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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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And Get Involved In Your Community.**

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2nd Vice President	Gertrud VanDerMey	
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Past President Don Burdeyney

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Director at Large	Drew MacQueen
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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	
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.

Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

MESSAGE FROM THE BOARD

It's spring again in Deer Ridge! Welcome back warm weather! Welcome outdoor field sports! Welcome hikes and picnics, barbecues, and over-the-fence visits! Have we ever missed you! Which is not to say we didn't have a lot of fun while you were away...

Winter Fun Day

On that first beautiful warm Saturday after the February deep freeze, Deer Ridge held a family Winter Fun Day. While the rink ice melted, kids of all ages got in one last skate and turned the pleasure rink ice and all the snow mounds around it into a wonderful kaleidoscope of colour. Spray bottles, squeeze bottles, and whole jugs of brightly tinted water helped bring out the artist in anyone who wanted to have a little fun. Grilled hot dogs, hot chocolate, and grab bags of toys and treats for the kiddos were all included in this free final winter blowout. We hope you were able to join us and that you had plenty of fun.

A great big thank you goes to all our wonderful volunteers who made this a day to remember, and a big shout out to all of the talented artists who created walls and forts of coloured snow bricks and those who created modern art on the rink!

Rinks

We experienced some challenging weather for ice making and skating in the rinks this year – too warm for too long, too cold, too warm again too soon, cold, warm, cold, warm – but our volunteers were up for the challenge again this year. They groomed and flooded, scraped and patched, ran the trusty Olympia around the rink, and we were able to enjoy some great skating. Thank you, rink volunteers – you made it possible, yet again! And now it's time to put the hockey nets away and get the rinks ready for summer – for lacrosse and pickleball.

Community Gardens

It's almost garden planting time! We hope you've been thinking about what to put in your community garden plot this year. If you had a plot last year, you should be getting an email asking you whether you would like to renew your plot rental for summer 2025. Please make sure you respond, or the plot will be given away to the next person who contacts us with an expression of interest.

Plot assignments and garden preparation take place in May, and we are usually ready to seed in the last week of May, or on June 1. Check our webpage for more information at deerridgeca.com/community-gardens/.

Gardening in Calgary

The City of Calgary holds an annual city compost giveaway in April and May. Watch for details on the City's website at calgary.ca/waste/residential/green-cart-compost-giveaway.html.

Trying to reduce watering this year? Could you use some free mulch in your landscaping? Get some, year-round, at the East Calgary landfill. Visit calgary.ca/waste/residential/free-mulch.html for more information.

Want to make your yard the envy of the neighbourhood? Maybe you'd like to know where and how to plant that tree, where to put which perennials, how to garden for low water needs, or how to compost in your own yard? If you could use some online resources, a few gardening tips, even a workshop or two, find them here, on the City of Calgary website, at calgary.ca/parks-rec-programs/at-home/gardening.html or calgary.ca/water/programs/yardsmart.html?redirect=/yardsmart.

How about a rain barrel this year? Order yours at calgary.ca/water/programs/rainbarrel.html. But hurry – they go quickly! On the waiting list for a rain barrel and not sure you will be able to get one? Why not DIY a rain barrel? Check out the 'how-to' information at greencalgary.org/blog/diy-rain-barrel or find a YouTube video - there are some great ones out there.

Annual Green Space Cleanup

Please watch for an announcement of our Annual Green Space Cleanup, where we will invite you to get your steps in as you hike around all the green spaces in Deer Ridge, equipped with gloves and a garbage bag, to pick up 'lost treasures' in the form of escaped wrappers and other detritus that has accumulated over the winter. Bring a friend or the family, go in teams and make it a social event, or walk alone mindfully – but come out and enjoy a couple of hours walking in the fresh air, while you help to clean up and green up our neighbourhood.

Yellow Slide Shade Shelter Grand Opening – Save the Date!

You may have noticed a bit of construction at Yellow

Slide Park last summer, culminating in a beautiful new shade shelter next to the playscape. And now, it's time for us all to get together and try it out. Deer Ridge Community Association would like to invite you and all your neighbours to attend the Yellow Slide Shade Shelter Grand Opening on May 24, from 2:00 to 4:00 pm. There will be coffee and cake, special guests, and a prize draw. And if you would like to see if we can get into the record books for the most T-Rex's having cake at a community event, please wear that costume and bring all your T-Rex friends with you to the party!

Community Cleanup Event

At time of writing, we don't yet have a date for the Annual Community Cleanup event. Please collect up the items you would normally need to take to the dump and watch for our announcement of the annual 'dump your junk and pay no fee' event. Details will be forthcoming on our website, in the email blast, and in our newsletter.

Community Festival

While the word's not out yet, we anticipate the annual Community Festival may run again this year. This event is usually held during the last weekend of June, so hold that weekend in your calendars and watch our website, email blasts, and next month's newsletter for an announcement and details.

Upcoming Board Meetings

The Deer Ridge Community Association board meets monthly, except in July or August, on the third Tuesday of the month at 7:00 pm. The next board meeting is scheduled for April 15 in the boardroom of Lutheran Church of the Good Shepherd, at 13811 Deer Ridge Drive SE. Please contact us if you are interested in attending, volunteering on the board (or for events), or if there is anything you would like to have discussed at the meeting.



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A collage featuring the Beatles in their iconic Sgt. Pepper's Lonely Hearts Club Band uniforms. The background is a vibrant, abstract design with colorful shapes and patterns, including a checkered border on the right side.

The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member—Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



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 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
May 6	May 15
June 3	June 12
July 15	July 24

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

TAKE ON WELLNESS

Vaping and Youth

by Alberta Health Services



Vapes or e-cigarettes are one of the most popular ways of consuming substances such as nicotine, cannabis, or chemical flavouring among youth. This trend has spiked over the years due to marketing around it being “safer” than cigarettes. What we do know is that any use of vaping can cause harm.

There is still a lot more information needed but below is what we do know when addressing vaping among youth.

Educate Yourself and Others

You do not have to be an expert on the topic but it's important to understand the basics and have access to knowledge on the facts and where to access supports and resources.

Educate Children and Youth

We want schools and natural supports to teach and implement lesson plans as soon as possible. At home we want to share the facts, have open conversations about safety, and support healthy choices. There are free lesson plans and information for different age ranges so you can have the conversations in ways that make sense to them!

Focus on Prevention

To help reduce rates of use among youth we need to implement effective prevention strategies that teach life skills, involves young people that are led by young people, and connect youth to the community. This helps strengthen core social competencies such as problem solving, decision making, and critical thinking.

Have open conversations about vaping with the young people in your life. This will help build relationships and trust so if there are questions, you are the person they will lean towards!

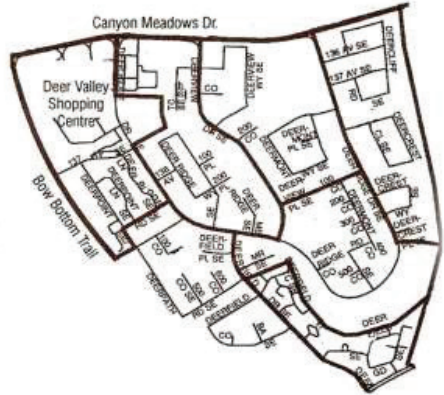


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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)



Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2025	\$499,900	\$525,000
January 2025	\$649,900	\$648,500
December 2024	\$439,900	\$455,000
November 2024	\$500,000	\$565,000
October 2024	\$724,450	\$724,450
September 2024	\$424,900	\$432,500
August 2024	\$524,450	\$563,625
July 2024	\$434,900	\$440,000
June 2024	\$449,900	\$456,500
May 2024	\$349,900	\$375,000
April 2024	\$375,000	\$427,500
March 2024	\$717,500	\$765,000

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

	No. New Properties	No. Properties Sold
February 2025	6	3
January 2025	5	3
December 2024	3	5
November 2024	5	5
October 2024	1	2
September 2024	7	10
August 2024	7	6
July 2024	8	4
June 2024	3	5
May 2024	7	5
April 2024	7	7
March 2024	3	2

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

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Getting Your Gut on Track

by Alberta Health Services

You may have heard of the gut microbiome – it's the community of microbes (example: bacteria) that live in your colon (or gut) that influences your health.

It's an exciting area of nutrition research because what you eat and drink can affect the health of your gut and the microbiome. This can affect your risk of chronic diseases like obesity, heart disease, and even certain cancers.

There are many foods that support a healthy gut microbiome which is linked to better overall mental and physical health.

Whole Plant Foods

It's recommended that whole plant foods make up the majority of what you eat. Whole plant foods are vegetables, fruits, whole grains, beans, legumes, and nuts that have undergone limited processing. These foods have fibres that feed your gut microbes. For example, whole grains have benefits for metabolism and immunity. Gut microbes feast on parts of the bran layer in whole grains, which has an anti-inflammatory effect. This is important as many chronic diseases are linked to inflammation.

Having a variety of whole plant foods has been shown to help improve feeling of fullness and can help your body to be more sensitive to the insulin, which regulates blood sugar in your body. Choose a variety of plant foods.

As many Canadians struggle with getting enough whole grains, where possible look for opportunities to replace refined grains with whole grain options.

Protein Foods

The protein foods to support gut health are plant-based protein foods and fatty fish. Examples of plant-based protein foods are kidney beans, chickpeas and lentils, nuts like walnuts or almonds, and fatty fish like Arctic char, mackerel, herring, salmon, sardines, and trout.

Beans and nuts contain fibre and phytochemicals (plant chemicals) which can help to increase the helpful gut microbes. Fatty fish has omega-3 fatty acids which help lower inflammation.

Low Fat and Fermented Dairy Products

Fermented dairy foods that have live bacteria (like kefir and yogurt) can increase the good bacteria in the gut microbiome.

Look for milk, yogurt, and kefir with little or no added sugar and lower milk fat (M.F.). Lower fat dairy (2% M.F. or less) is recommended over higher fat dairy foods like cheese because they are lower in saturated fat.

Saturated fat is linked to inflammation.

What to Limit or Avoid

Red Meat: Small amounts of lean red meat can be included in a healthy eating pattern, as red meat has many nutrients including protein. It is recommended to be included in smaller amounts because it can contribute to inflammation.

Processed meat: Avoid or minimize them because the curing agents in processed meats contribute to cancer forming compounds when they are digested by gut microbes.

Try Mediterranean Style Eating!

The Mediterranean style of eating has been shown to help support a healthy gut microbiome. It includes lots of vegetables, fruits, beans, peas, lentils, fish, nuts, and olive oil. There is some research that it can help support brain function and it can also reduce inflammation as well as frailty in older adults.

If you are looking for practical ways to eat in a way to support a healthy gut microbiome, visit ahs.ca/nutritionhandouts and search for Mediterranean Style of Eating.



Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



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Councillor, Ward 14
Peter Demong

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🌐 www.calgary.ca/ward14

To My Dear Friends and Neighbours of Ward 14!

After 15 years on Council, the time for a change has come. With all the emotion that comes with ending a significant chapter of one's life, I am writing to tell you that this will be my last term serving as your municipal representative. I will not be running in the upcoming civic election.

To represent you, to have the opportunity to influence the future of this amazing city, and to manage and improve the most important operations of the City have been some of the greatest privileges of my life. I must thank all of those who have helped me get here and along the way.

Thank you first to my beautiful wife and family. Thank you also to my staff, both in my office, in City administration, and at Alberta Municipalities. Thank you to all those who have campaigned and volunteered their valuable time on my behalf. I have been lucky to have you all by my side.

Finally, thank you to the people of Ward 14 for putting your trust in me for all these years. I have had a once-in-a-lifetime chance to serve, and I have done my best to honour that opportunity. You deserve reassurance that, while I open that opportunity for a fresh set of faces, I will continue to serve you to the best of my ability until my time is officially over.

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.

Thank you and all the best! While I will soon cease to be your Councillor, I will always be your neighbour.

Councillor Peter Demong



MLA Calgary - Fish Creek
Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

📧 @MylesYYC | 📷 MLAFishCreek

Thank you to everyone who attended my town hall last month with Ministers Schulz, Fir, Jones, and McIver for a discussion on Budget 2025. It was fantastic to see so many constituents actively engaged in these important conversations. If your question wasn't addressed, please don't hesitate to reach out to my office to schedule a call.

Budget

On Thursday, February 27, Alberta's government introduced Budget 2025, along with a series of common-sense legislative proposals designed to enhance clarity, efficiency, and accountability. These measures aim to better address the challenges Albertans face.

Alberta's government remains focused on keeping our province as the best place in Canada to live, work, and raise a family. This includes lowering taxes by 20% on the first \$60,000 of income, saving individuals \$750 and families \$1,500 per year.

Budget 2025 includes a \$5.2 billion deficit that reflects key challenges facing Alberta such as the U.S. tariff dispute, population growth, and public sector bargaining. Budgeted 2025-26 revenues are projected to decline by 8.1% or \$6.6 billion year-over-year, primarily driven by a \$4.4 billion drop in expected non-renewable resource revenues and a \$2.3 billion decrease in investment income.

To support Alberta's rapidly growing population, we are making historic investments in education and health care, with the largest budgets ever allocated to these critical sectors. Additionally, the budgeted contingency provision has been increased to \$4 billion to manage potential cost pressures, respond to natural disasters, and accommodate upcoming public sector bargaining agreements with nurses, teachers, and other employees, as well as address potential tariff impacts.

For all those in the community celebrating, I would like to wish you and your family a happy Easter. If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

Cats, Canines, & Critters of Calgary



Chestnut,
Canyon Meadows



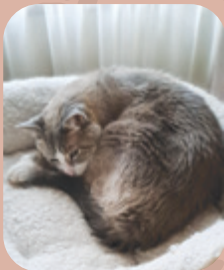
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Essex, Bridlewood



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Roxy, Woodlands



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