

DECEMBER 2023

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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/](http://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/](http://www.DeerRidgeCA.com/volunteer/)



### **Deer Ridge Community Association Membership 2023 - 2024**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Additional family members: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone Number(s): \_\_\_\_\_

Email: \_\_\_\_\_

*\* Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

**Thank you for your support!**

Deer Ridge Community Association  
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7  
Tel: 403-606-7331 | Email: [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)  
Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | 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	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

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 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	Bob Hall	

**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.

### 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.

**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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# 8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

**1. Plan ahead.** You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

**2. Make time to relax.** Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

**3. Put expectations in check.** If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

**4. Look for help.** Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style

traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

**5. Set limits.** Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

**6. Eat and drink but be healthy.** Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

**7. Let things go.** If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

**8. Don't forget the fun!** Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

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## MESSAGE FROM THE BOARD

December is here again, with all its twinkling lights, hustle and bustle, festivities, good times, and thoughts of a new year coming up soon, very soon. How do the years fly by like that? Let us remember our family and friends by reaching out and connecting with love and joy, this season, and let us also remember those less fortunate, perhaps with a gift, or a meal, a hot chocolate, or perhaps simply with a warm smile and kind words. A warm smile and kind words are sometimes the very best gift of all. This season of giving, let no one be forgotten.

### **Children's Holiday Party**

Deer Ridge will once again partner with Queensland/Diamond Cove Community Association to put on a children's holiday event. Watch the website and your Community Association Bulletin Board emails for details.

### **Ice Rinks**

The ice rinks will start up again once we have two solid weeks of cold weather, to allow for ice making and surfacing. This usually happens around mid-December, so sharpen up your skate blades – it's almost time to get out on the ice! If you would like to help with the rinks, please email [deerridgeca@gmail.com](mailto:deerridgeca@gmail.com) and let us know. The rinks are volunteer maintained, and help is always welcome.

### **January Family Skate**

The January Family Skate will be held again this year. More details are to come in our next newsletter, on our website, and in your Bulletin Board emails.

### **Snow, Snow, Snow**

Did you know that residents have 24 hours after a snowfall ends to clear snow and ice from sidewalks bordering their property? The City is also required to clear sidewalks bordering and on City property within 24 hours of a snowfall ending.

Snow from your sidewalk may be shovelled onto the road, if it cannot be shovelled onto your lawn or yard, but snow from your driveway must be stored in your yard – driveway snow may not be shovelled onto the roadway. So, what do with all that snow? One of the best things you can do with it is to put it on flower beds and lawns – it will help provide moisture for your yard in the spring and help rebuild ground moisture reserves after this very dry year we have just experienced.

The City provides free sand-salt mixture for individual use on sidewalks bordering private properties. This pea-gravel or sand and salt mixture (known as pickle) will help you create traction on walkways and meet your snow and ice clearing responsibilities. The pickle is available on a first-come, first-served basis, and you are asked to limit your haul to one container per visit. Bring your own (under 25 kg) container and shovel. Find free pickle locations at: <https://www.calgary.ca/roads/maintenance/free-sand-salt.html>.

And while you are out there, get your exercise swinging that snow shovel and broom, please consider being a snow angel and clearing the walk for your neighbour, or anyone in your area who could use a helping hand. Help with snow clearing is a very welcome gift for someone in need.

### **City of Calgary Engage**

Want to know how you can impact what's happening in your City? The City of Calgary is looking for feedback on a number of initiatives and projects and you can have your say at <https://engage.calgary.ca>. The City is working on programs for an Energy Equity Strategy with public surveys through December 2023 and they are looking for people willing to talk about their personal challenges with heating and powering their home, including cost. You can also have your say in a Short-Term Rental Study until December 31, 2023. There are always several projects, studies, or initiatives, but timelines for getting your input in can be tight, so check often for projects on which you would like to have your say.

### **Free Things To Do in Calgary This December**

Are you looking for some free fun activities with the kids, while they're on Christmas break? Or just want to find some activities for yourself and maybe some friends? Check out these possibilities:

Skating. Our own Deer Ridge community skating rinks, or for something different, check out these locations in parks, natural areas, or on rinks in Calgary: <https://www.calgary.ca/parks/activities/outdoor-skating-rinks.html>.

Cross country skiing or snowshoeing. We are so fortunate to have Fish Creek Park nearby, good for both cross country skiing and snowshoeing, but if you're up for something different, perhaps looking for groomed trails, have a look at these options: <https://www.calgary.ca/parks/activities/cross-country-skiing.html>.

Want to do a December hot dog roast? The City is adding more fire pits at community park locations this winter. They are bookable or drop-in, or you can bring your own propane fire pit to a park. Find out more here: <https://www.calgary.ca/events/winter-city/fire-pits.html>.

What do the birds do in winter? Check them out at our own Fish Creek Park, or the wilder areas in Carburn Park, or head to the Inglewood Bird Sanctuary, which is open year-round.

Baby, it's cold outside, and maybe you want to do something warmer? Try the Devonian Gardens, with their water fountains, fishpond, living wall, plants and trees, and a playground. Find it downtown on the fourth level of the CORE Shopping Centre

I just want to snuggle up with a good book. Oh, wait, the library has some of those! Get yourself and your kiddos to a Calgary Public Library and find some good reads, or just hang out. The Central Library, that stunningly designed building on the east end of downtown, offers tours of the building, or if you'd just like some activities, resources, and special event invitations sent to you, sign up for the Family Reading Kit Book Club: <https://calgarylibrary.ca/events-and-programs/programs/heartwood-hotel-family-reading-kit-book-club/>.

Go for a drive or a walk to view the holiday lights: Spruce Meadows, Lions Festival of Lights at Confederation Park Golf Course, Legacy Christmas Light Parade in the community of Legacy, Downtown Calgary starting at Olympic Plaza and all along 8 Avenue, Bankers' Hall downtown, don't forget Prince's Island Park, Light Up Okotoks, High River's Light Up George Lane Park, and the Airdrie Festival of Lights (the largest walk through in Western Canada – and it has a miniature train to help you get around). And if you'd like to see some outstanding residential Calgary displays, check out your own neighbourhood or <https://lightenupcalgary.ca/>.

### Deer Ridge Business Meetings

Please join us at our monthly business meetings. A great deal of good information about what's happening and what's planned for your community is brought to our business meetings each month by City of Calgary and Calgary Police Service representatives, and by our provincial MLA.

Our business meetings are held the third Tuesday of every month. Meetings for the first quarter of 2024 will be held at 7:00 pm on:

- January 16, location TBA
- February 20, location TBA
- March 19, location TBA

Season's Greetings!

The Board of the Deer Ridge Community Association wishes you and your family a merry holiday season and a happy New Year. Best wishes for a safe and enjoyable start to the year, and may 2024 bring you, and bring us all, peace, prosperity, good health, and joy.



## BRAIN GAMES SUDOKU

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	2					5		

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## Good Food Box

In these times of enormous grocery price inflations, are you looking for ways to mitigate the rising cost of fresh foods? Have you wondered whether a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone can access fresh, nutritious produce regularly and affordably. Boxes contain in-season fresh fruits and vegetables directly from farmers and wholesalers. Content varies weekly, depending on what's in season. Each box contains the maximum produce, to ensure you get the most value for the price. Get more information at [ckpcalgary.ca](http://ckpcalgary.ca).

Need some fresh ideas for what to do with all that great produce? Get some great ideas at [www.ckpcalgary.ca/recipes](http://www.ckpcalgary.ca/recipes).

### 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

\*Please note, weights are approximate and will vary depending on produce size and density.

Order Deadline	Delivery Date
January	TBA

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



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## Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



MLA Calgary - Fish Creek

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

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✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

✂ @MylesYYC | @MLAFishCreek

Friends,

The Calgary Ring Road is to date one of the largest public infrastructure projects in Alberta. Earlier this year, construction of the new West Bow River bridge and new interchanges at Old Banff Coach Road and Bow Trail opened for traffic. This is a milestone toward the overall completion of the entire Calgary Ring Road in 2024. These openings have improved access for communities, cut travel times for drivers by up to 20 minutes, and have vastly improved travel times for commercial carriers. When fully completed, the Calgary Ring Road will provide 101 kilometers of free-flow travel, create new travel options for drivers, and reduce traffic congestion. Construction of the West Calgary Ring Road is the final piece of the entire ring project, and the focus is now shifting to the final phase between Bow Trail and Highway 8, which is on track to be complete in 2024. More information can be found at [www.alberta.ca/calgary-ring-road-overview](https://www.alberta.ca/calgary-ring-road-overview).

Last fall, health care leaders, Indigenous partners, and experts from across Canada and around the world came together to form advisory panels as part of the Modernizing Alberta's Primary Health Care System initiative. The panels identified immediate, medium, and long-term improvements to strengthen Alberta's primary health care system. The recommendations will be implemented through a phased approach, with several moving forward immediately, improvements that will enhance community-based primary health care across Alberta. For more details see [www.alberta.ca/modernizing-albertas-primary-health-care-system](https://www.alberta.ca/modernizing-albertas-primary-health-care-system).

In addition to MAPS, Alberta's government announced the undertaking of a significant refocusing of Alberta Health Services. The new structure will center around four priority sectors: primary care, acute care, continuing care, and mental health and addiction. This will ensure Albertans get the health care system that works for them.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

If you have any questions or input, please feel free to reach out to my office at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).



Hello, Ward 14!

Happy Holidays, Merry Christmas, Happy Hanukkah, and Seasons Greetings to you no matter what you celebrate. It is a wonderful time of year. It is a time to appreciate a full belly and a warm home, but also a time to recognize and help those who might not. I hope you will look to the online version of this newsletter for details on how you can take part in the Calgary Food Bank Councillors Challenge.

Council just wrapped up its 2024 Budget Adjustments. I will also update you on that in the online version. We will explore the topics of water outages, frozen pipes, and indoor drain care. There will be information on important emergency locations and services for cold weather. Last, but not least, you will read about Calgary's new LRVs and short-term rental study.

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.

Sincerely,

*Councillor Peter Demong*



Merry Christmas and Happy Holidays, Calgary Midnapore!

As 2023 comes to a close I wanted to take a moment and reflect on the year that was and some of the moments that stood out to me.

Early in the year, it was revealed that the government spent over \$116 million dollars on insiders from the consulting firm McKinsey and Company. As Shadow Minister for the Treasury Board, I led the Conservative investigation on this front.

From there, the government tabled their 2023 Budget which left \$60 billion dollars of new spending onto the inflationary fire. In April, the Public Service Alliance of Canada (PSAC) went on the longest public service strike in modern Canadian history and as the Conservative Shadow Minister on this file, I led the questioning on the government's incompetence which paved the way for this strike to happen in the first place.

During the summer recess, I met with community members at celebrations on Canada Day and throughout various Stampede events and functions. I also spent much of August meeting with numerous cultural communities/associations here in Calgary, learning about their organizations and priorities.

In September Parliament resumed, and my Conservative colleagues and I continued applying pressure on the government to deliver a plan that will bring home lower prices for Canadians. Soon after, the RCMP announced that they were investigating the governments misconduct on the \$54 million-dollar ArriveCan app. As a Member on the Government Operations Committee (OGGO) I've led the charge in getting the answers that Canadian taxpayers deserve.

That's just a quick glimpse into some of my work as your Member of Parliament this past year.

To see more, I encourage you to follow along on my social media channels - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

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