

JANUARY 2026

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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SCAN ME

Deer Ridge Community Association

Box 43052
Calgary, Alberta T2J 7A7
Visit our website at www.deerridgeca.com
If you have any questions or concerns, please contact us at DeerRidgeCA@gmail.com

Board of Directors and Community Contacts

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

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2nd Vice President	Vacant	
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Director at Large	Drew MacQueen	
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Director at Large	Diane Lum	
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Casino Coordinator	Dawn Wallace	
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Ice Rink Coordinator	Bob Hall	403-278-6817
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Community Garden	Bob Hall	403-278-6817
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Tennis Court Coordinator	Larry Lemieux	
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Membership Coordinator	Drew MacQueen	403-278-6817
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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.



Deer Ridge

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 send 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 2025 – 2026

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
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MESSAGE FROM THE BOARD

A new year is upon us and with it brings new goals and resolutions! Whatever new challenges you have set for yourself, may the new year be a rewarding time for you and your loved ones!

Winter Family Skate

The Deer Ridge Community Association will be hosting our Winter Family Skate on Saturday, January 10 from 12:00 to 3:00 pm. We'll have free hot dogs, hot chocolate, hot coffee, a warm fire, music, leisure skating, and a shinny game open to everyone in the hockey rink! This event is free to attend and open to everyone in the community, so bring your friends and family, and plan to have a great afternoon full of fun! The Deer Ridge rinks are located at 155 Deermont Way SE (behind Don Bosco School).

Family Day Skate

Celebrate Family Day with an afternoon of ice skating or a game of shinny! Join us for free hot dogs and hot chocolate as well as some creative fun with ice and snow painting! Invite your family and friends to this free event taking place at the Deer Ridge rinks on Monday, February 16 from 12:00 to 3:00 pm.

Winter Safety

The cold weather is upon us and with it comes icy roads and snow on our sidewalks. Please remember to take your time while driving on our community streets during slippery, snowy weather. Clear and de-ice your sidewalks within 24 hours of every snowfall. Everyone's safety depends on it!

City of Calgary Sidewalk Sand-Salt Mix

During the winter, the City of Calgary makes available a sand/pea gravel-salt mixture, called pickle, for individual use on sidewalks bordering private properties. Pickle helps break down snow and ice, making it easier for you to comply with the bylaw regulating snow and ice removal. Find out details, including where to get pickle at <https://www.calgary.ca/roads/maintenance/free-sand-salt.html>.

Upcoming Board Meetings

The Board of Directors meet monthly on the third Tuesday of each month. Our next meeting is Tuesday, January 20 at 7:00 pm. Please contact us at DeerRidgeCA@gmail.com if you are interested in attending, volunteering on the board, or if you have anything you would like the board to discuss at the meeting.

Membership

Deer Ridge Community Association's annual membership drive is ongoing. If you have not yet purchased your 2025-2026 membership, we invite you to add your voice to determining the direction of your community by becoming a member today. We invite Deer Ridge residents to actively participate in the decisions shaping your community. Residents of the community with memberships are encouraged to vote at the Annual General Meeting. Your membership contributes directly to the community. The Deer Ridge Community Association is a volunteer run non-profit group. Memberships are still only \$15 per household. All memberships expire annually August 31. You may purchase your membership:

- Directly online on our website: DeerRidgeCA.com/Membership/
- By downloading the membership form and returning it by mail with payment, or
- By returning the membership form from this newsletter by mail with payment. If you are already a member, we sincerely thank you for your participation and commitment to your community.

Operation Cold Start

Protect your vehicle this winter and don't leave your vehicle running and unattended. Car thefts from unattended, running vehicles are preventable. They contribute to the high rates of auto theft within our city and create significant risks to public safety. Citizens who are planning to warm up their vehicle are reminded to:

- Never leave a running vehicle unattended, if the keys are inside the vehicle or if the vehicle has been started with a keyless ignition or push-button start.
- Use a remote starter whenever possible and keep your vehicle locked.
- If you are warming up your vehicle with the keys in the ignition or with a push-button start, stay with your vehicle.
- Use a steering wheel lock to deter thieves.
- Never leave spare keys or garage door openers in or around your vehicle.
- Never leave children or pets in a running vehicle.
- Do not leave valuables, including identity documents and bank cards, in a vehicle.

Report suspicious activity to police immediately by calling 403-266-1234 or 9-1-1 for crimes in progress.



AUTO THEFT PREVENTION

NEVER LEAVE A VEHICLE RUNNING & UNATTENDED

INSTALL A
REMOTE
STARTER OR
STAY WITH
YOUR RUNNING
VEHICLE | DON'T LEAVE
KIDS OR PETS
IN A VEHICLE

REPORT SUSPICIOUS ACTIVITY IMMEDIATELY
BY CALLING 403-266-1234

Auto thefts are crimes of opportunity. Do your part to keep your vehicle safe.

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B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

Cats, Canines, & Critters of Calgary



Betty White, Cranston



Dazi,
North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



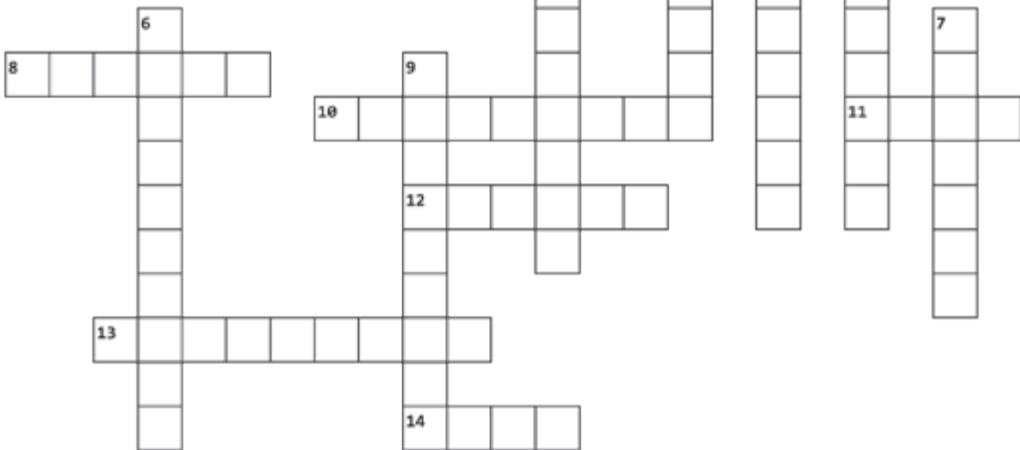
Toulouse, Killarney

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January Crossword



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



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

And here's some really good news: even while grocery store prices continue to rise and package sizes continue to shrink, Good Food Box prices and box sizes have not changed!

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit ckpcalgary.ca/goodfoodbox.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to a convenient Deer Ridge depot for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: ckpcalgary.ca/recipes.

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
January 20	January 29
February 17	February 26

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



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Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!



Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.



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Myles McDougall**

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✉ Calgary.FishCreek@assembly.ab.ca

📞 403-278-4444 | 🌐 MLAFishCreek

📠 MylesMcDougallYYC | ✉ MylesYYC

Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.



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