

NOVEMBER 2017

DELIVERED MONTHLY TO 3,600 HOUSEHOLDS

THE DEERRIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge

Good Food Box Program



What is the Good Food Mission

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

Box Options

Small Box: \$25, 20-25lbs* of fruits and vegetables

Medium Box: \$30, 30-35lbs* of fruits and vegetables

Large Box: \$35, 40-45lbs* of fruits and vegetables

**These weights are just an approximate. Weights will vary depending on produce size and density.*

How The Good Food Box Works

The boxes are delivered once a month to various depots around the city. A depot could be any place where 5 or more boxes are ordered, examples of current depots are churches, community centers, senior centers, apartment complexes etc. When a member of the community wishes to order a GFB they are matched with the closest depot to them by calling into our office. They are then given the contact details of the depot and are responsible for contacting the depot, placing their order and payment as well as pick-up of the GFB on delivery date. Customers pay \$25, \$30, \$35 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery.

How Does the GFB Operate?

The GFB operates by buying fresh top quality produce directly from farmers and from wholesale clubs. The food is bought in bulk and dropped off at our warehouse. Our volunteers then divide up the produce into portions and put the Good Food Boxes together. The boxes contain the maximum produce possible in them for the price.

How Does the GFB Operate?

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Ordering, Delivery, and Pick-up Schedule

Please contact **Kiran McKee 403-278-8263** at **Deer Park United Church**, 77 Deerpoint Rd SE T2J 6W5

Place Order Before:

November 28, 2017

Delivery:

December 7, 2017

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Prompt Care Medical Centre
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Accepting new patients, walk-ins welcome

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Dr Marcella Cronkhite Family Physician

Mon- Fri: 8.30am to 5.30pm
Saturdays: 10am to 2pm

www.PromptCareMedicalCentre.ca

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(Located behind Dollarama)

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DEER RIDGE COMMUNITY ASSOCIATION

Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7
Phone: 403-606-7331 | deerridgeca@gmail.com
www.deerridgeca.com

Delivered monthly to 3,600 households and businesses for 3 years!

Editorial Submissions

deerridgeca@gmail.com
All editorial content must be submitted by the 5th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



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 Publishing and Deer Ridge Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Deer Ridge Community Association does 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.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

BOARD OF DIRECTORS' MESSAGE

We hope that everyone had a wonderful Thanksgiving and enjoyed the colours of the fall.

Councillor Demong's Ward 14 Communities BBQ

Thank you to all who visited the Deer Ridge Community Association table and signed up for free community membership donated by the Ward 14 BBQ sponsors. It was a fun afternoon and a great opportunity to connect with other Ward 14 community associations. Thank-you to Councillor Peter Demong and the sponsors of the twenty-three memberships received.

Deer Ridge Kids AfterSchool Program

The City of Calgary provides an afterschool program for children grades 4 - 6. Participate in fun games, crafts and activities all lead by City of Calgary Recreation Leaders!

Days: Monday, Wednesday
Time: 3:45 – 5:45 p.m.

Where is the program located? Deer Park United Church- 77 Deerpoint Rd SE

Where do you find out more information? Phone: 311, Website: Calgary.ca/afterschool

Fall Back

Daylight Saving Time will end at 2:00 am local time on November 5th, 2017. After you've changed the time on your clocks remember to check your smoke and CO2 detectors; confirm they are not near expiry date, replace the batteries and test by pressing the alarm's test button.

Remembrance Day

"Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation's history and the more than 118,000 who made the ultimate sacrifice."

(<http://www.veterans.gc.ca/eng/remembrance/information-for/educators/quick-facts/remembrance-day>)

Community Gardens

Many hands make light work; thanks to everyone who helped with watering and maintaining the beds during the season. Congratulations to all the gardeners on another very successful harvest! If you are interested in reserving a garden bed for next season, please contact Mr. Bob Hall.

Ice Rink Volunteers

It is that time of year again as we prepare for winter. Volunteers interested in helping out at the ice rinks are always welcome. If you have some spare time and would like to help out, please contact us at DeerRidgeca@gmail.com or sign-up at deerridgeca.com/volunteer/

Snow Angels

Keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. To be a Snow Angel all you have to do is adopt a sidewalk and keep it clear when it snows. Watch for people in your neighbourhood who could use help removing snow and lend them a hand.

Business of the Month

Do you own or manage a business in Deer Ridge. Let us do a free one-page feature and introduce your business to the 1500 households in the community of Deer Ridge. If you have any interest, please contact us.

Do you have suggestions for your community?

If you have ever thought of volunteering within the community, we are always looking for volunteers to initiate, plan or just help out with our community projects and events. Would you like to volunteer on the Board? Please contact any of the Deer Ridge Board Members for information or attend a board meeting.

The next board meeting is:

Date & Time: Tuesday, November 21st, 2017 at 7 PM
Location: The Trico Centre - Meeting Room #9

Again, thank you for your support and if you can spare a few hours a month, please get involved and join the Deer Ridge Community Association Board.

Deer Ridge Community Association



Box 43052
Calgary, Alberta
T2J 7A7

Visit our website at www.deerridgeca.com
If you have any questions or concerns, please
contact us at DeerRidgeCA@gmail.com

Board of Directors & Community Contacts

EXECUTIVE

President	Dawn Wallace	403 606 7331
1st Vice President	Karen Stevenson	403 278 3353
2nd Vice President	Alana Somers	403 466 8100
Treasurer	Kim Waytowich	
Secretary	Barb Chapin	403 285 9482

PAST PRESIDENT

Past President	Bob Hall	403 278 6817
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DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Laurie-Anne Bulmer
Director at Large	Tracey Burch
Director at Large	David Burns
Director at Large	Luz Jaimes
New Director at Large	Adolpho Scollo

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Alana Somers	403 466 8100
Casino Coordinator	Bob Hall	403 278 6817
Ice Rink Coordinator	Bob Hall	403 278 6817
Tennis Court Coordinator	Larry Lemieux	403 278 2199
Trico Representative	Karen Stevenson	403 278 3353
Newsletter Advertising	Great News Publishing	403 263 3044
Newsletter Coordinator	Luz Jaimes	

WE NEED YOU! CONTACT US TO VOLUNTEER AND GET INVOLVED IN YOUR COMMUNITY.

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.



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Deer Ridge. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

AFFORDABLE DENTAL CARE: Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Save money, live better!

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

PROJECT TEK INC: Complete home renovations, bathrooms, kitchens remodeling, laminate flooring, basement renovation, audio video automation and integration, whole house audio, home theater and surveillance camera system. Insured, licensed and bonded. References. Financing available. 403-861-8324, www.project-tek.biz.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 8

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FLC SENIORS CLUB 55+:(Based out of Trico Centre SE) Tai Chi, call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing, call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter session starts January 2018. For more activities, visit www.flcseniors.ca.

Accountant
Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd
dohertysb@shaw.ca
accountingservicescalgary.net
Personal and Corporate Taxes
Financial Statements • GST • Payroll • Reviews
Audits • Consulting • Business Startup Assistance
403-257-1582

BRAIN GAMES SUDOKU

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



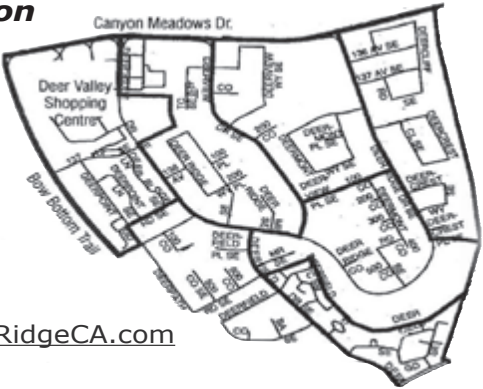
MLA Calgary - Fish Creek
Richard Gottfried
Bay 7, 1215 Lake Sylvan Drive SE,
Calgary, AB, Canada T2J 3Z5
☎ 403-278-4444 ☎ 403-278-7875
✉ calgary.fishcreek@assembly.ab.ca
🌐 www.richardgottfried.ca
📱 @GottfriedMLA
📌 [gottfriedmla](https://www.facebook.com/gottfriedmla)

As November descends upon us, I reflect on the sacrifices of those who have served and now serve in our armed forces. The last few months have also given us pause to reflect on the dedication of our defenders and first responders. Every day, they give and put their lives on the line for our protection and principles of freedom. On Remembrance Day, November 11th, I would encourage each of you to take a moment to ponder not only those we have lost but what we have gained in return for their sacrifices. 2017 marks the 90th anniversary of the Battle of Vimy Ridge. This battle defined the young nation of Canada. It firmly planted Canada on the international stage as a leader and champion in standing against tyranny and oppression. The battle set Canadians apart for their willingness to give selflessly in the service of others. Today Canada remains a strong, free country that stands for freedom of conscience, freedom of religion, freedom of thought, freedom of belief, freedom of expression, freedom of the press and of other mediums of communication, freedom of peaceful assembly, and freedom of association. I have gratitude for recent peaceful elections. Evolution without revolution is key to our peaceful democratic system. The secret ballot is a cherished pillar of modern democracy. As Legislators, we need to be vigilant in all aspects of society in keeping with the principles of good government, and to never overreach into individuals personal charter rights.

My regular MLA Café’s will be going on the road in the coming months, so watch for updates on what community associations and local businesses we will be visiting. For November, find me at Cornerstone Music Café Monday the 20th from 9:30-11am. The coffee and hot chocolate will be delicious. As always, my job is to listen and represent you to the best of my ability. So please be sure to reach out through Facebook, Twitter, Instagram, phone, email, or in person! Thank you.



Deer Ridge Community Association
Membership Request / Renewal
Form



Thank-you in advance for your support!
Membership fee \$15.00

Online membership payment available at DeerRidgeCA.com

Name:

Additional Family Members:

Mailing Address:

Phone Number(s):

Email Address(s)*:

* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

Membership Request & Payment options:

Mail completed form & cheque payable to:	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
Online:	DeerRidgeCA.com/Membership

Two membership cards, printed with last name(s), will be mailed to your household.

Deer Ridge Community Association PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331 |
Website: DeerRidgeCA.com | Email: DeerRidgeCA@gmail.com | Facebook: Deer Ridge
Community Association | Twitter: @DeerRidgeCA

VOLUNTEER FORM

The continued success of events as well as maintenance and improvements of facilities is dependent upon involvement of Deer Ridge residents. We invite you to join us in the fun!

We are updating our 2016-2017 list of volunteers. If you are interested, please fill out the form below and return by mail, or visit www.DeerRidgeCA.com and fill it out online.

Deer Ridge Community Association, PO Box 43052, Calgary, AB T2J 7A7 | Tel: 403-606-7331

Email: DeerRidgeCA@gmail.com | Website: DeerRidgeCA.com

Facebook: Deer Ridge Community Association | Twitter: @DeerRidgeCA

Deer Ridge Community Association, Volunteer Activities 2016 – 2017

- | | |
|---|--|
| <input type="checkbox"/> Community Clean-Up (June 25, 2017: set-up/take down, assist City staff directing people and receiving items, community signage and posters) | <input type="checkbox"/> Movie at Yellow Slide Park (July & Aug: event preparation, set-up/take down, food & beverage service, contact businesses for raffle prizes, community signage and posters) |
| <input type="checkbox"/> Fundraising Casino (January 11th & 12th, 2017: money, money, money!) | <input type="checkbox"/> Community Festival (June: set-up/take down event tables, community signage and posters) |
| <input type="checkbox"/> Family Winter Skate (January: set-up/take down, food and beverage service, event preparation, community signage and posters) | <input type="checkbox"/> Community Gardens (May-Oct: building new garden structures, painting, prepping beds at start of season, post-harvest activities) |
| <input type="checkbox"/> Ice Rinks (Nov-March: maintaining ice surface) | <input type="checkbox"/> Special Projects: playground rebuilds, pathway to rinks and gardens, etc. (ongoing: planning, cost estimates, coordination with The City, organizing volunteers, construction) |
| <input type="checkbox"/> Tennis Courts (May-Oct: maintaining court surface) | <input type="checkbox"/> Association Board Member or Committee Member (various roles to suit individual's time available to volunteer) |
| <input type="checkbox"/> Children's Christmas Party (December: event preparation) | <input type="checkbox"/> Doesn't matter to me. I'll help with whatever is needed. |
| <input type="checkbox"/> Volunteer Recognition (Spring: event preparation) | |
| <input type="checkbox"/> Membership Drives (Aug-Oct: door-to-door delivery of membership forms) | |

First Name: _____ Last Name: _____

Address: _____

Phone: _____ Email: _____

Ideas or Comments: _____



The Deer Ridge Community Association presented: “Movie in Yellow Slide Park”

Saturday, August 19, 2017



The Deer Ridge Community Association hosted a free Movie in Yellow Slide Park event this summer showing “The LEGO Batman Movie” on the big screen.



Thank you to all of the community members who attended! Approximately 250 people enjoyed hot dogs, chips, freezies, popcorn, water, juice, pop, bouncy castle, face painting and a local business prize raffle. We also gathered a substantial donation for the Calgary Food Bank.



Thank you to the Calgary Fire Department for attending, to Richard Gotfried MLA and Christina for lending tents to keep the volunteers shaded and to Councillor Peter Demong for supporting us through the ward community events fund.

The Deer Ridge Community Association cannot be successful without volunteer support for planning events. Many thanks to: Alana, Dawn, Bob, Lanis, Luz, Katrina, Sean, Tracey, Nick, Erica, Adolpho, Ron, Roy, Linda, Lauralee, Chris, Brecken, Cory, and other friends, family and neighbours that help in many ways.

If you are interested in volunteering or your business would like to make a future donation for the prize raffle please contact the Deer Ridge Community Association at DeerRidgeCA@gmail.com. See you next year!





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