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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 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 Burdyssey	
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	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.

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

Happy New Year!

We hope you had a wonderful holiday season and that you and your family were able to ring in the new year in safety and joy. We wish each and every one of you, a very happy, healthy, and prosperous 2023.

Kids' Holiday Party

Thank you to all the volunteers, Santa and Mrs. Clause, their helpers, and Roy the very special Christmas Elf, for the Children's Holiday Party put on by the Queensland Diamond Cove Community Association and the Deer Ridge Community Association on December 18. Thank you to everyone who helped out behind the scenes in organizing, at the front-end managing guests and refreshments, crafting, or creating fun and excitement for the kiddos and their families. A big shout out goes to all of you – thank you!

Rinks

Ice making has been going on for a month or so now, so come on out and enjoy the rinks. Bring your hockey gear for shinny on the enclosed rink or come and have a leisurely skate, or teach the kids how to skate, on the pleasure rink. The rinks are located at 155 Deermont Way SE, in the far SW corner of the green space around Don Bosco school.

Bring your family and friends when you come out to skate because the ice is kept in top notch condition and skating in Deer Ridge is totally free for everyone. The rinks are lit in the evenings, so even if you're coming after work, you can participate in this fun and healthy activity any time. It's yours to enjoy, courtesy of a small group of dedicated volunteers. If you'd like to help with rink maintenance, please let us know at DeerRidgeCA@gmail.com. We are always grateful for volunteers.

Family Skate

This year's Family Skate will be held on January 14, from 12:00 to 4:00 pm. Both rinks will be open. There will be music and refreshments, a fire at which to warm up, and lots of neighbourhood families and friends with which to have some fun.

Next Meetings

Deer Ridge Board meetings are held the third Tuesday of each month, at 7:00 pm. Watch the webpage for locations and updates at DeerRidgeCA.com.

The next meeting will be held:

January 17, 2023, at 7:00 pm

Location: TBA



FEDERATION OF
CALGARY COMMUNITIES

Protect Yourself from Identity Theft

A message from the Federation of Calgary Communities

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN, or your phone number.
- Minimize the identification, personal information, and number of cards you carry.
- Do not give personal information on the phone, through the mail, or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements, and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave them in a secure place.
- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).

16032-CalgaryScamsBooklet. In *CalgaryScamsBooklet* 1F LowRes.

January Fun

Whether it's skiing or snowboarding through powder, snowshoeing or cross-country skiing through silent woods, watching winter birds search out frozen seeds and berries, skating on our rinks, or hiking the paths of Fish Creek Park, there is a lot to do in and around Deer Ridge and Calgary at this time of year. The secret to enjoying these frosty days is to get out there and do something active – and then to come home and warm up over tea or hot chocolate, or maybe a good book and a warm blanket, by the fireplace.

ACTIVE	HIKE	SKI
BIRDS	HOCKEY	SNOWBOARD
BLANKET	HOME	SNOWMAN
BOOK	ICE	SHOWSHOE
CHOCOLATE	JOG	TEA
COLD	POWDER	TRAILS
CROSSCOUNTRY	RUN	WARM
FIREPLACE	SHINNY	WILDLIFE
FROSTY	SKATE	WOODS

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Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).



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) 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

January 10
January 31
February 28

Pickup Day

January 19
February 19
March 9

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.



Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Update

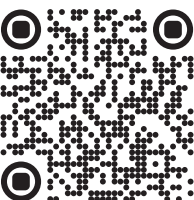
	Average Asking Price	Average Sold Price
November 2022	\$399,0000	\$399,0000
October 2022	\$425,0000	\$415,0000
September 2022	\$642,4500	\$629,2500
August 2022	\$374,9000	\$360,0000
July 2022	\$544,9500	\$540,7500
June 2022	\$389,9000	\$385,9000
May 2022	\$289,4500	\$292,0000
April 2022	\$389,9500	\$396,3250
March 2022	\$398,8000	\$410,0000
February 2022	\$367,4000	\$375,0000
January 2022	\$232,0000	\$225,0000
December 2021	\$385,0000	\$425,0000

Last 12 Months Deer Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	3	5
October 2022	3	7
September 2022	5	2
August 2022	5	9
July 2022	7	4
June 2022	11	13
May 2022	10	6
April 2022	8	8
March 2022	9	9
February 2022	11	10
January 2022	2	5
December 2021	2	5

To view more detailed information that comprise the above
MLS averages please visit drri.mycalgary.com

SCAN HERE



To View Additional
Deer Ridge Content

INCLUDING

► News and Events

► Real Estate Statistics

► Crime Statistics

and More...

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

MLA Calgary - Fish Creek

Richard Gottfried

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📧 @RichardGottfried

📱 RichardGottfriedAB



It's that time of year, yet again, to reflect on the old and ring in the new. Time to make plans and set goals with a renewed sense of optimism. I remind myself each year that health, family, and friends must take precedence in framing New Year's resolutions. There have been many challenges this past year yet still much to be grateful for. As we bid farewell to 2022 and usher in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with inflation. With many families struggling with the rising cost of living, our government felt it necessary to announce a package of supports that will keep more money in the pockets of Albertans in the coming months.

The measures announced so far include, but are not limited to, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit, Alberta Child and Family Benefit and even income tax thresholds; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support across various low-income programs and the not-for-profit sector.

The last few months have also been exceedingly challenging for the health care system with flu season, RSV, and the lingering impact of COVID. Preventative measures such as washing hands, covering your face when coughing, avoiding tight quarters, staying healthy (and home when sick), immunizations, and boosters all help keep us well and protected.

Our frontline health care workers are veritable angels, and I am grateful for their continued service and compassion throughout this winter. I thank our dedicated educators for keeping children in the classroom. As always, your comments and feedback help me to advocate for you in Edmonton, as I commit to serving with principles, integrity, and an outspoken voice through until the next election. So, please keep the emails and calls coming, stay strong and healthy, and Happy New Year to you all!



Councillor, Ward 14

Peter Demong

☎ 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Happy New Year Ward 14!

My January column is going to be filled with things that you need to be paying attention to at this time of year. Mainly that means property assessment information. It is also something that I will be mentioning for the next few months because it is important for all Calgarians to know. In the online version of this column, I will talk about the customer review period, how to get a paperless property assessment, and how to participate in a Q&A with the City Assessor. I will also dive into the topics of road conditions, and snow and ice control.

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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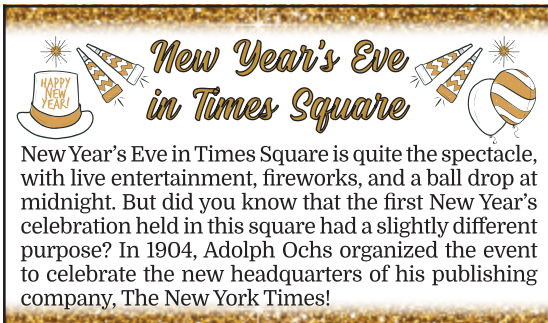
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ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Deer Ridge? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are 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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*New Year's Eve
in Times Square*

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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Yip the dishes.



Unsecured food waste attracts wildlife. Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.

