

JULY 2023

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

July – the month of gratitude in Deer Ridge. We can enjoy sunshine and good weather, vacations, and a slower pace – and time for reflection on all of the wonderful things that are happening in our community. Read on and you will see that in June we had a great month of community involvement, individuals and families getting together and stepping up to take on some of the many little things it takes to keep a community friendly, welcoming, and beautiful – a place anyone would like to live. So, this month, in July, we take a moment to thank everyone – to thank you.

Deer Ridge Green Space Cleanup

A great big thank you to all the families and individuals who came out to help us clean up our green spaces, our playgrounds, the off-leash park, the entire hillside, Yellow Slide Park, and the many boulevards and fence lines in the community. Even the wee little ones came out to help! Your pride in your community is showing and we salute you.

Queensland Diamond Cove/Deer Ridge Community Cleanup

Thank you to the volunteers who helped out at the Queensland Diamond Cove/Deer Ridge Community Cleanup event on June 10. It makes such a difference in a big undertaking such as this, to have people who are willing to come out and help direct traffic, and to provide a friendly face to everyone bringing their trash stash to the City of Calgary dumpsters. Your help and your smiling faces were so appreciated.

A great big thank you to the Queensland Diamond Cove Community Association for partnering with us for this event and for providing their community association parking lot as the venue.

Community Festival

Thank you also to the volunteers who helped out with our Deer Ridge booth and the games and crafts for kids at the Community Festival on June 25. This was a totally fun event, and it was great to just be able to connect with everyone who came out to our very own community festival. Vendors, music, games, and food - so much to see and experience, such a great time, and so much fun! Heartfelt thanks go out to Cornerstone Music Café for once again anchoring this event for the neighbourhood, and for organizing all the countless things it takes to put on the festival.

Annual General Meeting

Thank you to all of the members who came to the Annual General Meeting on June 20. We offer our gratitude to every member who let their name stand for a position on the Board, and we extend our heartfelt thanks you to every Board member who has been serving the community, many of them for many, many years, and congratulations to those who have taken a position on the Board. We'll have an update on who's filling what positions on the Board for you in August's newsletter.

Movie in Yellow Slide Park

Movie in the Park – the long-awaited family fun event that everyone can enjoy, will be on August 19 this year. Come for hot dogs and activities for the kids in the early evening and stay for a movie at sunset. Everything is free – you don't need to be a member to come and enjoy this, so collect your family and friends, grab your lawn chairs and bug spray, and come on down to Yellow Slide Park to have some fun together before summer is done!

Volunteer

Would you like to get in on community building, planning fun activities, friendships, and the camaraderie of working with a group of volunteers? Come and join us – be a volunteer for any events that interest you, as many or as few as you like, and always with no obligation to do any more than what suits you. Contact us at DeerRidgeCA@gmail.com if you are interested in getting in on the action and the fun.

Next Meeting

The next regular Board meeting will be held in September. Enjoy a wonderful summer everyone!



Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

Board of Directors and Community Contacts

EXECUTIVE

President	Don Burdeyney	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	John Life	
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	Vacant	

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.

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July Word Search

What's your favourite thing about July in Deer Ridge? Or maybe there are so many that you couldn't possibly choose. See how many of your favourites you can find in this word search.

BBQ
BIRDS
DECK
DRIVES
FAMILY
FLOWERS
FRIENDS
GARDEN
HAMMOCK

HIKE
LAWNCHAIR
NEIGHBOURS
PARK
PARTY
PATIO
PICNIC
PLAYGROUND
REFRESHMENTS

RELAX
RUNNING
SHADE
SPORTS
SUNSHINE
SWIM
VACATION
WADE
WALKING

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



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.cpkcalgary.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

No Good Food box in July

September 12	September 21
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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.



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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

Howdy Ward 14!

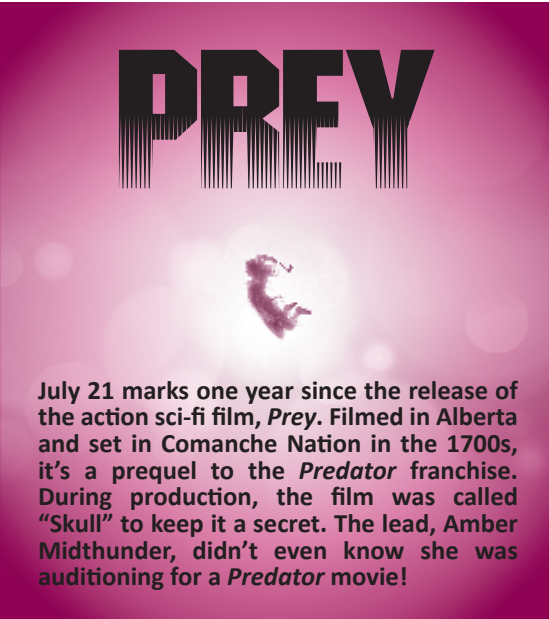
I do not know about you, but I am excited that for the second time in a couple of years we will be celebrating the Stampede in a ‘normal’ way. It is almost starting to feel like those breaks in our regular routine are in the past. July is going to be fun.

In the full version of my column, I will share whatever information I can about how you can enjoy the Stampede, including how it will affect Green Line construction. We now have a new(ish) Provincial Government, so I will outline who your Provincial representatives are and how you can reach them. Finally, I will share some City of Calgary tips for how you can manage a hot, dry summer.

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.

Happy Trails!

Councillor Peter Demong



PREY

July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it’s a prequel to the *Predator* franchise. During production, the film was called “Skull” to keep it a secret. The lead, Amber Midthunder, didn’t even know she was auditioning for a *Predator* movie!

Yahoo! Happy Stampede, Calgary Midnapore,

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you’ll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it’s trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, Stampede is a time of year that brings our community together and I hope this will be a memorable Stampede for you.

I kicked off June with a visit to the Acadia Recreation Centre for this year’s Calgary Ukrainian Festival. It was great to celebrate the rich Ukrainian history that Alberta and Calgary Midnapore share and to see many members of the community.

My office held our annual Canada flag draw last month in preparation for Canada Day. Thank you to all who entered and congratulations to the lucky 50 winners! I hope you fly your flag high and proud! Entries were made by filling out the response card on my quarterly update to all households. Not only do these mailers provide an opportunity to update you on my work in Ottawa, they’re also an avenue for you to directly inform my team and I of the issues that matter most to you. I encourage all constituents to participate in future Householder updates.

To stay up to date on my ongoing work and to hear about my 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

GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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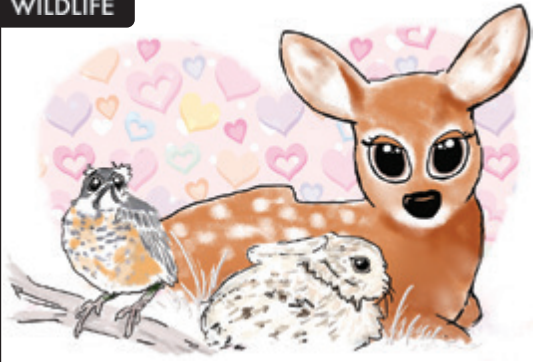
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Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

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