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THE OFFICIAL DISCOVERY RIDGE COMMUNITY NEWSLETTER



Discovery Reflections by Erik Kakuk

David knows the Westside.



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		Properties		Median Price		
		Listed	Sold	Listed	Sold	
November	24	8	7	\$469,000	\$464,000	
October	24	13	10	\$682,400	\$672,500	
September	24	8	8	\$889,750	\$870,500	
August	24	8	7	\$1,150,000	\$1,120,000	
July	24	13	8	\$522,500	\$525,500	
June	24	12	12	\$634,900	\$629,200	
Мау	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	
December	23	2	7	\$574,999	\$580,000	

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

Cats, Canines, & Critters of Calgary





Buster, Hamptons

Mirabella, Lower Mount Royal

Bear, Palliser



Lizzy, Huntington Hills



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, *Shawnessy* To have your pet featured, email news@mycalgary.com

Snapshots of Discovery



This photo submitted by Erik Kakuk captured reflections in our night sky. 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 Jacquie Hansen-Sydenham		_vp@discoveryridge.com	
Treasurer	Sunny Sun	drca_treas	surer@discoveryridge.com	
Secretary	Paul Decloux	drca_secre	etary@discoveryridge.com	
Directors	Andrei Romaniuk Hend Elkaliouby	Lillian VanGenderen Shay Heron	Jose Alvarado Kiel Douglas	
CURRENT COMMITTEES	Darrell Martindale	Alana Adams	Sheldon Brow	
Communications		newsl	tions@discoveryridge.com etter@discoveryridge.com bsite@discoveryridge.com	
Environment	Andrei Romaniuk	environr	nent@discoveryridge.com	
Casino	Marc Arseneault		ising@discoveryridge.com	
Membership	Alana Adams		ship@discoveryridge.com	
Special Events	Lillian VanGenderen		ents@discoveryridge.com	
Traffic	Kiel Douglas		affic@discoveryridge.com	
Volunteer	Hend Elkaliouby		nteer@discoveryridge.com	
Planning			ning@discoveryridge.com	
Recreation Facility	Paul Decloux and Darrell Ma	artindale		

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



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.
 Mark Your

 Calendar

 DRCA Regular Board Meeting, January 6 at 7:30 pm

 DRCA Regular Board Meeting, February 10 at 7:30 pm

 DRCA Annual General Meeting, February 24

 DRCA Casino Fundraiser, February 28 and March 1

 Contact fundraising@discoveryridge.com to volunteer.

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

Hello Discovery Ridge and Happy New Year!

As we look forward to 2025, we also take time to reflect on 2024. Some board members retired from their positions in 2024, and several new volunteers stepped up to the Board, which brings exciting new perspectives and initiatives. Thank you to all that have participated in the past and currently!

In 2025:

- The DRCA will continue to advocate to the City of Calgary for wildlife resistant bins for Discovery Ridge households.
- We will continue to advocate and work with other communities for pathway connectivity from the east and west ends of DR, including to Clearwater Park.
- The Wildfire Safety Committee will continue to work with officials on awareness and action plans for our community.
- We will continue to work with other communities regarding Ring Road noise mitigation and improvements.
- On February 28 and March 1, we have been granted a casino opportunity. This is the single biggest fundraising activity we do so please sign up for a shift. It takes many volunteers for this event to be successful.
- We will continue to communicate with our residents through our DRCA member emails. Please ensure your membership is current as this is our most timely way to communicate with residents.

A special thank you to our rink crews! Several last-minute volunteers graciously stepped up to volunteer at our rinks along with many long-standing volunteers. Please thank them when you see them as their efforts allow us all to enjoy the rinks.

Also, a huge thank you to our superstar volunteer, Matt V. for continuing to manage our Bottle Shack which provides us with the funds to maintain the Rec Facility.

We always appreciate hearing from residents with questions, ideas, and suggestions so email us any time and please mark your calendar for our online AGM to be held on February 24.



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Happy New Year Discovery Ridge!

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- 1/2 tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

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.

DISCOVERY RIDG

DRCA MEMBERSHIP FORM

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Now Mombarshin

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O Communications	O Environment			
○ Special Events	O Skating Rink maintenance			
🔾 Sponsorship	1			
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Membership runs from September 1 to	o August 31 each fiscal year.			
Make cheques payable to Discovery Ri	dge Community Association.			
Mail to: Discovery Ridge Community A	ssociation - 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:				
	1			

A SUPER BOUL SHOUSTOPPER!

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's *1984,* boldly declared Apple was here to smash conformity—and it worked!



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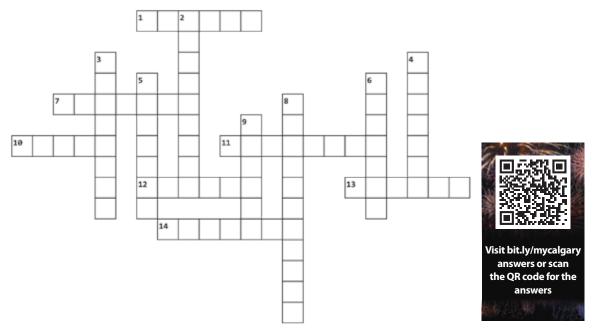
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SCAN ME

January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.

7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.

10. On January 2, 2010, American singer-songwriter ______''s debut single, "TiK ToK," reached number one on the Billboard Hot 100.

11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.

12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.

13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.

14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.

3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée ______.

4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.

5. British actress and singer, Cynthia Erivo, who plays ______ in *Wicked*, was born on January 8, 1987.

6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.

8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.

9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, ______.

TAKE ON WELLNESS

Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- Create a Consistent Schedule. Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- Create a comfortable sleep environment. Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- Limit screen time. The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- Switch it up! Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- Limit Naps. While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and wellbeing. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

Homeowners' Association (NDHA) News

The NDHA would like to extend our best wishes to all of you for a healthy and Happy New Year 2025! We hope you had a wonderful holiday season with your family and friends. Now is the perfect season to get outside to enjoy some winter activities to burn off all that turkey and holiday cheer.

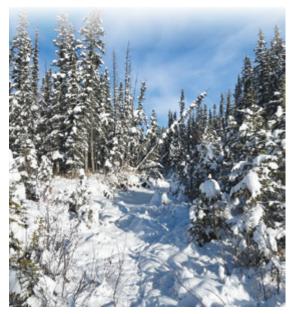
Our dedicated NDHA board volunteers were very busy over the past year, managing the annual landscaping, maintenance, and other operational obligations for the community. We are using the "off-season" to work on the annual budget and lay the groundwork for projects to be completed this coming spring and summer. We would really love to know if you have any thoughts on potential improvements.

Our snow removal contractor ULS uses a number of strategies to help keep the pathways they clear in the neighbourhood safe. This year, the City of Calgary has changed its policies to allow the use of a product they refer to as "Pickle". This product is 2 to 3% salt mixed into 6 to 7 mm crushed rock and provides better traction along with melting ice. This new product is one more tool in the ULS snow and ice toolkit to help ensure pedestrian safety - NDHA's number one priority when it comes to snow clearing. Any ice melting product could have a negative impact if it is ingested by your pet. If they do not wear booties, you should always rinse and wipe off your pet's feet after a walk on pathways or sidewalks. More detailed information about ice melting products can be found in the FAQ section of the website.

Your annual NDHA fee is essential to provide the many landscaping services that the City will not. The beautifully maintained public space, holiday light displays, and winter-long snow clearing on pathways are all paid for by your NDHA fees. These are what we think distinguishes Discovery Ridge from other neighbourhoods. At this point, over 94% of households have already paid their 2024 dues and we thank you for that. Our 2025 billing process begins in February. If you are unsure of your payment status, you can enquire via the website (www.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.





Mention promo code signature for a special incentive

SAFE AND SOUND

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few 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 and have fun on the toboggan 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 too 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; never 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 re-warmed.





YOUR CITY OF CALGARY

Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties

by the City of Calgary

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.

o First offence: \$250 o Second offence in a 12-month period: \$500 o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

Become a Snow Angel

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.

2. This instrument's name comes from the Persian word meaning "three-stringed."

3. This instrument is made up of 88 keys that strike 230 strings.

4. Along with the shamrock, this instrument is the official State emblem of Ireland.

5. This instrument is played with a bow made up of at least 150 individual hairs.

6. The Fender Stratocaster is this kind of instrument.





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Happy New Year!

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

More and more people from across Canada and around the world choose to make this province their home, and the rapid growth is causing strain on the K to 12 education system. To address this historic growth, the Alberta government launched the new School Construction Accelerator Program.

The program, along with previously approved school projects and modular classrooms, will deliver about 50,000 new and modernized student spaces over the next three years and an additional 150,000 spaces in the subsequent four years.

The Alberta government will:

- Build up to 90 new schools
- Modernize or replace up to 24 existing schools
- Expand the modular classroom program
- Expand public charter school builds

Changes to the funding process will accelerate school construction immediately. Ten previously announced school projects are approved to move to the next stage.

Each of the next three provincial budgets will include up to 30 new schools and up to eight modernizations or replacement schools. Announcements about the first set of new school projects will be made in Budget 2025.

Over the next two years, Alberta's auto insurance system will undergo substantial changes.

Alberta's government has launched a website, care-first. alberta.ca, on the province's plans for improved, faster, and less expensive auto insurance.

The new auto insurance system will provide better medical and faster income support benefits. Under a care-focused system, those benefits will last through the full recovery period for Albertans injured in collisions. In addition, Albertans will have cost savings up to \$400 per year under the new system.

If passed through legislation, industry partners will have two years to implement the changes, including developing 3.4 million new auto insurance policies.

Mike Ellis MLA, Calgary-West



Councillor, Ward 6 Ward 6 ™ Ward06office@calgary.ca ♥ Calgary.ca/ward6

The Ward 6 team is deeply saddened at the unexpected resignation of their boss Councillor Richard Pootmans at the end of November.

To Our Ward 6 Residents,

Our office remains dedicated to supporting your communities. Your Council Representatives who will be representing your interests in any matters coming before Council are:

Councillor Courtney Walcott, Councillor Sonya Sharp, and Councillor Kourtney Penner.

We are fortunate to have these three Councillors step up to assist with Ward 6 matters. Their commitment will ensure that your concerns are addressed, and your voices will be heard at City Hall. Please note that these councillors will not have an extra vote.

The Councillors' respective areas of focus will be as follows:

- Councillor Walcott Communities East of 69 Street, which includes Spruce Cliff, Wildwood, Westgate, Glendale, Glenbrook, Glamorgan, Strathcona, Christie, Signal Hill, Coach Hill, and Patterson.
- Councillor Sharp Communities West of 69 Street, which includes Medicine Hill, Canada Olympic Park, Cougar Ridge, West Springs, Aspen Woods, Springbank Hill, and Discovery Ridge.
- Councillor Penner Tsuut'ina Nation.

As always, the Ward 6 team, comprised of Suzy Trottier, Ralph Smith, and Cindy Aldous will remain in place to listen, support, and collaborate with you.

For your day-to-day concerns, including requests around City services, please continue to reach out to ward06office@ calgary.ca or contact 3-1-1.

If matters need to be escalated to a Councillor, the Ward 6 team will pass it along to the appropriate representative based on your community.

Finally, a special thank you to Mayor Jyoti Gondek and the City Administration staff for helping direct us through this stressful and hectic interlude. Our profound gratitude also goes to everyone who has reached out to our office to send us well wishes.

Regards,

The Ward 6 Team - Suzy Trottier, Ralph Smith, and Cindy Aldous

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Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!

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When it's time to sell your home, David sells it **19% faster**. David's listings averaged **17 days** on market vs the rest of market at 21 days.*



With **490** sales (Detached homes sold) dating back to 2012, almost 2X more than his closest colleague, David has established himself as the top producing Realtor here on the Westside.

* Detached Homes - SOLD, January to November 25, 2024. West Springs, Aspen Woods, Springbank Hill, Discovery Ridge, Signal Hill, Christie Park, Coach Hill, Patterson & Cougar Ridge.

Photos represent David's detached homes SOLD, January - November 2024.

Friend Neighbour Realtor[®] **David**Pellettier



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