

FEBRUARY 2025

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RIDGE review

THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER



Cover Photo by Kate Decloux

David knows the Westside.

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Snapshots of Discovery



This aerial drone photo submitted by Kate Decloux captured the spirit of winter fun happening down at our recreational rinks. Send us your photos of our beautiful neighbourhood. Adult and children's submissions are welcome.

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DISCOVERY RIDGE COMMUNITY ASSOCIATION (DRCA) EXECUTIVE (2025)

BOARD OF DIRECTORS

President	Vacant			drca_pres@discoveryridge.com
Vice President	Dana Fleury			drca_vp@discoveryridge.com
	Jacquie Hansen-Sydenham			
Treasurer	Sunny Sun			drca_treasurer@discoveryridge.com
Secretary	Paul Decloux			drca_secretary@discoveryridge.com
Directors	Andrei Romaniuk	Lillian VanGanderen	Jose Alvarado	
	Hend Elkaliouby	Shay Heron	Kiel Douglas	
	Darrell Martindale	Alana Adams	Sheldon Brow	

CURRENT COMMITTEES

Communications	communications@discoveryridge.com			newsletter@discoveryridge.com
				website@discoveryridge.com
Environment	Andrei Romaniuk			environment@discoveryridge.com
Casino	Marc Arseneault			fundraising@discoveryridge.com
Membership	Alana Adams			membership@discoveryridge.com
Special Events	Lillian VanGanderen			events@discoveryridge.com
Traffic	Kiel Douglas			traffic@discoveryridge.com
Volunteer	Hend Elkaliouby			volunteer@discoveryridge.com
Planning				planning@discoveryridge.com
Recreation Facility	Paul Decloux and Darrell Martindale			

DRCA Channels of Communication

Our community association has several channels to communicate to you, and for you to communicate with us!

Member Emails

Get a membership and provide your email for 'what's new' updates

Ridge Review Newsletter

Twelve publications per year

Website

www.discoveryridge.com

Facebook

DiscoveryRidgeCommunityAssociation

X (Twitter)

@DiscoveryRidge1

Email Us

See listing or the website 'contact us' page for contacts

SCAN HERE TO VIEW ADDITIONAL DISCOVERY RIDGE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



DRCA Regular Board Meeting, February 10 at 7:30 pm
 DRCA Annual General Meeting, February 24 at 7:30 pm
 DRCA Casino Fundraiser, February 28 and March 1
 Contact fundraising@discoveryridge.com to volunteer.

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Did you know that board meetings happen monthly and all DRCA members are welcome to attend?

Please contact the DRCA to learn more about what we do for the community and our future plans. Email drca_pres@discoveryridge.com for more information on the DRCA and if you wish to attend upcoming meetings.

LETTER FROM THE BOARD

Dear Discovery Ridge neighbours, on behalf of the Discovery Ridge Community Association Board, we'd like to extend our heartfelt gratitude to everyone who continues to contribute to the vibrancy of our wonderful community. Your involvement makes Discovery Ridge a great place to live, and we are excited to share a few updates, as well as extend a call for volunteers to help keep our community thriving.

DRCA Annual General Meeting – February 24 at 7:30 pm

We'd like to invite all residents to attend our Virtual Annual General Meeting (AGM) on February 24 at 7:30 pm. This meeting will provide updates on community initiatives, address any questions or concerns, and discuss plans for the year ahead. We hope to see many of you there as we continue working together to enhance our neighbourhood.

Casino Volunteers Needed

DRCA has secured a casino fundraiser on February 28 and March 1. This is by far our largest fundraising event and typically provides ~\$70,000 to help support the maintenance and enhancement of our recreational facilities. We are in need of volunteers to fill various openings to run the casino event those days with both day and night shifts available. If you have never volunteered at a casino, it is easy and fun and a great chance to meet your neighbours while helping us secure much needed funding. If you can help, please contact volunteer@discoveryridge.com.

Other Volunteer Opportunities

As always, we continue to look for volunteers to assist with a variety of community programs and initiatives. Volunteers play a crucial role in the success of our neighbourhood, and we are thankful for those who have already offered their time and skills. Whether you can help with organizing events, maintaining facilities, or supporting community-wide projects, there are many ways to get involved. Your participation helps ensure that Discovery Ridge remains a dynamic and welcoming place for all. Contact volunteer@discoveryridge.com for more information.

Fire Safety Committee

The DRCA has established a Fire Safety Committee to work with various levels of government and assess and address wildfire safety concerns in and around

Discovery Ridge including Griffith Woods. A draft action plan has been prepared and will continue to be refined. In light of increasing concerns about fire risks this committee will work to promote fire safety awareness, implement safety protocols, and offer educational resources to residents. If you have experience in fire safety, or if you simply care about protecting our community, we encourage you to join. Together, we can take proactive steps to ensure our homes, families, and natural surroundings remain safe.

Ice Rinks Update

A huge thank you once again to our amazing rink volunteers! Many have returned again to help out even after years of dedication. We also were pleased to have several new volunteers step up and gain experience as we look to transition to new team leads going forward. Maintaining our rinks is a big job so please be sure to say thank you to the volunteers and as always, we encourage more users to formally volunteer on our crews. We can only have operational rinks as long as we have enough dedicated volunteers.



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	Listed	Sold	Listed	Sold
December 24	7	4	\$369,900	\$380,000
November 24	8	7	\$469,000	\$464,000
October 24	13	10	\$682,400	\$672,500
September 24	7	8	\$889,750	\$870,500
August 24	7	7	\$1,150,000	\$1,120,000
July 24	13	8	\$522,500	\$525,500
June 24	12	12	\$634,900	\$629,200
May 24	14	10	\$849,900	\$860,500
April 24	11	10	\$915,000	\$939,500
March 24	6	10	\$639,950	\$635,000
February 24	12	6	\$886,900	\$907,059
January 24	4	5	\$539,900	\$539,900

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

Benefits of DRCA Membership

What does the DRCA do for me?

- Organizes social events such as Music in the Park, annual Stampede Round Up, Santa event.
- Coordinates the *Ridge Review* community newsletter.
- Provides up-to-date information about issues affecting you and the community through member only email provides updates on important items for all at www.discoveryridge.com.
- Communicates regularly with the Ward 6 Office on community and city related issues.
- Provides effective representation and advocacy to external third parties about issues of concern to the community, including public safety, development and the natural environment.
- Attains and works casinos to fundraise for the community.
- Creates a sense of community pride through participation in community activities.

Membership Perks!

Did you know that only up-to-date DRCA Members receive regular community emails informing them of events and ongoing activities in your community? Visit discoveryridge.com to purchase your \$25 membership or see the membership form.

Visit www.discoveryridge.com.



DRCA MEMBERSHIP FORM

New Membership Renewal Membership

Name(s): _____

Address: _____

Phone: _____

Postal Code: _____

Email: _____

I can volunteer for:

- | | |
|--|--|
| <input type="radio"/> General assistance | <input type="radio"/> Membership |
| <input type="radio"/> Communications | <input type="radio"/> Environment |
| <input type="radio"/> Special Events | <input type="radio"/> Skating Rink maintenance |
| <input type="radio"/> Sponsorship | |

Payment: \$25

Cheque Cash CC Pay online at www.discoveryridge.com/membership

Membership runs from September 1 to August 31 each fiscal year.

Make cheques payable to Discovery Ridge Community Association.

Mail to: Discovery Ridge Community Association - 160 Discovery Ridge Blvd - T3H 4Y3

Undersigned hereby consents to: (1) the collection of the personal information on this form; (2) the use of the information for the following purposes: to solicit volunteers for DRCA's programs and activities; to recruit members and solicit renewal of membership in DRCA; to solicit participation or membership in programs or activities provided by DRCA; to provide information to you on the DRCA programs and activities; (3) disclosure of the information in the DRCA register of members which is available for review by various members of the public as required by law. The purpose of collection of the information is to provide contact and registration information for DRCA and to use in and disclose it as described above. The DRCA does not sell membership lists. Designated members of the board of the DRCA are able to answer questions about the collection of the information.

Date: _____

Signature: _____



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Warm Up to Winter in Calgary Parks

by the City of Calgary

Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor rinks and two new ones this year - Prince's Island Park lagoon rink and the Lot 6 Pop-Up rink, making a total of ten outdoor, natural ice skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? There are two skating rinks and decorative winter displays to enjoy.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit calgary.ca/winteractivities.



#HealthyTechnologyUse

by Community Health Promotion Services

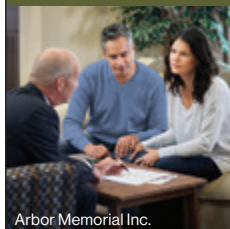
Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.

The next step in your estate and retirement planning



Include final arrangements in your planning to protect your family.

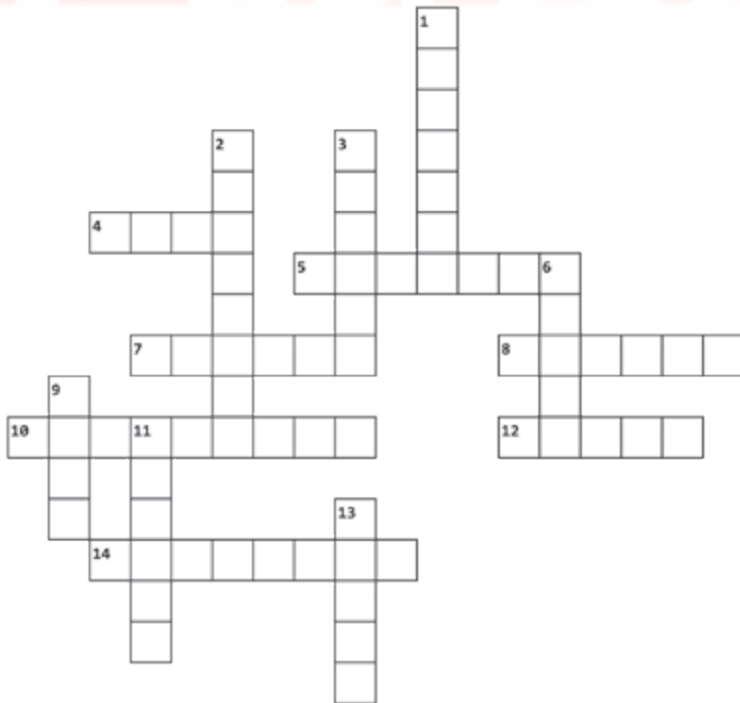


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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



Homeowners' Association (NDHA) News

Happy February everyone! We hope you are taking the opportunity to enjoy some winter sunshine on our community parks and pathways. Our public green spaces, even when they are covered in snow, are part of what makes Discovery Ridge the best community in Calgary.

To keep our beautiful community looking its best, we would like to remind everyone to make use of the public trash bins that are located throughout the neighbourhood. The NDHA installed dog waste bag dispensers at various locations in the community for when you 'forget' or run out. ULS does not clean up dog poop. Please remember to clean up after Fido; don't leave a 'full poop' bag on the path system for someone else to pick up, or to attract coyotes and bobcats. Everyone will appreciate it being placed in a bin rather than finding it on the ground when the snow melts. Thanks!

Spring Projects – Did You Know?

With spring on the horizon, some of you will be planning home and yard improvements for the warmer months. Please do your due diligence and research how to proceed under city bylaws, city development processes, and especially, what is allowed under any restrictive covenants, easements, or other instruments registered against your property title. Work done without required permits or that go against instruments on your title could cause difficulties with the City or with your homeowner's insurance. It is you, not your contractor, who will ultimately be held responsible for any infractions.

All homes in Discovery Ridge were built under a specific set of Architectural Guidelines set out by the developer (United Properties for most of us). These guidelines were meant to guarantee a specific quality standard and "look" for the community when it was being built, to ensure a beautiful living environment and long-term property value in the community. It is a big part of the reason most of us bought homes in Discovery Ridge. Homeowners who also belong to condo associations will have specific condo association bylaws to follow that may have additional requirements over non-condo owners. When the development first began in Discovery

Ridge, the developer registered a Restrictive Covenant regarding fencing on the title of most properties in the community. The rules are extremely strict, are incremental to city bylaws, and are enforceable through the courts. Every owner should be familiar with what is allowed on their property. Be sure you are following all the rules that apply to your property to avoid expensive mistakes. Property title and associated registered instrument details can be found for a fee at a local Registries office or on Alberta's "Spin2" website (<https://alta.registries.gov.ab.ca/spinii/login.aspx>).

NDHA Fees and Invoices

Each winter, the NDHA Board works on a budget for the upcoming year. We look to our main contracts (landscaping, snow clearing, holiday lighting, other maintenance services), one-off projects that need to be done, and our expected revenue from the annual fees. While the Board has not completed this process for 2025, it looks as though we will not need to increase the annual fees this year.

2025 NDHA invoicing will take place in February. Your invoice will be sent via the email address associated with your account, or by post mail if no email is on file. Please be on the lookout for it. Several households have yet to pay their 2024 fee, which was due June 29, 2024. These outstanding accounts had an interest charge of 18% per annum applied effective December 31, 2024, per the terms of the encumbrance on the land title. Thank you to those who pay your fee on time. Prompt payment allows us to continue this important work in Discovery Ridge, something that we all benefit from.

The Canada Post strike in late 2024 showed us how disruptive it is when we are prevented from sending or receiving paper mail. While nobody can guarantee Canada Post will not be back on strike at the crucial moment, you can ensure you get your NDHA invoice in a timely way by registering your email with the NDHA. Use your member portal on our website to confirm or add your contact details. If you are new to the community and need to set up your member portal, contact our Director of Memberships at ndhamembership@ndha.ca.

We are always happy to hear input, feedback, and suggestions from our NDHA members. You can access our website at www.ndha.ca, email us at General@ndha.ca, or call us at 403-237-9595. We would love to hear from you and are happy to respond to your questions.

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



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February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



MLA Calgary - West

Mike Ellis

234 – 333 Aspen Glen Landing SW
Calgary, AB T3H 0N6

📞 403.216.5439

✉️ calgary.west@assembly.ab.ca

Happy New Year! My hope for you and your family is that 2025 is filled with good health, happiness, and success for you all!

Recently, I had a productive meeting with Montana Attorney General Austin Knudsen. We discussed critical border security issues including the illegal activities that are occurring from both sides of our shared southern border. I discussed Alberta's plan to improve border security at this border. I appreciate his commitment to addressing these challenges head-on and I look forward to our collaborative efforts to confront these challenges effectively.

A new compensation model for family doctors will be implemented in spring 2025 that will continue to make Alberta one of the best places to practice medicine in Canada, while increasing access to family physicians for all Albertans.

The new primary care physician compensation model will provide an alternative way of compensation for family physicians and rural generalists rather than traditional fee-for-service. The model was co-developed with the Alberta Medical Association.

It will be the first family physician-focused compensation model of its kind in Alberta. It is a blend between what is paid through the traditional fee-for-service model and elements of existing Clinical Alternative Relationship Plans (ARPs).

The new compensation model recognizes the extensive training, experience, and leadership of family physicians and rural generalists in delivering comprehensive, longitudinal primary health care. It also considers and pays for the critically important work physicians do beyond direct patient care, including indirect care, administration and practice management, as well as the increased demands placed on physicians by complex and vulnerable patients.

The model will strengthen the primary health care system and will help make Alberta a national leader in this field. Enrolment into the primary care physician compensation model begins in January, with full implementation in spring 2025.



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BRAIN GAMES SUDOKU

	1					6		
		3						4
4		5		1	9			
	5				6		3	1
	3		1	2	7			
8		1	3				7	
			9	6	8	3		7
3						8		
		8					2	

SCAN THE QR CODE FOR THE SOLUTION



Joke of the Month



Why aren't dogs good dancers?
They have two left feet.



David.

KNOWS THE WESTSIDE

Why your neighbours choose **David** when it's time to sell their home

100%

David's listings lead the market once again, having sold on average at 100% of List Price.

23% faster

When it's time to sell your home, David sells it **23% faster**. David's listings averaged **17 days** on the market vs the rest of the market at 22 days.*

490 sales

With **490 sales** (Detached homes sold) dating back to 2012, David has established himself as the top producing Realtor here on the Westside.

* Detached Homes - SOLD, Calendar 2024. West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Strathcona, Coach Hill, Patterson & Cougar Ridge. Photos represent David's detached homes SOLD, Calendar 2024.

Friend
Neighbour
Realtor®
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