

AUGUST 2023

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DID YOU KNOW?

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**

YOUR LOCAL SOCCER PROVIDER U4-ADULT



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- Canadian Soccer Association - Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
- In-house Sport Science program to develop athleticism and prevent injuries.
- 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.

INDOOR 2023/2024 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at www.gofoothills.ca



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 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 2022 - 2023

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)

MESSAGE FROM THE BOARD

August in Deer Ridge brings with it the second half of summer – let's give it all we've got and have a little fun before the cooler nights and anticipation of fall arrive.

Movie in the Park

Yellow Slide Park will once again be the venue for our popular, free, Movie in the Park night on August 19. Bring your friends and family, or come on your own, for hotdogs and activities for young and old alike. Remember to bring your blanket or chairs, some bug spray, and your sense of fun, and be prepared to be amazed and entertained at this great community evening.

Board Members

The June 2023 Deer Ridge AGM included board elections and as promised, we have an update for you. Board member terms are usually for two years, with only half of the terms ending in any given year. This ensures continuity on the board and that there are always board members to whom you can turn, even during elections.

We have two changes to tell you about this year. We would like to extend:

A great big thank-you to Mr. John Life for his service as our 2nd Vice President over the last two years. John's thoughtful contributions to our deliberations will be missed.

A huge welcome to Ms. Sheree Filipovic, who has joined the board as Director at Large. We look forward to working with Sheree on our usual activities and maybe a few exciting new ones to come.

Board Meetings

Our community association board meetings resume in September. More information to follow regarding when and where to join us, so you can learn more about what's going on in your community, provide your insights, and get answers to all of your great questions.

Community Association Membership

It's that time again! Our Deer Ridge Community Association Membership drive happens in August – get your 2023-24 membership now! Just \$15 per household gets you a say in what happens in your community, and the opportunity to help create and sustain the vibrancy and vitality of our neighbourhood.

Your membership fees help to provide and sustain the amenities of the community – the playgrounds, parks, rinks, tennis courts, pickle ball courts, and yes, even the portable potties.

Your membership entitles you to hear what's going on in your community firsthand at our board meetings. It entitles you to have a say in what amenities are added, what the community response should be to proposed developments or City of Calgary initiatives, when we might want solar powered LED radar speed signs put up in our neighbourhood, etc., as these initiatives are debated in our board meetings.

Please consider becoming a Deer Ridge Community Association member – we welcome your valuable input.

Volunteer

Are you looking for a volunteer opportunity for the fall? Connect with us at DeerRidgeCA@gmail.com and let us know what you would enjoy doing. We will match you with a project that you will enjoy and that could use your unique talents.



GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



SCAN THE QR CODE
FOR THE ANSWERS!

101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

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
Director at Large	Sheree Filipovic

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.

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.

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.

Movie in the Park

How much fun could you have at Movie in the Park in Yellow Slide Park this August? What'll be going on there, what should you bring, and how much does it cost to attend? Who's going to Movie in the Park? Everyone!

BABIES	FAMILY	MOVIE
BLANKET	FREE	PARENTS
BUGSPRAY	FRIENDS	PARK
CHAIR	GAMES	PLAY
CHILDREN	GRAMPA	SCREEN
DRINK	GRANNY	TEEN
EAT	HOTDOG	TODDLER
EVERYONE	LAUGH	VOLUNTEER

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



Good Food Box

Is inflation at the grocery store taking a huge bite out of your fresh produce budget? Have you seen the big GFB truck coming through our neighbourhood and wondered if a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone and everyone can access nutritious fresh produce regularly and affordably. Good Food Boxes contain a combination of in-season fresh fruits and vegetables bought directly from farmers and wholesalers. The content varies weekly, depending on what's in season, and each box contains the maximum produce to ensure you get the most value for the price.

Get more information, plus recipes at <https://www.ckpcalgary.ca/recipes>.

Box Options:

Small Box: \$25 (15 to 20lbs* of fruits and vegetables)

Medium Box: \$30 (25 to 30lbs* of fruits and vegetables)

Large Box: \$35 (35 to 40lbs* of fruits and vegetables)

*Please note, weights are approximate and will vary depending on produce size and density. While prices remain the same – box weights have slightly changed.

Order Day	Pick Up Day
August 15	August 24
September 12	September 21
October 10	October 19

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



YOUR CITY OF CALGARY

Calgary Students Get Creative with Digital Designs for the Level Up Calgary Minecraft Education Edition Challenge Season Two

from the City of Calgary



The City of Calgary's Resilient Calgary program continues the collaboration with the Calgary Board of Education (CBE), the Calgary Public Library, and Microsoft Canada to deliver Level Up Calgary Season Two. Watch the presentations and learn more at calgary.ca/levelup.

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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



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

Dear constituents,

With just over a month of summer remaining, I hope you've had the opportunity to enjoy the warm weather and relax – whether with your family at Fish Creek Park, with friends at a local patio, or alone taking a day for yourself; this is always a great time of year to sit back and enjoy our beautiful city.

I had a jam-packed July and kicked it off by celebrating Canada Day here in Calgary Midnapore. I joined newly minted Canadian citizens at a citizenship ceremony in Heritage Park, stopped by the Parkland Community Hall for some lunch and fun games, met with members of Calgary's Ahmadiyya Muslim community, and enjoyed some celebrations with my family.

Seemingly right after, I put my cowboy boots on and enjoyed the Greatest Outdoor Show on Earth! I caught up with constituents at local pancake breakfasts, BBQs, and on the Stampede grounds. I always enjoy these two weeks where our city comes together to welcome visitors from across the country and globe in grand Calgary Stampede fashion!

I also welcomed Conservative Party Leader, Pierre Poilievre back to his home town of Calgary and our riding of Calgary Midnapore, where he grew up right here in Shawnessy!

I'm looking forward to another great month of meeting constituents and will share your stories and experiences with my conservative team in Ottawa.

To stay up-to-date on my ongoing work and to hear about my remaining summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

Hey Ward 14!

August can be a little slow around City Hall. The usual committee meetings are on hiatus for the month. The weather will hopefully be warm, and you will hopefully be enjoying it.

Busy or not, there is never a bad time to talk about maps (at least in my opinion). In the online version of my August newsletter, I will tell you about a map that shows you where to find parks in Calgary. I will also talk about how to handle the toxic weed called black henbane, some important phone numbers to have handy, adopting pets, and cover some tips about home ownership.




The City's website can be a bit much to navigate at times. It is a refrain I have heard many times, and it is true. But as with a few of the topics I have already alluded to, it can be full of helpful information. So, I am starting a new monthly addition to my column where I will outline a specific part of the City of Calgary website that has information you can use. You can read the first installment in my online column in August.

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

SCAN HERE TO VIEW ADDITIONAL
DEER RIDGE CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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