

NOVEMBER 2023

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# THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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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/](http://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/](http://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](mailto:DeerRidgeCA@gmail.com) | Website: [DeerRidgeCA.com](http://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.

### 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.

Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

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# MESSAGE FROM THE BOARD

## Time Change

Daylight Saving Time changes to Standard Mountain Time on Sunday, November 5, this fall. Remember to set your clocks back an hour – and enjoy the gift of extra time by doing something you love, perhaps together with someone you love.

## Community Gardens

This year, Community Garden members enjoyed a great summer for growing all kinds of produce and a long, mild, harvest season. The three beds dedicated to the Food Bank provided a bountiful harvest, allowing us to donate 130 pounds of fresh, organic produce to the Food Bank in September. Community gardeners wound up the season with a garden cleanup and end of year BBQ in October.

## Rinks

We usually start flooding the rinks the first or second week of December, depending on when we get the cold snap. We need three to five straight days of -10 to -20 nighttime temperatures to get the ice thick enough to put the Olympia onto the surface for grooming. Keep checking; the rinks will be ready for skaters when the hockey nets are out on the ice.

## Deer Ridge Streets and Roads

Our roads will be getting slick and icy very soon now. The days are already shorter and after our change back to standard time, it gets dark an hour earlier than before, all of which means that we need to be extra vigilant in watching for pedestrians and keeping our speed down, to keep our kiddos, friends, and relatives safe as we drive on the streets of our neighbourhood.

## Memberships

Have you got your 2023/24 Deer Ridge Community Association Membership yet? Membership is your means to support the amenities and activities in your neighbourhood, and your guarantee of a voice in the community. Membership is still only \$15 per household. Get yours online at [deerridgeca.com/membership/](http://deerridgeca.com/membership/) or by filling out the form in this newsletter and returning it by mail with payment.

## Board Meeting

Deer Ridge residents are invited to attend the monthly board meetings, held at 7:00 pm, every third Tuesday of the month. Residents with a current Deer Ridge Community Association membership have voting privileges. If you wish to attend a meeting, please contact us in advance at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) or call/text 403-606-7331.

Upcoming meetings are November 21, 2023, December 19, 2023, and January 16, 2024. We hope you will join us.

### SCAN HERE TO VIEW ADDITIONAL DEER RIDGE CONTENT

News, Events,  
& More



Crime  
Statistics

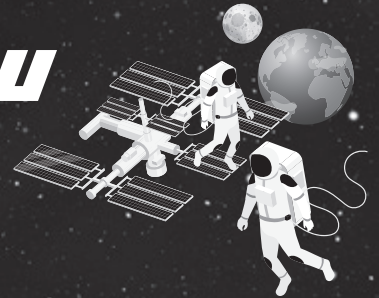


Real Estate  
Statistics



# THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.





### Seven Ways to Break Free of a Trauma Bond

Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

#### What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

#### Here are seven ways to break free from a trauma bond:

**Educate Yourself** – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

**Zero Contact** – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

**Examine the Evidence** – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

**Practice Self-Compassion** – don't blame yourself. This was not your fault. You are not stupid.

**Personal Affirmations** – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

**Mindfulness** – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

**Professional Help** – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



## Good Food Box

In these times of enormous grocery price inflations, are you looking for ways to mitigate the rising cost of fresh foods? Have you wondered whether a Good Food Box might be right for your family?

Good Food Box (GFB) is a program through which anyone can access fresh, nutritious produce regularly and affordably. Boxes contain in-season fresh fruits and vegetables directly from farmers and wholesalers. Content varies weekly, depending on what's in season. Each box contains the maximum produce, to ensure you get the most value for the price. Get more information at [ckpcalgary.ca](http://ckpcalgary.ca).

Need some fresh ideas for what to do with all that great produce? Get some great ideas at [www.ckpcalgary.ca/recipes](http://www.ckpcalgary.ca/recipes).

### 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
November 28	December 7

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).



MLA Calgary - Fish Creek

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

✂ @MylesYYC | 📷 MLAFishCreek

In keeping with the proud traditions of our great nation, Alberta holds a deep-rooted heritage of military service. It is appropriate that we pause to recognize and pay homage to the steadfast commitment and sacrifices made by both past and present service members. It is truly heartwarming to witness the dedication of our community in supporting and honouring the brave men and women of the Canadian Armed Forces.

For generations, Canadians and new immigrants have come to Alberta in search of better lives and futures. A new generation is following in their footsteps to participate in our province's promise. According to Statistics Canada, the province's population increased by a record 4.1% or 184,000 from July 1, 2022, to July 1, 2023. These figures include the largest ever annual interprovincial migration increase for any province – 4.4 percent or 56,245 people.

These Canadians and new immigrants have chosen to come to our province in search of low taxes, good-paying jobs, and a world-class quality of life. They're also coming to our province in search of affordability, especially when it comes to home ownership.

While the extent of our population increase introduces certain challenges, these latest numbers serve as a strong signal that Alberta is not only back on the right track but on a path of strong growth and prosperity.

If you have any questions or input, please feel free to reach out to my office email at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).



# Artisan Market Season

Do you love to attend artisan markets, craft fairs, and Christmas markets? Well, then, the month of November is for you! There are dozens of artisan markets all over the city this month and even a few in communities immediately adjacent to Deer Ridge. What might you find at an artisan market?

AROMAS

FOOD

PEOPLE

ART

FUN

PICTURES

BAGS

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POTTERY

BAKING

JEWELLERY

SAMPLES

BUYERS

KNITTING

SCENT

CANDLES

LAUGHTER

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LIGHTS

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TOYS

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ORNAMENTS

TREATS

DECORATION

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VENDORS

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



**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

Greetings Ward 14!

I hope you had some fun trick or treating. Even though it can be cold in late October, seeing the kids out enjoying Halloween is always a nice sight. November brings budget deliberations at City Hall. This year we will be adjusting our 2023-2026 Plans and Budgets. I will give you a primer on the 2024 Budget Adjustments in the online version of this newsletter. In honour of Geography Awareness Week coming in November I will show you where you can find some great maps to geek-out on. Finally, Winter is coming, but this is not Game of Thrones, so I will share some tips on how you can prepare yourself for harsh weather.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling (403) 268-1653.

Sincerely,

*Councillor Peter Demong*



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Dear Constituents,

The month of November gives us all time to reflect, remember, and pay tribute to our brave sons and daughters that have fought and, in some cases, paid the ultimate sacrifice for our country.

Prime Minister Wilfred Laurier once said, "Canada is free, and freedom is its nationality."

We know this freedom is only the case today because of these brave Canadians. Their sacrifices allow us to worship where we want, love who we want, and live in peace.

Lest we forget.

The Fall Session is now well underway, and I've been busy standing up for our riding of Calgary Midnapore in Parliament. Every week, I read countless emails and letters from constituents who are concerned with the current path our country is on after eight years of Justin Trudeau – I agree.

My Conservative colleagues and I, led by our leader Pierre Poilievre, are determined to turn the hurt many Canadians are feeling into hope. A hope that they can live in a country where hard work pays, and they can live and retire with dignity. Our commonsense team is fighting for this every day in our nation's capital, and we will continue to pressure this government to bring home lower prices, powerful paycheques, homes workers can afford, safe streets, and freedom for Canadians.

As always, I will continue to be a strong voice for our riding in Ottawa and stand up for what families and individuals in Calgary Midnapore expect me to.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://StephanieKusieMP.ca). Another way to keep engaged is through my social media – @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

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