish Creek will have elected a new MLA. During the first two weeks of June, the office will be required to cease operations to prepare for the incoming MLA. I would ask for your patience with my successor as their office will take some time to become fully operational after the election. Succession planning looks very different than in public or private companies, but I am hopeful for Alberta's bright future ahead. Please know that Calgary-Fish Creek remains as my home of over 30 years, so the issues of this area will still matter to me and my family. And I would be remiss not to thank my wife, Cathy, my family, and my dedicated supporters who are gratefully far too many to mention, for their love, confidence and commitment to me and to the great communities we call home.

I am grateful for the opportunity to serve you and the great province I was born in, and please know that I will continue to speak up for #YYCFishCreek at every turn as I return to private life. All the best in the future and looking forward to seeing you all in the community!

With gratitude,

Richard

Budget 2023

\$1.1 billion

Calgary Transportation Projects

- Calgary LRT projects
- Upgrades to Deerfoot Trail
- Completion of Stoney Trail

\$396.4 million

Calgary Health Centres

- Calgary Cancer Centre
- Foothills Medical Centre
- Peter Lougheed Centre

\$57 million

For Calgary Universities

- Plus, 200 new university seats for doctors and 1,800 for nurses and healthcare aides.



Richard Gotfried

MLA, Calgary-Fish Creek

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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 MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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BUSINESS CLASSIFIEDS

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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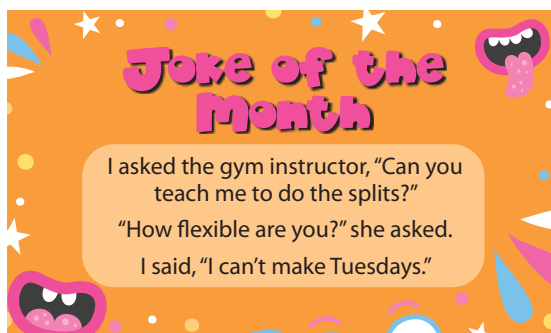
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GAMES & PUZZLES

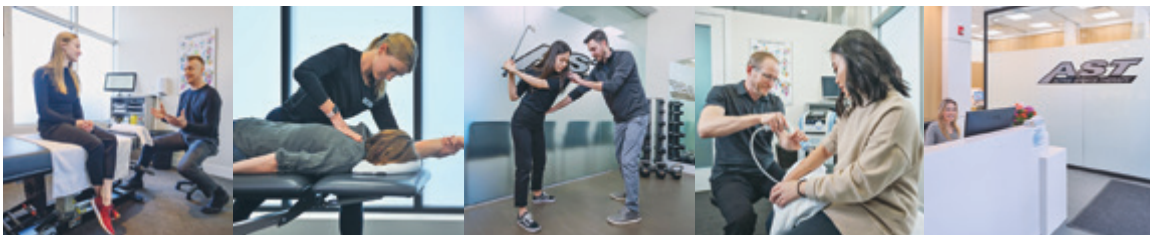
Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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FOR THE ANSWERS!**





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