

FEBRUARY 2024

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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April is Come Try Ringette month, and there will be many sessions in Calgary.

Leapers and Leaplings Special Day

Four million leap day babies? Did you know the odds of being born on February 29 is one in 1,461! Leap day babies are better-known as 'leapers' or 'leaplings'. Hats off to these time-defying, once-in-a-blue-moon birthday legends!



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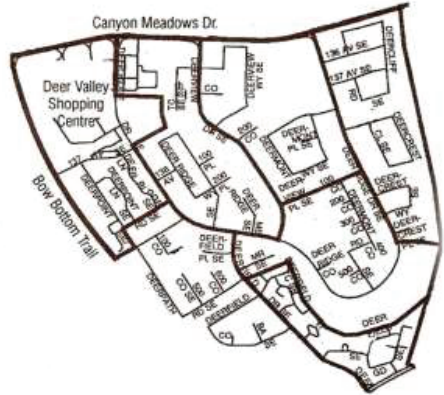


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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.

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deervalleymarketplace@barburrito.ca
Phone: (403) 720-0013

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MESSAGE FROM THE BOARD

January Family Skate

A great big thank you to all the volunteers who helped make our January Family Skate Day a huge success. We thank you, one and all, from those barbecuing and putting out the food, to those tending the fire, playing the music, setting up and tearing down, or just plain ensuring everyone had a good time. To the wonderful community businesses who donated hot drinks and provided us assistance – we love you! Deer Ridge wouldn't be the vibrant community it is without you all.

Don Bosco Playground

Fundraising for a replacement playground is continuing. As you may be aware, the older Don Bosco school playground equipment will be removed this summer. No new playground will be built if the school cannot match the available grant funding by mid-March. The school is working hard to raise sufficient funds to match the available grants before then. If sufficient funds are not raised by March 31, the school will lose the grant funds and any chance of a playground playscape for both schoolkids and neighbourhood kids.

February and Family Day Things to Do

Enjoy walking, running, skating, snowshoeing, and/or skiing in your community and in Fish Creek Park.

Or try fishing – Alberta has a Free Family Fishing Weekend on Family Day, so on the Family Day weekend, February 17 to 19, 2024, Albertans and visitors alike can fish in Alberta without a license. Details here: <https://mywildalberta.ca/fishing/family-fishing-weekends/default.aspx>.

Want to do something indoors? Head to the Devonian Gardens, in downtown Calgary. This free indoor garden will charm you – it has a multitude of plants and benches, and even a little playground.

This Family Day, you can visit provincial heritage sites and receive free Admission. Confirm your location before you go, as some museums require that you pre-book tickets.

Community Association Board Meetings

Do you like to be in the know about what's going on in your community, maybe get a heads up on planned changes? Would you like to influence positive change and have your voice heard on matters that impact you and your community? Come to a community association board meeting!

Meetings are held the third Tuesday of each month at 7:00 pm. We have been meeting at the Lutheran Church of the Good Shepherd, but it's a good idea to check our website, in case of change.

Our next meeting will be held on January 16, 7:00 pm, at the Lutheran Church of the Good Shepherd. Please let us know if you would like to attend or if there's something you would like the board to discuss.

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.



2^{FOR}1 Tuesdays

Come try bouldering!



This promotion is only applicable at our SoCal location. Two people must be present to receive this promotion. One person must be signing the waiver for the first time to receive this promotion. Expires Feb. 29, 2024.

75 Shawville Link SE, Calgary OPEN 6am-11pm
calgaryclimbing.com 587-603-6200

February Fun

What do you think is fun to do in Deer Ridge in February? Do you like to slide and swing at one of the playgrounds? Skate on the rinks? Walk around the ridge and enjoy the sunset? Or do you walk down into Fish Creek Park for some cross-country skiing? Email and tell us your favourite things to do or where you like to go in the neighbourhood!

BIRDING

RIDGE

SNOWSHOE

CLIMB

RUN

SUNRISE

DAYTRIP

SHINNY

SUNSET

EXPLORE

SHOP

SWIMMING

FATBIKE

SKATE

SWING

HIKE

SKI

TOBOGGAN

HOCKEY

SLED

TUBING

PARK

SLIDE

VISIT

RESTAURANT

SNOWBOARDING

WALK

O	E	V	R	C	R	L	H	Z	P	Z	W	G	Q	C	D	W	E
V	D	U	P	T	Y	W	I	S	G	W	L	N	S	L	E	D	S
G	Y	A	U	W	Y	W	Z	J	W	N	U	N	L	H	T	E	W
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V	I	I	V	I	C	O	A	I	O	O	G	F	M	N	M	N	C
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E	R	O	L	P	X	E	A	R	S	H	O	C	K	E	Y	Q	U



Councillor, Ward 14
Peter Demong
 📞 403-268-1653
 ✉ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14

Greetings Ward 14!

I hope your 2024 is going well, and all the resolutions you made, if you made any, are going smoothly. Property Assessment is a topic that I like to drive home at this time of year, perhaps to the point of overkill. It is important, so I will mention it in this month's version of my online column, and again next month. In addition, there are some engagement opportunities that you will want to know about. I will tell you how to give input on rezoning, city building, floodplain policies, and public recreation. Finally, I will squeeze in some information on the Green Line, maps, storm ponds, the City's webinar series, secondary suites, and 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



9 PM

ROUTINE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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

Friends,

There is exciting news for education in Alberta. The 2022 Programme for International Student Assessment (PISA) results show that Alberta continues to be a leader in education in Canada and around the world. The PISA is conducted every three years and assesses the performance of 15-year-old students in reading, mathematics, and science. On December 5, the 2022 PISA results were released and conclude that Alberta students rank first in Canada in reading, first in Canada in science, and second only behind Quebec in math.

Globally, we ranked second in reading, second in science, and seventh in math, within statistical deviation. We should all be extremely proud of Alberta's success in these assessments, especially the success of the 1,300 students that participated, for their hard work and dedication to learning. Thank you to the teachers, staff, and parents for their continued work to support Alberta's world-class education system.

Predictable Funding for Municipalities

Alberta's government is helping to build Alberta's communities by providing predictable funding so that local governments can plan more effectively for the future through the Local Government Fiscal Framework (LGFF).

Local governments across Alberta have long asked for funding that is predictable and tied to provincial growth. With input from local governments, we have finalized the allocation formula that sets out how much they will receive annually under the LGFF. The LGFF funding formula strikes a fair balance for both rural and urban local governments, meeting their need for predictable infrastructure funding while remaining fiscally responsible. In addition, we will provide a one-time top-up funding in Budget 2024 to ensure that no municipality sees a decrease, which will help local governments keep infrastructure projects on track.

Alberta Pension Plan

A friendly reminder that a workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website (www.albertapensionplan.ca/engagement).

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

Seven Key Things to Make Your Relationship Work

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

What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

Enhance your love maps. Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

Nurture fondness and admiration. Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

Turn toward each other. Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

Let your partner influence you. Happy couples are a team that considers each other's perspective and feelings.

They make decisions together and search out common ground. Letting your partner influence you isn't about having one person hold the reins, it's about honouring and respecting both people in the relationship.

Solve your solvable problems. There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

Overcome gridlock. The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

Create shared meaning. "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

Bonus: Intentional date nights. If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.

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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
----------------	---------------

February 6	February 15
March 5	March 14
April 9	April 18

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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Deer Ridge Real Estate Update

Last 12 Months Deer Ridge

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 299,950	\$ 327,500
November 2023	\$ 459,495	\$ 463,750
October 2023	\$ 349,950	\$ 388,000
September 2023	\$ 399,950	\$ 444,000
August 2023	\$ 599,900	\$ 575,000
July 2023	\$ 519,900	\$ 540,000
June 2023	\$ 389,000	\$ 430,000
May 2023	\$ 485,000	\$ 522,000
April 2023	\$ 447,500	\$ 479,450
March 2023	\$ 499,900	\$ 520,350
February 2023	\$ 384,900	\$ 388,700
January 2023	\$ 524,900	\$ 517,000

Last 12 Months Deer Ridge

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	1	4
November 2023	6	4
October 2023	6	4
September 2023	5	4
August 2023	0	1
July 2023	2	3
June 2023	6	7
May 2023	4	3
April 2023	5	8
March 2023	10	5
February 2023	0	2
January 2023	3	1

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

DID YOU KNOW?



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- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.



- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gofoothills.ca

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