

MARCH 2024

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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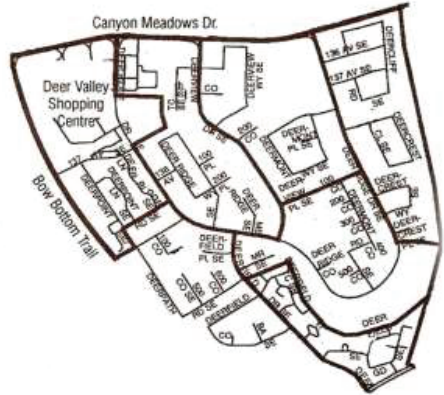


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may mail this form along with a cheque payable to: **Deer Ridge Community Association.**

The Deer Ridge Community Association membership fee is \$15.00 per household and two membership cards will be mailed to you upon receipt of payment. Your membership also grants you Deer Ridge CA voting privileges at the AGM. We invite all Deer Ridge residents to actively participate in the decisions that shape our community. For volunteer opportunities, please visit www.DeerRidgeCA.com/volunteer/



Deer Ridge Community Association Membership 2023 - 2024

First Name: _____ Last Name: _____

Additional family members: _____

Address: _____

Postal Code: _____ Phone Number(s): _____

Email: _____

** Please note that your email address will be added to our electronic mailing list and used for notifications of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.*

Thank you for your support!

Deer Ridge Community Association
Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7
Tel: 403-606-7331 | Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com
Facebook: [Deer Ridge Community Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | Twitter: [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Board of Directors and Community Contacts

EXECUTIVE

President	Don Burdeyney	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

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

DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Gertrud VanDerMey	

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	Don Burdeyney	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	
Membership Coordinator	Bob Hall	

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.

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.

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.

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MESSAGE FROM THE BOARD

Spring, with all its excitement and changes, is on the way! Here are a few updates on what's going on in your neighbourhood, and what we're working on for you.

Don Bosco Playground Update

It is March and Don Bosco School is still working on getting the funding in place for a new playscape to replace the outdated one being removed in June. The school is relying on community and parent fundraisers to raise capital for this endeavor and March is the make-or-break month. If Don Bosco School is unable to get sufficient funding pulled together to match the grant funding for which they have qualified, that funding will go to another, unrelated, initiative in the city. Don Bosco School is the only school within our Deer Ridge community boundaries, and it would be very unfortunate for the children and the families of this neighbourhood to be without a playscape. We commend the parents and school staff who have worked tirelessly to come up with new and interesting ideas for fundraisers – thank you so much, each and every one of you, for your innovation, hard work, and belief that it can be done – we appreciate you.

Rinks Update

Our rink volunteers have worked very hard through this winter of variable temperatures to keep a good surface on each of the two ice rinks. We are very grateful to them for their hard work and dedication, and for being out there in all kinds of weather, looking after this amazing community asset for us. We have been gratified to see that people have been out skating and enjoying the rinks for shinny and pleasure skating, and just getting together, at all times of the day and often well into the evening. Our rink volunteers will try to keep the rink going for as long as the weather for it holds, but in March, anything can happen. Check the ice conditions by visiting us at <https://www.instagram.com/deerridgeodr/>.

Community Gardens Update

Many of you have been planning your spring gardening, even started seeds in February, and can barely wait to get your hands in the dirt again. Our community gardens will be up and running again this year! Many of the beds will receive repairs and/or new, corrugated metal cladding, as the beds have been in service for

many years and are showing their age. Work will begin as soon as the weather permits. If you had a garden box in the community garden last year, watch for an email asking you whether you would like to participate again this year. Please make sure you respond, as there is a waiting list of people who would like a garden plot and we would like to make sure that if you were gardening with us last year, you will have your spot again this year.

Soccer Update

You will soon see youngsters and older youth in soccer jerseys practicing their skills in the field in Yellow Slide Park. The Deer Ridge community will once again host the Calgary Foothills Soccer Club, who hold their weekly practices here. Soccer Club registration is open for the Outdoor 2024 season, and every registration includes membership in the Deer Ridge Community Association. If you're signing up a family member and you already have a community association membership, please be sure to let the soccer club know at the time of registration. Get more information or register at www.gofoothills.ca.

Volunteer Opportunities

We are very grateful for each of the volunteers who have made every one of our events or initiatives a huge success. Your dedication and hard work, and the good cheer with which you take up every task and every challenge is so appreciated.

We are looking for more volunteers to come and enjoy working with us to make and keep Deer Ridge a vibrant community. The community has opportunities for improvements to our current facilities, and grant opportunities for things we can do or amenities we can build to make our community even better. Tell us what you like doing and we will have a look to see where there is a fit for you in making wonderful things happen here. Email us at DeerRidgeCA@gmail.com to see what we have on the go, or to suggest an idea for where you'd like to get involved.

Membership

Memberships are still only \$15 per household, available for purchase online at <https://deerridgeca.com/membership/> or by filling out the form in this newsletter and returning it by mail with payment.



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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403-726-9301

calgaryfreshjock.com

All residents are welcome to attend meetings and take part in discussions. We invite all Deer Ridge residents to actively participate in the decisions shaping your community. Residents with a current Deer Ridge Community Association membership have voting privileges.

Your membership contributes directly to the activities and amenities in your community! Your Deer Ridge community also has representation on the Trico Centre for Family Wellness Board and is a Community Partner with the Trico Centre.

Make sure you subscribe to the Deer Ridge email bulletin, so you can get current news and timely email updates on anything that's happening in the community.

Thank you for your support!

Board Meetings

Community Association board meetings are held at 7:00 pm, the third Tuesday of each month, at the Lutheran Church of the Good Shepherd, except during July and August. Our Annual General Meeting will be held in June, followed by a summer break from meetings, even as work on our community projects continues. Please let us know if you would like to attend a board meeting, would like an update on any matters of interest, or if there is anything you would like to have discussed at a meeting.

Upcoming Board meeting dates are:

March 19, 7:00 pm

April 16, 7:00 pm

May 21, 7:00 pm

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Ten Tips for Dealing with Parental Estrangement

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



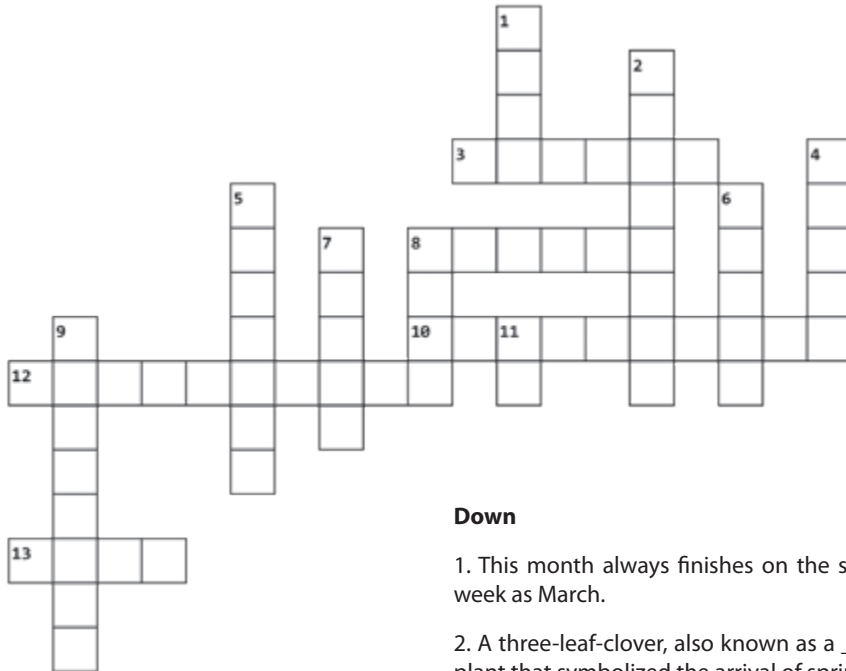
Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

March Crossword

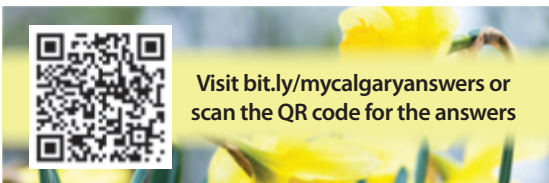


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* _____ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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



Councillor, Ward 14
Peter Demong

403-268-1653

eaward14@calgary.ca

www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie

204 – 279 Midpark Way SE
Calgary, AB T2X 1M2

403-225-3480 403-255-3504

stephanie.kusie.c1@parl.gc.ca

stephaniekusiemp.ca

Hi, Ward 14

The days are getting longer, and it feels good, doesn't it? Spring is on its way too. The online version of this column will be very seasonal. In it I will touch on the topic of water, including storm ponds, and storm drains. I will bring up the topic of property assessment one more time this year with an extra section on how to sign up to pay your property tax in instalments. There will also be a new edition of "How to Use the City of Calgary website".

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong

Dear Constituents,

Parliament has been back in session for a little over a month now and continuing from my work in 2023, I immediately delved back into the ArriveCan study. As Conservative Shadow Minister for Treasury Board, I've been leading the charge to get answers for Canadians as to why the app ended up costing \$54 million dollars. Conservatives will continue fighting for accountability and answers from this Liberal government.

Last month, my office continued our annual tradition of delivering Valentines for Seniors in our community of Calgary Midnapore. Thank you to the staff and students at Don Bosco School in Deer Ridge for the beautiful handmade cards! My staff had a great time delivering them to over 100 residents at the Atria – Canyon Meadows retirement facility.

On April 1, Justin Trudeau will be signing off on two tax increases. The Carbon Tax will shoot up to \$80 per tonne, and with this Canadians can expect to see a rise in the cost of everything from gas and heat to groceries. As if one tax increase isn't bad enough, the Liberal governments escalator tax on beer, wine, and spirits will rise by 4.7% at the start of April as well. Since the escalator tax was introduced in 2017 overall taxes on alcohol have increased by a staggering 19%. Alongside my Conservative colleagues, I've been relentless in calling on this government to axe the carbon tax and bring home lower prices for all Canadians.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media, @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



MLA Calgary - Fish Creek
Myles McDougall
 7 – 1215 Lake Sylvan Drive SE
 ☎ 403-278-4444
 ✉ Calgary.FishCreek@assembly.ab.ca
 ✕ @MylesYYC | 📷 MLAFishCreek

Childcare and affordability are crucial for families and the government recognizes this. That is why in 2021 the Alberta government signed the Canada-Alberta Canada-Wide Early Learning and Child Care Agreement. The government believes that all Albertans deserve an affordable, accessible, high-quality, inclusive childcare sector.

To help both families and businesses, the creation of the Early Learning and Child Care Agreement promises a total of \$3.8 billion being invested over five years to bring childcare fees to an average of \$10 per day. Having affordable childcare is what creates opportunities and keeps money in parents' pockets.

Since January 2022, childcare fees that were paid by parents were reduced by 50% across Alberta. In 2024, it is expected that parents will pay an average of \$15 a day and by 2026 that average will be reduced to \$10 a day. In addition, the Alberta government is excited to announce that it has put over \$900 million back into the pockets of parents who use childcare. That is approximately \$550 per month per child. Furthermore, just in 2024 alone the Child Care Agreement will save families in Alberta \$9,000 per year per child.

Supporting Childcare Staff and Operators - Affordability Grant

In order to support both operators and reduce parental fees for childcare, the Alberta government has replaced revenue operators with the Affordability Grants. What is exciting about these grants is that while the fees paid by parents are decreasing, childcare operators have seen an increase in their total revenue from the government, plus an additional amount in recognition of increased costs. In total, most operators have seen an increase of 9% in total program fees over the past three years. The Alberta government is also offering other funding that will support the staff of childcare facilities. These include wage top ups for early educator staff, of up to \$8.62 per hour, and access to \$4,300 per educator per year for professional development and training. These efforts from the Alberta government have and continue to make a difference in the lives of many Albertans.

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

Cats, Canines, & Critters of Calgary



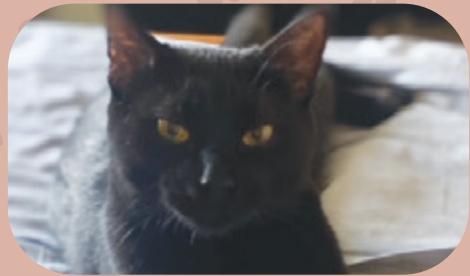
Chile Mango Bean, *Sundance*



Chloe, *Somerset*



Kiki, *Dalhousie*



Stormi, *Deer Ridge*

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Epilepsy Awareness Month

Shine a Light on Epilepsy

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



MARCH 26
Purple Day

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

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



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



epilepsycalgary.com



Share your purple moments using
#postyourpurple



BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
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continued on next page

BUSINESS CLASSIFIEDS

continued

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Deer Ridge Senior's Drop-in Centre

Do you need a break from caring for a senior? Drop your senior off in a comfortable, homey, social environment supported by loving supervision. Call Janette at 403.275.4422 or Connect@EdenHaus.ca.



Good Food Box

In these times of enormous grocery price inflations, are you looking for ways to mitigate the rising cost of fresh foods? Have you wondered whether a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone can access fresh, nutritious produce regularly and affordably. Boxes contain in-season fresh fruits and vegetables directly from farmers and wholesalers. Content varies weekly, depending on what's in season. Each box contains the maximum produce, to ensure you get the most value for the price. Get more information at ckpcalgary.ca.

Need some fresh ideas for what to do with all that great produce? Get some great ideas at www.ckpcalgary.ca/recipes.

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

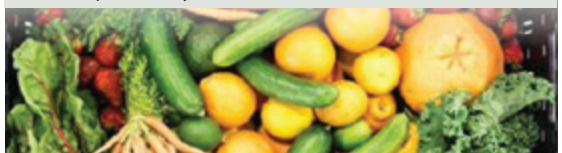
*Please note, weights are approximate and will vary depending on produce size and density.

Order Deadline

Delivery Date

March 5	March 14
April 9	April 18
April 30	May 9

To order or pick up, please contact Emma at 403-278-8263. Pick up is at 77 Deerpoint Rd SE (Fish Creek United Church, previously known as Deer Park United Church).



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YOUR CITY OF CALGARY

Winter Cart Placement Tips

by *The City of Calgary*



Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



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