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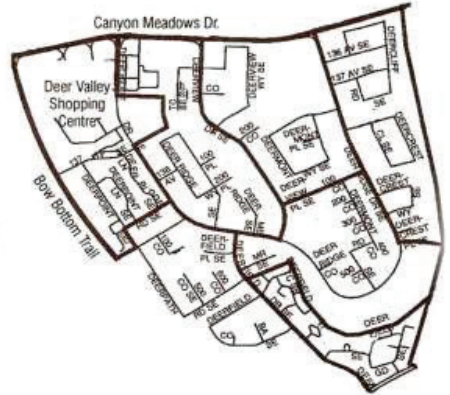
Community Association

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 2024 – 2025

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)

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- 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 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at **WWW.GOFOOTHILLS.CA**



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2nd Vice President	Gertrud VanDerMey	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

DIRECTORS AT LARGE

Director at Large	Lanis Anderson
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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	Open	
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	
Membership Coordinator	Bob Hall	403-278-6817

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.

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.

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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How to ‘Hold Space’ for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what’s really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It’s about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That’s my cue to slow things down. When they say, “what do you

think I should do?” I like to answer with “how do you see this unfolding, or what are your thoughts on some of the choices you’ve thought about?” Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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- Gym Towels
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- Chef Coats
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- Microfibre Cloths
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MESSAGE FROM THE BOARD

I hope you're enjoying the lazy, hazy, crazy days of late summer, and getting out with family or friends to enjoy some leisure time in our beautiful corner of the world. There is so much to see and do in Deer Ridge, with our lovely green spaces, and Sikome Lake and Fish Creek Park just next door.

Yellow Slide Park Shelter

If you spent any time at Yellow Slide Park in June and early July, you likely noticed there was a halt in progress on the building of the new shelter during that time. Delays were due to the City of Calgary water restrictions, which prevented the construction crew from mixing concrete for the shelter pad.

Movie in the Park

Our Movie in the Park will be taking place in Yellow Slide Park at 5:00 pm on August 10. This year, we have been able to rent newer technology movie equipment, which will allow us to show the movie earlier in the evening, without waiting for dark. We hope this will make it easier for young families to participate for the entire evening.

This is a free event, and anyone may join in the fun. Please come and enjoy the entertainment, hot dogs, and treats. Grab your bug spray and a blanket or chair, bring your family and friends, and be prepared to have a good time. The fun starts at 5:00 pm – see you there!

Tennis Lessons at the Deer Ridge Courts

August dates are available for tennis lessons at our beloved Deer Ridge tennis courts – if your youngster or young teen would like to participate, see the 2024 Summer Programs announcement in this newsletter for details on dates and how to register.

Declutter and Discover! Join In for the Citywide Treasure Hunt: A Fun Event for All Ages!

The City of Calgary Waste and Recycling Services is excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This fantastic community event has residents setting out items they no longer need, giving others an opportunity to find a hidden gem.

How to participate:

- Treasure Hunt dates are September 7 and 8.
- Look through your home and gather any reusable items that you no longer need.
- Mark items with a "Free" label and place them at the curb on the designated event days.

- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb after the event, let's keep the community tidy and donate what remains!

Community Gardens

After a cool start and some reseeding after the water restrictions, the plants in gardeners' plots have really taken off and things are looking good. Many a harvest of early and mid-summer vegetables has already been pulled out of the gardens and it appears there will be several more.

The native plants provided by Friends of Fish Creek are growing in our community garden flower beds and they are looking great as well. If you are participating in the Friends of Fish Creek Alberta native plant rescue program, we would love to hear and publish an update on how the native plants are doing in your yard, as well as any growing tips you might like to share.

Memberships

August is community membership drive and renewal month. Cost of memberships has been kept the same, at \$15 per household for the year, expiring August 31. Get your 2024/25 membership either online at deerridgeca.com/membership/ or by mailing in your cheque along with the membership form found in this newsletter.

Board Meetings

The first board meeting of the membership year will take place on September 17 at 7:00 pm, location to be announced. Please let us know if there is something you would like the board to consider, or if you would like to attend. We are very interested in hearing from our Deer Ridge neighbours and community and welcome your input.

SCAN HERE TO VIEW ADDITIONAL
DEER RIDGE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





2024 SUMMER PROGRAMS

Osten
and Victor
Alberta Tennis
Centre

PARTNERING WITH



Deer Ridge
Community Association



PROGRAM	CAMP DATES	TIME	AGE	COST + Tax
Youth Camp	July 15-18 (M-Thu)	9:00AM - 9:55 AM	5 - 7yrs	\$66
Youth Camp	July 15-18 (M-Thu)	10:00AM - 11:25AM	8 - 11yrs	\$99
Youth Camp	July 15-18 (M-Thu)	11:30AM - 12:55 PM	12 - 14yrs	\$99
Youth Camp	Aug 19-22 (M-Thu)	9:00AM - 9:55AM	5 - 7yrs	\$66
Youth Camp	Aug 19-22 (M-Thu)	10:00AM - 11:25AM	8 - 11yrs	\$99
Youth Camp	Aug 19-22 (M-Thu)	11:30AM - 12:55PM	12 - 14yrs	\$99

PRIVATE LESSONS

60 Mins.

TYPE OF PRIVATE	MEMBERSHIP COST +
Private	\$65.00
Semi-private	\$37.50 per person
Group of 3	\$28.33 per person
Group of 4	\$23.75 per person



Q&A

Q: Do I need to live in Deer Ridge to join the programs?

A: No, however, registrants will be required to purchase one Deer Ridge Community membership per household upon program inquiry at the ATC for a total of \$15.

Q: How do I register and pay for programs or private lessons?

A: The Alberta Tennis Centre handles the registration of all the programs and lessons. Please provide your credit card information by calling ATC: 587-393-1600

Q: Where are the lessons and camps held?

A: At the Deer Ridge Community Tennis Courts (Deer Ridge Drive, S.E.)

DEER RIDGE COMMUNITY ASSOCIATION

www.deerridgeca.com



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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.

Looking for delicious ways to prepare all that wonderful produce in ways your family will enjoy? Get fresh ideas at 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
August 20	August 29
September 17	September 26
October 15	October 24

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).



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Hi, Ward 14!

It's August. It's a little slower in Calgary with people enjoying the summer weather. I won't keep you long, with just one, quick topic to bring up.

In 1999, The City and partners created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. After 25 years, it is the perfect time to open the time capsule and reflect on the friendship quilt. On October 1, 2024, the International Day of Older Persons, we're preparing to commemorate this significant milestone.

As we prepare, one of the goals is to reconnect with those who played a vital role in 1999, particularly in the creation of the time capsule and the friendship quilt. The City is on a mission to ensure those who contributed their time and creativity to these important pieces 25 years ago have an opportunity to take part in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year. If you know someone who was involved, please let them know we are looking for them.

Join this journey of remembrance, gratitude, and celebration by emailing agefriendlycalgary@calgary.ca.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 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



I want to express my gratitude to everyone who joined us at the first Annual Stampede BBQ. It was an amazing turnout! I greatly appreciated the opportunity to connect with numerous residents of Calgary-Fish Creek. I'm already looking forward to next year!

At the BBQ, Parkland Cares and Bonavista Cares were accepting donations for back-to-school supplies. If you still want to contribute, please reach out to my office to arrange a time to deliver items to my office.

Some great news was released by the Alberta government regarding Alberta's 2023-24 year-end financial results. I'm pleased to report that, thanks to our new fiscal framework, Alberta is on strong fiscal footing.

For the third year in a row, the government has balanced the budget. Even better, this past year, Alberta posted a \$4.3 billion surplus, meaning our province has more money to spend on important priorities like health care, education, and infrastructure. The government also repaid 1.7 billion dollars of debt and earned an improved credit rating from several international credit-rating agencies.

Despite our focus on saving and debt repayment, we haven't cut back on essential services. In 2023-24, we provided significant funding to health care and education. This included more money for patient care, surgeries, doctor recruitment, and lab services. We also increased education funding, with more money for schools to hire teachers and for post-secondary institutions to add seats in high-demand areas like apprenticeship training.

This careful financial management and responsible governance has positioned Alberta for a prosperous future. By balancing the budget, cutting red tape, paying down the debt, growing the Heritage Fund, and investing in essential services, we have shown a clear vision for long-term success. Our best days are still ahead.

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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