

MAY 2025

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## Board of Directors and Community Contacts

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

### EXECUTIVE

President	Open	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Gertrud VanDerMey	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

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Past President	Don Burdeyney
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### DIRECTORS AT LARGE

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Director at Large	Drew MacQueen
Director at Large	Glenys Godlovitch

### 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	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 (formerly 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

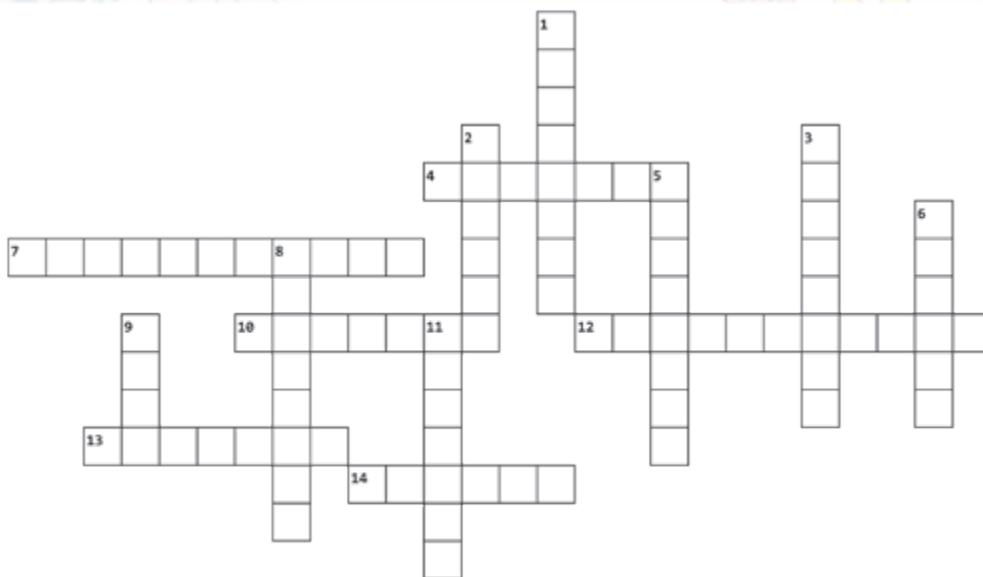
Monday to Friday, 8:00 am to 4:00 pm

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.

# May Crossword



## Down

1. Cory \_\_\_\_\_, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first \_\_\_\_\_ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil \_\_\_\_\_ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco \_\_\_\_\_, released her eponymous perfume, \_\_\_\_\_ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after \_\_\_\_\_, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West \_\_\_\_\_ Police on May 23, 1873.

## Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich \_\_\_\_\_ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first \_\_\_\_\_ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia \_\_\_\_\_ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The \_\_\_\_\_ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## MESSAGE FROM THE BOARD

We're halfway through spring and thoughts are turning toward gardening, backyard fun, summer sports, vacations, and camping. Will you be vacationing in our beautiful Canada this summer?

The upcoming months hold plenty of activity in our own lovely community. Be sure to mark these dates in your calendar.

### **2025 Spring Fling**

The communities of Queensland/Diamond Cove/Deer Ridge partnered to hold the 2025 Spring Fling on April 12, and by all accounts this was once again a great success. Our thanks go out to Queensland/Diamond Cove for hosting this event in their community hall, and for all the work done by their amazing volunteers. Deer Ridge was very pleased to be able to sponsor the event again this year, and we hope that many of you were able to make it out with your families to welcome spring with a little bit of community fun.

### **Calgary's New Zoning Bylaw – Participate May 5 to 31**

From the City of Calgary and Federation of Calgary Communities:

"Since October 2023, the City Building Program team has been working with Calgarians to learn what they value and experience living in Calgary, and to plan for the future of how we move, build, and use land across the city.

The City Building Program includes the Calgary Plan (which merges the current Municipal Development Plan and Calgary Transportation Plan into one document), the Zoning Bylaw (currently the Land Use Bylaw), and Street Manual (currently the Complete Streets Policy and Guide). All three of these documents have been drafted based on four phases of public engagement, existing policies, Council priorities, partnering with the Indigenous community and equity-denied groups, and consultation with interested parties.

While the Calgary Plan was brought to the Infrastructure and Planning Committee and deferred until Q2 2026, the Zoning Bylaw draft is still seeking public input and feedback.

Curious to know what the Zoning Bylaw is and how it impacts you? This upcoming fifth phase of engagement

will continue building awareness and education on the Zoning Bylaw and how it ties into the Street Manual and the Calgary Plan.

Your voice matters. We [City of Calgary] want to hear from you to ensure the new Zoning Bylaw meets the needs of our growing city. You can participate online or at in-person events around the city from May 5 to 31, 2025 and subscribe to the City of Calgary's City Building Program newsletter for project updates. <https://calgary.us5.list-manage.com/subscribe?u=717a7bc01b3dda74bd2c04b44&id=793b055da3>.

For more information, visit [calgary.ca/citybuilding](https://calgary.ca/citybuilding) or email [citybuilding@calgary.ca](mailto:citybuilding@calgary.ca)."

### **Board Meeting – May 20**

The Deer Ridge CA Board meets monthly at 7:00 pm on the third Tuesday of each month, except July and August, when we break from meetings, but community association work continues. Our next regular board meeting will be held May 20, and you are invited. Please email us in advance at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) if you would like to attend or add a topic to the agenda.

### **Yellow Slide Park Shade Shelter Grand Opening – May 24**

Mark May 24, from 2:00 to 4:00 pm, in your calendars! Deer Ridge will be holding a grand opening celebration for the beautiful new shade shelter that was built in Yellow Slide Park, between water restriction stops and starts, last summer. There will be cake, special guests, and a prize draw! If you have a T-Rex costume, please wear it. Invite your neighbours, T-Rex or otherwise, to the party!

### **Community Gardens – Spring Schedule**

The Deer Ridge community gardens will start up this month for another great growing season of fresh, organic, vegetables and flowers for gardeners' tables.

Gardeners who have signed up for a plot this year will receive an email inviting them to come to the spring cleanup/startup event, when the garden plot soil will be turned and gardeners may dig in new compost, if they wish. New compost is expected to arrive later in May, and we hope to be ready for planting by the last week of May.

Work on the renewal of the aging community garden plots will continue throughout the summer. The work is not expected to impact gardeners, as the wooden frame of each plot will remain, but be reinforced with an outer shell of corrugated metal cladding.

If you would like to learn more about the community gardens, see the garden plot rehab work in progress, or express your interest in joining the group, please visit the gardeners on their Facebook page at <https://www.facebook.com/DeerRidgeCommunityGarden>.

### **Spring Green Space Cleanup – May 31**

Hold the date! This spring, community members and residents will once again be doing a walk about and cleanup of our Deer Ridge green spaces. If you'd like to get your steps in while you do your neighbourhood a world of good picking up the debris that blew in all winter, please meet with us at Yellow Slide Park on May 31 at 10:00 am for morning refreshments, and to grab your to-go kit of gloves and garbage bags. Bring your family, partner up with another community member, or take a friend. Each group, team, or individual will get a route or an area to walk, and then we'll all bring our bags of 'treasures' back to Yellow Slide Park to be taken for disposal and get bragging rights for the number of steps taken and the number of bags filled.

### **Annual General Meeting – June 17**

Mark your calendars and come to the Deer Ridge CA Annual General Meeting on June 17 at 7:00 pm, location to be announced. This will be a great time to come and learn more about what your community has been doing for you, and to let us know how you think we've been doing and what we can do to keep our community vibrant and engaged. We want to hear from you. Nominations for new/returning board members will also be voted upon at this meeting. Voting is limited to those with current memberships.

### **Community Festival – June 29**

The annual end of June Community Festival that we have come to love will be happening again this year, in the parking lot by Cornerstone Music Café (14919 Deer Ridge Dr SE). There will be plenty of free events, vendors, music, arts and crafts for the kids, and community fun for all. Details will be forthcoming - watch for posters and announcements in the community, in the

community association members' email blast, and on the [deeridgeca.com](http://deeridgeca.com) webpage.

### **City of Calgary "Dump Your Junk" – July 5**

Have you got a bunch of stuff that you'd like to get rid of hanging around your basement, garage, or yard, or maybe languishing in the back lane behind your home? Well, good news! Our community's annual City of Calgary "Dump Your Junk" event will be held in the parking lot at the Queensland/Diamond Cove community hall on July 5, from 9:00 am to 2:00 pm this year. This is your opportunity to get rid of residential waste without driving to the dump or paying a fee.

Round up all those worn out, broken, or outdated items from your home and yard and bring them to be disposed of right near home. Learn what you can bring to the community cleanup at <https://www.calgary.ca/communities/community-cleanup-items.html>.

If you would like to volunteer with traffic control for this event, please connect with us at [DeerRidgeCG@gmail.com](mailto:DeerRidgeCG@gmail.com). The City of Calgary provides three packer trucks with crews to handle community junk drop offs and we provide the volunteers to manage traffic.

Many thanks to Queensland/Diamond Cove Community Association for hosting this event.

### **Movie in Yellow Slide Park – August 16**

This year's Movie in Yellow Slide Park will take place on Saturday, August 16. Last year's early evening start to the movie, with the new type of screen we were able to rent, was a great success, so we will be repeating that format again this year. Also, 2025 marks the Deer Ridge Community Association's 45th anniversary, so mark August 16 on your calendar and come prepared to enjoy all the fun of previous years' Movie in the Park events, plus cake and even more fun!

Movie in the Park is a large undertaking, but a fun one, and we will be looking for volunteers to help organize, set up, serve food, run crafting and fun stations, cleanup, and tear down, again this year. Those who have helped us in the past know that this is a time of camaraderie and fun for volunteers, as well, and we invite you to join us in serving our community at this event.

*continued on next page*



## MESSAGE FROM THE BOARD

### CONTINUED

Contact us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) to join in the fun and feel the community spirit.

We look forward to seeing you at any or all of our community events this spring and summer. If you see us there, please come up and say hello. And enjoy this beautiful season!

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For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1 Health Link (24-Hour)</b>	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1 City of Calgary (24-Hour)</b>	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1 Community Resources (24-Hour)</b>	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	



## 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](http://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](http://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.





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 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](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://DeerRidgeCA.com)

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# Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

### 1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

### 2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

### 3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

### 4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



### 5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

### 6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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## Thai Curry Chicken

by Jennifer Puri

Thai food is a blend of four cuisines – Indian, Chinese, Malay, and Thai.

Thai curry can be mild or spicy and contain meat, chicken, seafood, or vegetables, and is typically served with rice or noodles.

The “reddish” colour and flavour of the curry comes from the red chillies used to make the paste which would also include lemongrass, shrimp paste, ginger and garlic, turmeric, coriander, and cumin seeds.

Full fat coconut milk has been used in the Thai curry chicken recipe as it helps to offset the heat and give it a creamy consistency. The curry is actually quite mild, but you can increase the heat by stirring in the garnish of fresh, sliced red Thai chillies prior to serving.

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Servings:** 4 to 6

### Ingredients:

- 3 lbs. boneless, skinless chicken breasts
- 1 medium size onion, finely sliced

- 3 garlic cloves, finely chopped
- 4 tbsp. vegetable oil
- 4 to 5 tbsp. Thai curry paste
- 3 tsp. fish sauce
- 1 tsp. sugar
- 2 ½ cups full fat coconut milk

### Garnish:

- 3 Thai red chillies, deseeded and thinly sliced
- 10 to 12 fresh mint leaves or Thai basil leaves

### Directions:

1. Cut the chicken breasts into small pieces.
2. Heat oil in a large pan or skillet (which has a lid), add the sliced onion and garlic and sauté for 2 to 3 minutes.
3. Add the chicken pieces to the pan and fry until they change colour and are no longer pink.
4. Add Thai curry paste, followed by the sugar, salt, and fish sauce, and blend in with the chicken.
5. Pour in the coconut milk and simmer on low heat until the chicken is tender, about 20 minutes.
6. Garnish with 2 to 3 thinly sliced Thai red chillies with seeds removed and fresh mint or basil leaves.
7. Serve with Jasmine or Basmati rice or rice noodles if desired.

Bon Appétit!





**MLA Calgary - Fish Creek**

**Myles McDougall**

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

✉ @MylesYYC | 📷 MLAFishCreek

Happy Mother's Day to all the incredible moms, grandmas, and caregivers! Your love, strength, and wisdom inspire us every day. Thank you for being the heart of our families and communities! As spring arrives and the legislature heads into its final session of the year, I've had the chance to hear from many of you about your top concerns—affordability and economic uncertainty, especially with the U.S. becoming an increasingly unreliable trade partner.

At the time of my writing this article, the U.S. has upheld most of CUSMA, ensuring zero tariffs on key Canadian exports like energy, minerals, agriculture, and more. Diplomacy has proven to be the best tool for protecting our interests, and we must continue advocating for reduced tariffs while supporting affected workers.

Now is the time for Canada to break free from harmful policies that have left us overly dependent on the U.S. We must fast-track national resource corridors, empower provinces to develop their resources, and position our country as a global economic and energy leader.

Budget 2025 strengthens the Alberta Advantage by keeping taxes low. If Alberta had the same tax system as B.C., Albertans and businesses would pay \$20.1 billion more in taxes. Instead, thanks to this year's tax cuts, the average family will save \$750 more in income taxes while continuing to pay no provincial sales tax.

Alberta's legacy of low taxes and free enterprise remains strong—let's keep building a competitive, prosperous future.

I want to congratulate all the successful candidates in our recent federal election. Democracy is the foundation of our nation, and I look forward to the future we will build together.

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).



**Councillor, Ward 14**

**Peter Demong**

☎ 403-268-1653

✉ [eaward14@calgary.ca](mailto:eaward14@calgary.ca)

🌐 [www.calgary.ca/ward14](http://www.calgary.ca/ward14)

Hello, Ward 14!

It's gonna be May! There will be May flowers following the April showers, and there will be the full online May version of this newsletter column. There will be information about a student video contest, YardSmart tips, and Calgary's new Zoning Bylaw. I will also write about Emergency Preparedness Week. I hope you will read about it.

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

Sincerely,

*Councillor Peter Demong*

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## GROUND CONTROL TO MAJOR TOM

On May 12, 2013, an unlikely beautiful voice in space emerged. Canadian astronaut Chris Hadfield, aboard the International Space Station, fittingly recorded a cover of David Bowie's "Space Oddity". His video, featuring him floating in zero gravity while singing, quickly went viral.

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**Gutter Doctor**

**403-714-0711**  
**[gutterdoctor.ca](http://gutterdoctor.ca)**

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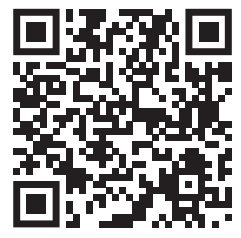
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