

JANUARY 2024

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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER

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Community Association

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may mail this form along with a cheque payable to:

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 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 | Website: 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

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

DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Gertrud VanDerMey

COMMUNITY COORDINATORS

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

CHECKLIST

**9 PM
ROUTINE**



- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

DID YOU KNOW?



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We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**

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• Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.

• 8 Canadian National Youth Championships won.

• Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.

• One of two founding franchises for the Project 8 women's professional league launching in 2025.



OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gofoothills.ca

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MESSAGE FROM THE BOARD

Happy New Year!

We hope you enjoyed a lovely festive season and that you're ready for all the excitement a sparkly, brand-new year can bring. May 2024 be good to you and your family!

Winter Family Skate

Deer Ridge Community Association will host its annual Family Winter Skate on Saturday, January 13, from noon to 4:00 pm at the community rinks. There will be hot dogs and hot chocolate, hot coffee and a warm fire, a shinny rink and a pleasure rink for lots of skating, and plenty of warm conversation with other families and friends. The event is entirely free for everyone – bring your family, bring your friends. The leisure skate and shinny hockey outdoor rinks are located at 155 Deermont Way SE (Behind Don Bosco School). Please park on Deermont Way.

We look forward to seeing you there!

Don Bosco School Playground

Do you, or do your kiddos use the playground at Don Bosco, the school on Canyon Meadows Drive in our Deer Ridge community? Did you know that Don Bosco School will have its entire playground equipment removed by the end of June 2024? The playground equipment is in need of replacement and this replacement will not happen if the school cannot raise the necessary funds. Although Don Bosco's school and parent groups have been fundraising through various appeals to parents and on social media for several years, they are still short \$67,000. If this money cannot be raised by March 2024, all promised grant funding will be lost and there will be no new (or old) playground, no play area for the kiddos to use at recess, lunch, before and after school, and also no playground for community members to visit at Don Bosco school.

In the words of Don Bosco's Principal, Christian Harries,

"Play is exceptionally important for physical and cognitive development in children and youth. Play that involves suitable risks, such as climbing and running and exploring and hiding, stimulates physical growth, neuroplasticity, and a personal understanding of one's bodies and limits. An ideal playground is one built for everyone! It draws families to the neighbourhood, creates opportunities for risky play, and binds families together in mutual connection, understanding, and friendship. Playgrounds bring children together as they do the carers who share in the love that they have for children."

Upcoming Board Meetings

The Deer Ridge CA meets at 7:00 pm on the third Tuesday of each month. Our next meeting is coming up. All community association members are invited to participate and vote at the meeting.

When: January 16, 2024, at 7:00 pm

Where: Lutheran Church of The Good Shepherd (13811 Deer Ridge Dr SE)

Please contact us if you are interested in volunteering on the board, or if there is anything you would like to have discussed at the meeting.



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How to Deal with Those Long Sleepless Nights

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

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:



1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

A business card for barBURRITO, fresh mexican grill. The card is dark with white text. The logo features a stylized burrito. The contact information for the Deer Valley location is provided, including the address, phone number, and website. Social media icons for Facebook, Instagram, and Twitter are also present.

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fresh mexican grill

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deervalleymarketplace@barburrito.ca
Phone: (403) 720-0013

barburrito.ca

f i x



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.

Need some fresh ideas for what to do with all that great produce? Get some great ideas at 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 16	January 25
February 6	February 15
March 5	March 14

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).




MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ☎ 403-278-4444
 ✉ Calgary.FishCreek@assembly.ab.ca
 ✕ @MylesYYC | 📷 MLAFishCreek

Friends,
 Happy New Year!

2024 is starting off with some exciting news for clean energy. The recently announced Dow's \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta's largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions integrated ethylene cracker and derivatives site. The project enhances Alberta's ethylene and polyethylene capacity, boosting export potential and reinforcing the province's leadership in emissions reduction and clean technology. It will also create around 6,000 jobs during peak construction, and around 400 to 500 permanent jobs – meaning more families can count on good jobs.

Alberta has surpassed its methane emissions reduction target ahead of schedule, achieving a 45% reduction from 2014 to 2022 through collaborative industry efforts, early action programs, regulatory requirements, and improved leak detection. The government's commitment to success is evident through initiatives like the Alberta Petrochemicals Incentive Program and the Technology Innovation and Emissions Reduction Regulation.

Finally, I have heard a lot of concerns regarding how the government is capturing feedback for the potential of an Alberta Pension Plan (APP). A workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website at www.albertapensionplan.ca/engagement.

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



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



MP Calgary Midnapore
Stephanie Kusie
 204 – 279 Midpark Way SE
 Calgary, AB T2X 1M2
 ☎ 403-225-3480 📠 403-255-3504
 ✉ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca

Hello, Ward 14!

Happy New Year to all of you! We are now in the second half of this Council term, and I want to take a moment to thank all of you who take the time to read my online column. I try to fill it with information that you will find useful. I am also happy to hear any suggestions you may have to make it more interesting.

For January, there will naturally be a winter theme to my column—some talk about road conditions, winter in parks, etc. It is also the season for Property Assessments, so I will mention that. City webinars and the Calgary Awards will come up, and of course there will be a new installment on how to navigate the City website.

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



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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Happy New Year, Calgary Midnapore!

It's hard to believe that 2024 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the new year with those closest to you!

As we enter 2024, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

My Conservative colleagues and I are heading into the new Parliamentary Session determined to get a better deal for Canadians. Our common-sense Conservative team is united behind our Leader Pierre Poilievre and his plans to bring home lower prices, safer streets, powerful paycheques, homes workers can afford, and freedom for Canadians. We will continue to fight every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

May 2024 be a year of good health and prosperity for you and your family.

Sincerely,
Stephanie Kusie

MP Calgary Midnapore





Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$459,495.00	\$463,750.00
October 2023	\$349,950.00	\$388,000.00
September 2023	\$399,950.00	\$444,000.00
August 2023	\$599,900.00	\$575,000.00
July 2023	\$519,900.00	\$540,000.00
June 2023	\$389,000.00	\$430,000.00
May 2023	\$485,000.00	\$522,000.00
April 2023	\$447,500.00	\$479,450.00
March 2023	\$499,900.00	\$520,350.00
February 2023	\$384,900.00	\$388,700.00
January 2023	\$524,900.00	\$517,000.00
December 2022	\$0.00	\$0.00

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

	No. New Properties	No. Properties Sold
November 2023	6	4
October 2023	6	4
September 2023	5	4
August 2023	0	1
July 2023	2	3
June 2023	6	7
May 2023	4	3
April 2023	5	8
March 2023	10	5
February 2023	0	2
January 2023	3	1
December 2022	0	0

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



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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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