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Chinook Fund
FOR THE ELDERLY





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

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	Getrud 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	

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 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.

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.

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.



MESSAGE FROM THE BOARD

January Family Skate

The January Family Skate at the Deer Ridge rinks was again a huge success, with kids, families, and friends coming out to celebrate winter fun and make use of our beautifully maintained skating ice. The refreshments were a hit, as was the warmup fire, and a great big shout out goes to Mr. Bob Hall and his team of volunteers for making this annual event such a great experience.



Rinks and Skating

The Deer Ridge skating rinks are kept in top notch condition by Mr. Bob Hall and his RinkRat crew, using an Olympia snow grooming machine to ensure a beautiful surface. Please come out

and skate at any time, the rinks are lit in the evenings. We would love to see you take advantage of this free community amenity. Please remember that the City of Calgary storm water ponds are not safe for skating. Better to come and enjoy some safe skating with us right here in Deer Ridge, in the southwest corner of the Don Bosco School green space, or at our community centre, the Trico Centre.

City of Calgary Property Assessments

The customer review period for your 2023 Property Assessment is January 4 through March 13, 2023.

General resources to review your 2023 Property Assessment are available at <https://www.calgary.ca/property-owners/assessment.html>.

Property specific tools are available through secure login at <https://assessmentsearch.calgary.ca/externallogin.aspx>.

Go to these links to check your property details and update them, learn how your property was assessed, and compare your property's assessed values to similar properties in the area, to ensure a fair assessment.

Snow and Ice on Sidewalks

The City of Calgary reminds residents and business owners to remove snow and ice from their property's adjacent sidewalks within 24 hours after the end of a snowfall. There's a fine for not removing the snow and ice; \$250 for the first time and escalating for every subsequent conviction to the same property owner/occupant over a 12-month period.

Concerns about an uncleared sidewalk that caused you problems while you were out walking may be reported to 311. Be sure to include the address or specific location details. A photo can be added if you're using the app. A removal notice will be issued, with a 24-hour window to clear the sidewalk, and if that is unsuccessful, a contractor will be sent to clear the sidewalk at the owner's expense.

Does your neighbour need a hand with snow clearing? Be a Snow Angel and clear the sidewalk for them.

Have you had your sidewalk cleared by a Snow Angel? Recognize your Snow Angel with a printed certificate – call 311 to have one printed and mailed or do it yourself by downloading the form from <https://www.calgary.ca/volunteer/snow-angels.html?redirect=/snowangels>.

Share the story of your Snow Angel on social media using the hashtag #yycSnowAngels.

Snow and Ice Road Conditions

The City of Calgary clears roads, designated pathways, and overpasses. Snow clearing progress for City of Calgary roads, locations of snow plows (Snow Monster, Snow Place Like Home, Frozone, Snow Angel, Snow Flake, Brinestone Cowboy, Pickle, Rocky Mountain Snow Plow, Gordie Plow, Frosty The Snow Plow, Mittens, and Ice Breaker), as well as priority routes, and visuals of road conditions from traffic camera images may be viewed at <https://maps.calgary.ca/RoadConditions/>.

Trico Centre

Deer Ridge is a partner in the ownership of Trico Centre and it is our official community centre. Our Deer Ridge CA President, Don Burdeyney, sits on the Trico Centre Board of Directors as Secretary and can take any concerns you may have to the Trico Centre Board.

Board Meetings

The Deer Ridge Community Association holds its monthly Board meetings on the third Tuesday of each month at 7:00 pm. We have been holding virtual meetings but are contemplating going back to in-person meetings, whilst meeting all health and safety guidelines. Please watch our Facebook page, Twitter, and website for meeting locations, as meeting details may change from time to time.

Our next board meetings are scheduled for:

February 21	7:00 pm	Location TBA
March 21	7:00 pm	Location TBA
April 18	7:00 pm	Location TBA

February Family Fun

What's there to do for fun with the family in Deer Ridge, or in Calgary, in February? It's cold, but the days are getting longer, and it's the month of love — for both sweethearts and families. So let's get out with our families and enjoy February!

You could get your peeps together and try your hand at making a snowman, a snow angel, or an ice sculpture. Maybe roast hot dogs on a winter picnic, do some snow painting, snow shoeing, or snowboarding? Or maybe stay indoors and swim, enjoy a hot tub, watch a movie, drink hot chocolate, do a puzzle, read a book... or do a word search?

SWIM

SNOWBOARD

CROSSCOUNTRY

SKATE

SLEDDING

FIREPLACE

RUN

TOBOGGAN

BOOK

WALK

SNOWANGEL

CHOCOLATE

HIKE

SNOWMAN

HOT

SNOWSHOE

ICE

WARM

MOVIE NIGHT

SCULPTURE

MOVIE

SKI

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February Is Heart Month

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 911, 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.





Good Food Box

Good Food Box 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. Please note, while box prices remain the same, the size/weight of the boxes has recently changed.

Learn more about the Good Food Box program or get recipes at: Good Food Box — Community Kitchen Program of Calgary ([ckpcalgary.ca](https://www.ckpcalgary.ca)) or <https://www.ckpcalgary.ca/recipes>.

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.*

Order Day

February 28

March 21

April 25

Pickup Day

March 9

March 30

May 4

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.

SCAN HERE



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and more...

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





Councillor, Ward 14

Peter Demong

📞 403-268-1653

✉️ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

MLA Calgary - Fish Creek

Richard Gotfried

📞 403-278-4444

✉️ calgary.fishcreek@assembly.ab.ca

🐦 @RichardGotfried

📺 RichardGotfriedAB



Greetings Ward 14!

I hope the new year is treating you well. While we are still in the grip of winter, I always like to remind myself that the days are getting longer, and with that the sun gradually thaws this beautiful place. In my February column, I will remind you of some important property assessment items. I will also talk about how to subscribe to all planning related activities in Calgary, about the City's digital map gallery, and about staying safe around storm ponds.

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.

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value – family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Lougheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum. February is also HEART month – in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our "tickers". Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our "heart/health" capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving "heart health" for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake – too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient. 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!



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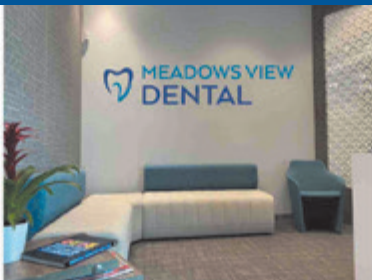
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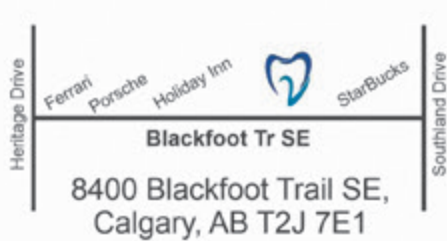
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Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

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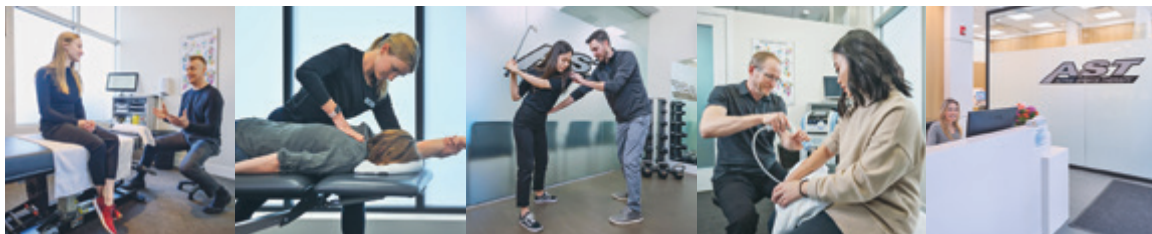
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