

MARCH 2025

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Home by Diane Lum



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Epilepsy Awareness Month Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26
**Purple
Day**

**Light up the Night in Violet
Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory!

Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com



Share your purple moments using
#postyourpurple



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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.

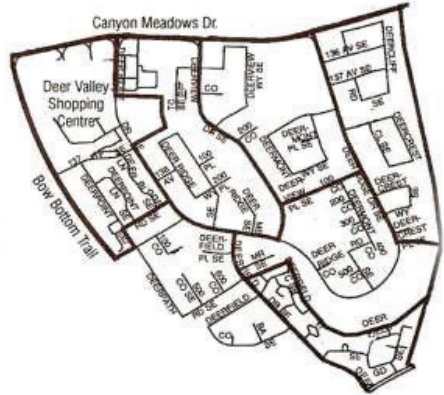
OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.



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)

Weekend Winter Fun Day

On February 22, the Deer Ridge CA held a Winter Skate and Fun Day featuring shinny hockey and leisure skating, hot dogs, hot chocolate, a nice warm fire, snow painting, kiddie treat grab-bags, and a chance to get together with other community members to have some family fun right here in our own community. A great big thank you goes out to our rink and event volunteers for organizing and staffing a fun event for everyone, and thanks also to everyone who came out to join us – we couldn't have this much fun without you!

Deer Ridge CA Board Meeting

The next meeting is on Tuesday, March 18 at 7:00 pm in the boardroom of the Lutheran Church of the Good Shepherd, located at 3811 Deer Ridge Dr SE. Please contact us if you are interested in attending the meeting, volunteering on the Board, or if you have anything you would like the board to discuss at the meeting.

Membership

The Deer Ridge Community Association's annual membership drive continues. If you have not yet purchased your community membership, we invite you to become a member today to add your support, ideas, and voice to the direction of this community.

Your membership contributes directly to your community through your participation in the decisions shaping your community. Community residents with Association memberships are encouraged to vote at Membership Meetings and Annual General Meetings.

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

- Online from our website: deerridgeca.com/Membership/
- By downloading the membership form and returning it by mail with payment
- By completing the membership form in this newsletter and returning it by mail with payment

If you are already a member, we would like to take this opportunity to thank you for your participation and commitment to your community!



Earth Hour 2025

by The City of Calgary

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



Cover Photo Photographer's Note

Home by Diane Lum (Deer Ridge rink, early April 2011).

I created this photo using "light painting" with the camera on a long exposure. I used a flashlight to "paint" the words into the shot, and it worked out beautifully.

This is a photo of our beloved ice rink and that is my son sitting on the bench, when he was much, much younger. I really wanted to capture a sense of community and belonging with this image.

Diane Lum



GAMES & PUZZLES

Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR
CODE FOR THE
ANSWERS!

This Canmore Wedding

by *Garth Paul Ukrainetz*

Three Sisters over Canmore
O beautiful the bridesmaids
At the altar in the valley
Where the River Bow does run

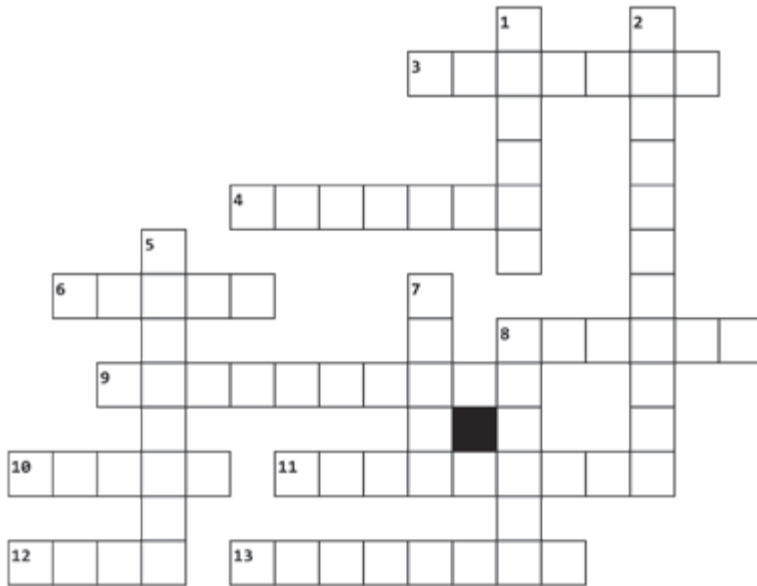
Tall groomsmen of Mount Rundle
Rugged handsome chiseled features
Wearing spruce tree green tuxedos
Faces flushed with rising sun

Proud Nakoda poised in middle
His true love will soon make entrance
Yes, at last they'll be united
Grassi tear wells in his eye

Though the bride is slow in coming
Patient bridal party waiting
Heaven knows this Canmore wedding
Stands majestic to the sky



March Crossword



Across

3. Known as the “Fight of the Century”, on March 8, 1971, Muhammad Ali’s 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____’s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March’s birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt’s Creek*, *Home Alone*, and *Beetlejuice*, _____ O’Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the “Emerald Isle”.

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

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Find Your Next Job at the Youth Hiring Fair – March 27

by *The City of Calgary*

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



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

March 11	March 20
April 1	April 10
May 6	May 15

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



Learning About Palliative and End-of-Life Care

by Alberta Health Services



People can live for many years with a chronic disease. Palliative and end-of-life care gives extra support at all stages of a chronic illness, not just near the end-of-life. This type of care works with people's family doctor and specialist as they're being treated for chronic illness. It helps to give people the best quality of life possible so people and their families can live a more settled and peaceful life.

How Specialized Care Teams Help

Living with a chronic disease can be harder some days than others. People may need to be in the hospital for a short time, and it can be tough on people and their caregivers. Sometimes medicine can help treat a chronic disease, and sometimes other therapies are a better choice.

Palliative and end-of-life care focuses on people's comfort, no matter what health problems a disease may cause. Care teams work to:

- Treat symptoms using medicine and other therapies.
- Help people feel more positive.
- Help with fears and anxiety.

- Show what community supports are out there.
- Teach about care options.
- Make sure all caregivers know what the person wants and needs.
- Explain how the health care system works.

Care Options

In Alberta, you have many options for where to get palliative and end-of-life care – your home, a hospital, a continuing care centre, or a hospice. Talk to your family and your health care team about what's important to you and where you'd like to be at this time in your illness. Your choice may change as your illness changes, and you can get palliative and end-of-life care at any time.

Home

Many people choose to stay in their own homes to get palliative and end-of-life care from a home care program. Being in a familiar place, close to loved ones, can help you live as normally as possible. Home care programs offer nursing care and other home support services, such as:

Thriving Together: The Power of Community Connections

by Chimaraoke Obinna Akuchie

Dear Deer Ridge Neighbours,

While I call the community of Legacy my home, we are all in ward 14, so I wanted to reach out to all of you in Deer Ridge. This is a neighbourhood that has long impressed me with its welcoming atmosphere and its beautiful, tranquil surroundings. Whether you're out for a walk or enjoying the local parks, there's no doubt that Deer Ridge is a wonderful place to call home.

Celebrating Deer Ridge's Natural Beauty

From the winding pathways to the lovely green spaces, Deer Ridge offers residents the opportunity to connect with nature right outside their doorsteps. As winter continues, I encourage you all to take in the peacefulness that comes with the season, and I look forward to seeing how the community will continue to grow and evolve as we head into spring.

Getting Involved

Even though I'm not a Deer Ridge resident, I still believe in the power of community. Whether it's volunteering, attending local events, or simply offering a helping hand, there are always opportunities to stay connected and support each other.

A Warm Welcome to New Neighbours

If you've recently moved to Deer Ridge, welcome! I hope you quickly feel at home in this incredible neighbourhood, and I'm excited to see how you'll contribute to the continued growth of the community.



- Volunteer services.
- Community day programs for you.
- Care to manage your pain and symptoms.
- Teams to help with urgent needs 24/7.
- Interdisciplinary care such as support with finances and rehabilitation.

There's also a program that's helping to bring emergency care to people who get palliative and end-of-life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Hospitals

In a hospital, care is often given by a team of doctors, nurses, and other health care providers. The team has access to expert palliative care consultants or palliative doctors. Some hospitals have palliative and end-of-life care units, and others set aside beds in different units.

Continuing Care Centres

You can get palliative and end-of-life care services in continuing care centres, like long-term care and supportive living facilities. The type of facility you choose depends on:

- The lifestyle you want.
- The care you need.
- How much you can do for yourself.

If you're in one of these facilities and you need specialized palliative care services, you may need to stay in a hospital for a short time.

Hospices

Alberta has many hospices. These places are made to feel like home while giving specialized end-of-life care, 24/7. The care teams focus on your comfort and quality of life and can help you and your family cope with your feelings about serious illness. In a hospice, you're cared for by health care professionals. Availability of other professionals such as spiritual counsellors and other services such as volunteers may be different for each hospice.

For more information about end-of-life care, go to myhealth.alberta.ca/palliative-care/resources.

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Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



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**MP Calgary Midnapore
Stephanie Kusie**
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Calgary, AB T2X 1M2
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✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents,

Parliament is finally set to return on March 24 after Justin Trudeau prorogued it in early January. Over the past few months, the Liberals have undertaken the internal process of allowing a select few to elect a new leader and ultimately Prime Minister.

While our federal government has sat in limbo for the past three months, I've been attending local community events, meeting with constituents, and delivering remarks to various communities across the country on behalf of Pierre Poilievre.

As I spoke to residents, I heard loud and clear that they want a government which will truly address their needs. This includes:

- Axing the punishing carbon tax for good to lower the cost of food, home heating, and gas.
- Forcing municipalities to adopt common sense policies which will build more homes and ensure an affordable housing market that our children and grandchildren can enter.
- Removing harmful regulatory burdens like Bill C-69 on energy projects which discourage investment and growth in our nation's most powerful industry.
- Taking real action to balance the budget and pay off our national debt.
- Addressing soft on crime policies which have led to a 39% increase in violent crime across Canada since 2015.

As Parliament resumes, I will continue to advocate for our city and province in the House of Commons and bring your concerns to the seat of power.

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

It remains the honour of my life to serve the people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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

Greetings Ward 14!

Just like property assessment notices, spring-related topics are usually a multi-month thing. We will get warmer weather, the snow will melt, we will get more snow. Then it will happen all over again. So, after I have mentioned the Assessment Customer Review Period for the third and final time this year, I will move on to the first round of City-related topics to help you out as the weather warms and the roads clear. I will also mention the Youth Hiring Fair.

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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Thank you to everyone who attended my town hall last month! It was great to see such a strong turnout and have honest conversations. Your input helps me represent our community effectively in Edmonton.

I'm also excited to join Ministers Schultz, Fir, Jones, and McIver for a joint Town Hall on the newly released budget. Join us on Tuesday, March 4, at 7:00 pm at the Delta (135 Southland Dr SE). I look forward to seeing you there!

Growing Alberta's Heritage Fund to \$250 Billion

I was honoured to be part of the Alberta government's announcement to grow the Alberta Heritage Savings Trust Fund to over \$250 billion by 2050. This plan ensures financial stability for future generations while reducing reliance on volatile resource revenues.

A world-class board and corporation will be established to oversee investments using strategies from top sovereign wealth funds. Strong governance will ensure independent decision-making, maximizing returns for Albertans. The Heritage Fund Opportunities Corporation will also enhance the fund's global profile, fostering key partnerships and investment opportunities.

This commitment secures a lasting financial legacy for Alberta's future.

\$15-a-Day Child Care for Families

Starting April 1, 2025, Alberta will introduce flat monthly parent fees for licensed childcare, ensuring affordability. Parents will pay \$326.25 per month for full-time care and \$230 for part-time, with the government covering about 80% of costs. This will save families an average of \$11,000 per child annually.

The Child Care Subsidy Program will be phased out, redirecting funds to affordability grants. About 85% of licensed providers will receive increased funding, creating a more sustainable system.

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

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