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And Get Involved In Your Community.**

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Casino Coordinator	Dawn Wallace	
Ice Rink Coordinator	Bob Hall	403-278-6817
Community Garden	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	
Trico Representative	Open	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Diane Lum	
Membership Coordinator	Drew MacQueen	403-278-6817



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.

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.



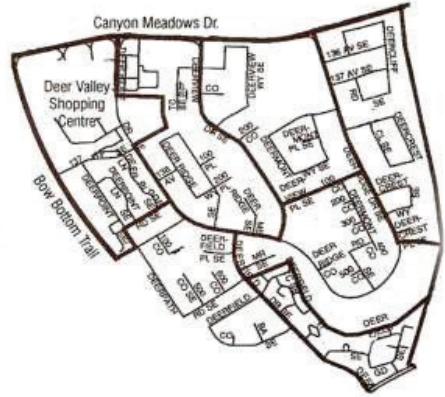
Community Association

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 send 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 2025 – 2026

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) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

MESSAGE FROM THE BOARD

It's spring time in Deer Ridge! Whether you have planned Easter activities this April, or are just ready for some outdoor fun, there's a lot of things going on in our community this season. Take some time and enjoy what the warmer weather has to offer!

City of Calgary Compost Giveaway

If you're a Calgary resident looking to save on soil amendments and fertilizers this spring, The City of Calgary has you covered. The complimentary compost available to residents can be used in yards and gardens. It is produced from food scraps and yard waste collected through the Green Cart program. The 2026 Compost Giveaway bookings will open March 31. Online appointments will be released at 8:00 am for pick up between April 13 and May 2. Compost will be available for pickup from April 13 to May 30, 2026 by online appointment only at Shepard (South) and Spyhill (North) landfills.

- Appointments will be released in time slots starting March 31 on this page: <https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>. Check on March 31, April 28 and May 12 to find newly released appointments, plus available time slots due to cancellations.
- To ensure there is a fair opportunity for all residents to pick up compost, households may only pick up compost once during the 2026 Compost Giveaway. Remember to mix your compost with soil. Please note that people with multiple bookings may have their appointments cancelled.

Community Clean-Ups

Community Clean-up events make it easier to dispose of household items that do not fit in your black cart. They take place across the city from April 25 to October 2026. Events are held on Saturdays and Sundays from 9:00 am to 2:00 pm. They are open to all residents, regardless of where you live. The Queensland Diamond Cove Community Association (649 Queensland Drive SE) will be having their community clean-up on Saturday, May 30, 2026. You can check the city-wide schedule starting in April at: <https://www.calgary.ca/waste/drop-off/community-cleanups.html>.

YardSmart Rain Barrels

Using a rain barrel is a great way to capture and reuse rainwater in your yard. Capturing rainwater helps

keep your plants healthy and reduces the amount of city water you use. Rain barrels can also help reduce stormwater runoff in our creeks and rivers.

The City of Calgary's rain barrel rebate program is returning in 2026 and is delivered through Green Calgary.

Program details (2026):

- Rebate amount: \$50 per rain barrel.
- Rebate is a flat \$50 per eligible rain barrel (storage container only), regardless of size.
- Accessories/add-ons are not eligible for rebate. Rain barrels must be an original sale (not resale).
- Maximum rebates per household: three (up to three rain barrels).
- Receipt timing: receipts must be dated within 12 months of your application date (examples below).
- Application period: April 1, 2026, to October 31, 2026 (or until available funding is fully allocated).
- Funding: up to 3,500 rebates are available (first come, first served, while funding lasts).
- Processing time: please allow four to six weeks to receive your rebate once your application is complete and approved.

For more information, please visit: <https://www.calgary.ca/water/programs/rainbarrel.html>.

Casino Volunteers Needed

Our major fundraising casino will be held on Tuesday, August 25 and Wednesday, August 26 at the Deerfoot Inn and Casino.

Volunteers are needed to fill various positions. Day shifts are 11:00 am to 7:30 pm. Evening shifts are 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am.

This is a great opportunity to meet your neighbors and help ensure AGLC funding is available to the community for facilities and programs such as a new park shelter, ice rinks, tennis court, replace aging playgrounds, youth programs, and special events like Family Skate Days and Movie in the Park.

Training is provided and meals are no expense to the volunteer. Transportation is available if needed.

Please mark your calendar and contact us to volunteer at: DeerRidgeCA@gmail.com.

Upcoming Board Meetings

The Board of Directors meet monthly on the third Tuesday of each month. Our next meeting is Tuesday, April 21, 2026 at 7:00 pm. Please contact us at DeerRidgeCA@gmail.com if you are interested in attending, volunteering on the Board, or if you have anything you would like the Board to discuss at the meeting.

Word of the Month

Effervescent: adjective (eh-fur-veh-sent)

Describes a person who is enthusiastic, full of energy, or lively. It may also describe a bubbly drink!

They have a strong and effervescent personality.



GAMES & PUZZLES

Guess the Book!

1. Calgarian Danielle L. Jensen wrote this New York Times bestselling fantasy novel in 2018.
2. This 2020 bestselling novel by Mexican Canadian author Silvia Moreno-Garcia follows a debutante in 1950s Mexico.
3. This novel by J.R.R. Tolkien follows the adventures of Bilbo Baggins.
4. This book is a record of Charles Darwin's journal entries during his first voyage.
5. This literary fiction was Nigerian author Chinua Achebe's debut novel.
6. Yann Martel wrote this philosophical novel with protagonist Piscine Molitor Patel.



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Family Day Skate

The Deer Ridge Community Association's Family Day Skate, which took place on Monday, February 16, 2026, was a success, despite the unseasonably warm month which made it challenging to maintain our skating and hockey rinks! Thanks to Bob Hall and his rink maintenance team, we had great ice for a day of family skating and ice painting! Many thanks also go out to our other volunteers, from donating milk containers for the paints, mixing the paints for the ice painting activity, cooking the hot dogs, arranging for the coffee and hot chocolate, putting together the goodie bags, and setting up and taking down the event at our Deer Ridge rinks. Also, thanks to everyone who came out on this beautiful and warm Monday to enjoy their Family Day with us!



Age-Friendly Calgary Essential Numbers for Seniors in Calgary	
9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca .	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.
Telephone language interpretation service available on all lines.	

BRAIN GAMES

SUDOKU

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SCAN THE QR CODE FOR THE SOLUTION



Good Food Box

Do you find yourself cringing every time you go to through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit: Good Food Box — Community Kitchen Program of Calgary at ckpcalgary.ca.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to the Fish Creek United Church (77 Deerpoint Rd. SE) for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: <https://www.ckpcalgary.ca/recipes>.

Produce Box Options

Small Box	\$35	20 to 25lbs* of fruits and vegetables
Medium Box	\$40	25 to 30lbs* of fruits and vegetables
Large Box	\$45	35 to 40lbs* of fruits and vegetables

*Please note weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order By Date	Pick Up Date
April 14	April 23
May 5	May 14

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.



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How Past Trauma Affects Our Romantic Relationships

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



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of: emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

**Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥**



Community Gardens



The Deer Ridge Community Garden will be growing into our 14th season in 2026. We are looking forward to another great harvest, seeing all the returning gardeners, and meeting new gardeners this season.

For returning gardeners, please reply ASAP to the season start-up email sent out at the end of March. As we will have a waiting list this season, please confirm your intention to return by April 15, 2026. All gardeners will be notified before the end of April, and plots will be assigned to gardeners at this time.

Compost will be delivered and mixed into the plots on the May long weekend enabling planting to begin the last week of May.

If you are interested in getting involved and joining the Deer Ridge Community Garden this season, please email the community garden at DeerRidgeCG@gmail.com.

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✉️ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents of Calgary Midnapore,

As Calgarians, we always hold out hope that *April showers will bring May flowers* (but I've lived here long enough to know that we may have to wait until June to see those blooms!). Regardless, this beautiful season of renewal is upon us—and this month, families across the riding will celebrate Easter, a significant event in the Christian calendar. I wish one and all a meaningful and joyful weekend with loved ones. Thank you to the Legacy, Chaparral, and Willow Ridge Community Associations for bringing neighbours together (especially wee ones) together for Easter egg hunts—I enjoyed contributing some chocolates and prizes!

A big shout out to the Willow Ridge Community Association for hosting another fantastic Civic Affairs Open House late last month! My team and I had a wonderful time engaging with constituents. Thank you to everyone who entered my contest to win a “Canadian Pride” door prize. The lucky winner will be notified by email.

As for my work in Ottawa, I remain focused on advocating for a lower cost-of-living and a more judicious use of Canadians’ hard-earned tax dollars. I continue to stand up for Alberta and alongside my Conservative colleagues, am pushing Mr. Carney to get pipelines built and show Alberta the respect it deserves in Confederation. This province fuels the nation and failing to listen to Albertans will not end well for anyone.

You can stay up to date on the work I am doing on your behalf by following me on social media and by subscribing to my e-newsletter at www.stephaniekusiemp.ca. While on my site, check out the Services tab to see what else we can help you with!

Sincerely,

Stephanie



**MLA Calgary - Fish Creek
Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

✉️ Calgary.FishCreek@assembly.ab.ca

📞 403-278-4444 | 📍 MlAFishCreek

📘 MylesMcDougallYYC | 🗨️ MylesYYC

As spring is approaching, I look forward to spending time at Fish Creek Park when I am not in Edmonton for Spring Session! I hope everyone has the opportunity to explore the beautiful park as the weather warms up!

As part of the Alberta government’s priority to ensure all Albertans have access to a primary care provider, the new Alberta Find a Provider website has been launched for families to search for doctors in their community. Currently, there are 11 doctors’ offices within the Calgary-Fish Creek constituency who are accepting new primary care patients! For more information, visit albertafindaprovider.ca. We encourage all families looking for primary health care providers to check the new website regularly for updates and additional clinics added.

Avenida Medical Centre: 587-391-5704

Bonaventure Medical Clinic: 403-225-9499

Deer Valley Medical Clinic: 403-278-2164

Deer Ridge Family Clinic: 403-271-5123

Rehoboth Clinics Inc: 587-390-6636

Prompt Care Medical Centre: 587-356-5333

OptimaCare Medical Clinic: 587-291-8111

Health Plus Medical: 403-455-6656

Queensland Medical Clinic: 403-456-6290

Imagine Health Centres - Macleod Trail South:
403-910-3990

Crystals Medical Clinic: 587-353-5511

I hope everyone has a wonderful Easter filled with family time!



Calgary
Humane
Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca