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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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

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Community Garden	Bob Hall	403-278-6817
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Trico Representative	Open	
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Membership Coordinator	Bob Hall	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.



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: **Deer Ridge Community Association.**

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



Deer Ridge Community Association Membership 2024 – 2025

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](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

MESSAGE FROM THE BOARD

Hello Deer Ridge! Here we are in February, the month of love, and we look forward to sharing with you our love of community and friends, through the wonderful, exciting things we've been doing and planning.

Annual January Family Skate

Thank you to everyone who came out to the Deer Ridge Community Association Annual Family Winter Skate, on Saturday, January 11, at the Deer Ridge outdoor rinks. We had a great number of people join us again this year for skating, shinny hockey, music, the fire pit, hot dogs, and hot chocolate, and we hope everyone had a wonderful time.

Thank you to all of our wonderful volunteers who worked hard to make this happen - those who tended the ice for days ahead of time, as well as before and after on the day of the event; those who grilled and served hot dogs, made sure there were condiments, hot chocolate and water, tended the fire and the music, and those who cleaned up afterwards. Putting on this event takes many volunteers and a lot of teamwork, and our dedicated crew never disappoints. Thank you, volunteers!

Thank you also to our neighbourhood corporate sponsors – we are so grateful for your support in these events. Your participation and generosity are very meaningful to us. See these sponsors recognized on our Deer Ridge CA website.

Deer Ridge Fundraising Casino

Our 2025 Casino on Wednesday, January 15 and Thursday, 16 at Deerfoot Inn & Casino was a great success, thanks to those who came out for the day and night shifts to volunteer their time and efforts to support our community in this fundraiser.

Volunteers enjoyed a fun evening and great meals, while meeting neighbours and helping to ensure AGLC funding is available to provide amenities and programs such as community ice rinks and tennis courts, the new shade shelter recently built at Yellow Slide Park, special events like Movie in the Park, and to replace aging structures in playgrounds.

Casino volunteers, we are so grateful to you. You were there to support us by working at this fundraiser, which is the single greatest source of funds for our community, and we salute you.

Deer Ridge Family Day Event

Deer Ridge Community Association is planning to put on a Family Day event on Sunday, February 16, 2025, from 12:00 to 3:00 pm, at the community ice rinks, weather permitting. There will be family-friendly activities, hot dogs and hot chocolate, possibly skating if the ice holds, and lots of family fun – watch your emails for our bulletin with details.

Fish Creek Wastewater Treatment Plant Upgrade Project and Information Session

We hope you were able to attend The City of Calgary information session regarding the much-needed upgrades to the Fish Creek Wastewater Treatment Plant on February 5, and that you were able to get all your questions answered.

Want to learn more? Visit <https://www.calgary.ca/water/wastewater.html> or <https://www.calgary.ca/water/wastewater/online-tour.html>.

City of Calgary Property Tax

Annual City of Calgary property tax assessments were mailed in January. Have you received yours? Be sure to review your assessment for accuracy during the Customer Review Period, which lasts 67 days after your assessment notice was mailed. Are you missing your assessment? If it hasn't arrived in the mail, be sure to go online and review it here: <https://www.calgary.ca/property-owners/assessment-tax/review.html>.

City of Calgary and Residential Snow and Ice Clearing

Calgary's snowiest month of the year (March) is still to come. Be sure you know what to expect and what to do, when those snow drifts pile up on your roadway, sidewalks, and drive.

Property owners must clear sidewalks within 24 hours post-snowfall. The City is expected to do the same with its property's sidewalks.

What should you do with all that snow? Snow from a public space, such as a sidewalk, may be shoveled onto another public space, such as a roadway, but please don't block any access points. If you are shoveling from private property, such as your driveway, this needs to go on your own private property. For example, on your lawn or where it will do the most good in springtime.

Want more information? Go to <https://www.calgary.ca/bylaws/snow-shovelling.html>.

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

Want to know more about how, when, and in what order the City clears roadways of snow and ice, and when your street may possibly be cleared? Snow plan priorities information is available here: <https://www.calgary.ca/roads/conditions/sanding-plowing-priorities.html>.

There's a helpful FAQs page at <https://www.calgary.ca/roads/conditions/snow-ice-faqs.html>. The page includes a link to the Road Conditions Map showing the locations of snowplows and sanding trucks, which routes are maintained, and which routes have already been cleared, as well as where the traffic cameras are located. Check the traffic cams on your planned route, to view road conditions for yourself.

Membership

Deer Ridge Community Association invites you to join us by becoming a new member or keep actively involved by renewing your membership. Add your voice to determining the direction of your community by becoming a member today!

We invite Deer Ridge residents to actively participate in the decisions shaping your community. Community residents with membership are encouraged to vote at Annual General Meetings and all membership meetings.

The Deer Ridge Community Association is a volunteer run, non-profit group, and your membership contributes directly to the community in many ways.

Memberships are still only \$15 per household. All memberships expire annually on August 31.

Purchase your membership:

- Directly online on our website: deerridgeca.com/Membership/,

- By downloading the membership form and returning it by mail with your payment, or
- Return the membership form from this newsletter, together with payment, by mail.

If you are already a member, we sincerely thank you for your participation and commitment to your community!

Upcoming Board Meetings

The Board of Directors meets monthly, at 7:00 pm, on the third Tuesday of the month.

The next meeting is Tuesday, February 18, 2025, at 7:00 pm in the Boardroom of the Lutheran Church of The Good Shepherd, located at 13811 Deer Ridge Dr SE. Please contact us if you are interested in attending, volunteering on the board, or would like something discussed at a board meeting.



Leap Year



There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.



Good Food Box

Have you noticed the price of fresh produce at the grocery store, lately? And it's not getting any better. Are you wondering how to put really fresh, good produce on your family's table, at a price you can manage? Have a look at what Good Food Box offers – maybe it's just what you've been looking for!

Good Food Box (GFB) is a local program through which anyone, regardless of income, can access fresh, nutritious produce, regularly and affordably. Boxes contain in-season fresh fruits and vegetables direct from farmers and wholesalers. The boxes are put together by dedicated volunteers and offer different content in each delivery– depending on what's in season. For more information, go to: Good Food Box — Community Kitchen Program of Calgary (ckpcalgary.ca).

Find mouthwatering ideas for how to prepare all that fresh produce in delicious, family-friendly, and time-conscious ways at <https://www.ckpcalgary.ca/recipes>.

Good Food Box Produce Box Options

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

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

Order Day	Pickup Day
February 18	February 27
March 11	March 20
April 1	April 10

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

SCAN HERE TO VIEW ADDITIONAL DEER RIDGE CONTENT

News, Events, & More



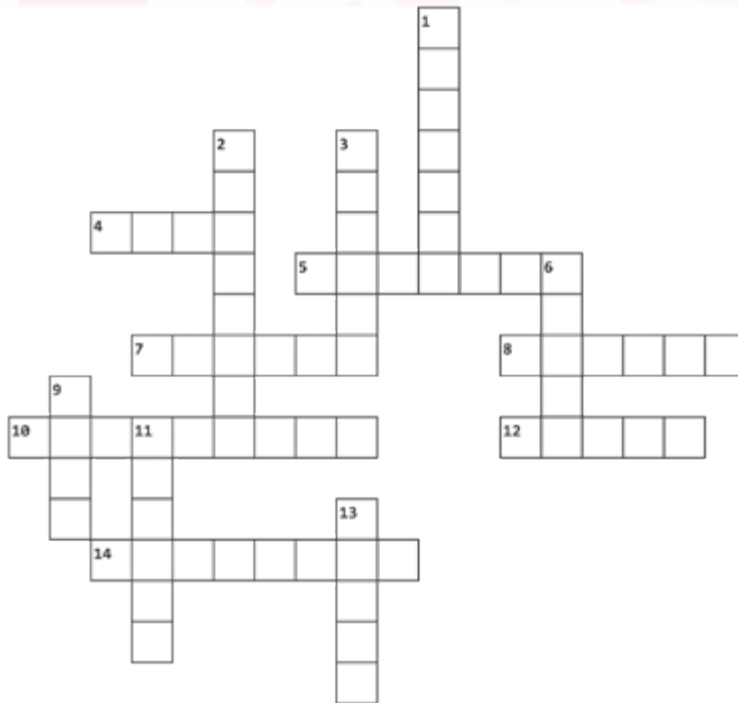
Crime Statistics



Real Estate Statistics



February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



February Is Heart Month

by Alberta Health Services



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

Common Signs of a Heart Attack

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

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

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

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

What To Do When Seconds Count

- Call 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.

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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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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@MylesYYC | M LafishCreek

As I get ready to head back to the Legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am excited to announce my next town hall meeting, taking place on Wednesday, February 12 at 7:00 pm, in the community of Parkland at their community hall, located at 505 Parkvalley Rd SE.

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

Improving Alberta's Highways

Highways are essential for connecting communities, driving economic growth, and accessing services. Alberta's government invested \$818 million in over 200 highway projects during the 2024 construction season, improving safety and efficiency while supporting community and industry growth.

Projects included repaving, bridge repairs, pothole maintenance, and guardrail installation. In Calgary, key improvements were made to Deerfoot Trail, including the Beddington Trail–11 Street connection, Bow Bottom Trail, and Glenmore Trail. Work on McKnight Boulevard and 16 Avenue interchange improvements is ongoing, with \$800 million invested in Deerfoot Trail projects, expected to finish by 2027.

Rewiring Alberta's Electricity Market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Wishing all of you a happy Family Day!

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



Councillor, Ward 14

Peter Demong

403-268-1653

eaward14@calgary.ca

www.calgary.ca/ward14

Hello, Ward 14!

We are one month into 2025. Maybe you made some resolutions this year. Maybe you did not. Either way, I find it's important to be persistent. Are you succeeding? Keep it up! Are you falling short? Keep trying!

Perseverance is also the key to making sure my constituents are aware of their property assessment notices. I try to mention it two or three times. In the online version of this newsletter, I will remind you about them, storm ponds, storm drains, and whatever other topics pop up.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



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