

OCTOBER 2024

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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
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- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

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We Need You! Contact Us To Volunteer And Get Involved In Your Community.

EXECUTIVE

President	Open	
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Gertrud VanDerMey	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

DIRECTORS AT LARGE

Director at Large	Lanis Anderson	
Director at Large	Christina Laurentiu Anderson	
Director at Large	Drew MacQueen	
Director at Large	Glenys Godlovitch	

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



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.

MESSAGE FROM THE BOARD

Autumn is back. The winds are beginning to blow, the air is getting chillier, frost is in the air, and it's plain that the colder months are almost upon us. That may be good news to some, not so much for others, but either way, October is a good time to give thanks that we live in such a wonderful part of the world, here in Canada, in our peaceful little community of Deer Ridge.

October Road Safety

Have you noticed the chilly mornings? It's time to get winter tire change appointments made. When the temperatures hit around seven degrees Celsius, you are going to want to have those winter tires installed. Don't wait for snow - the composition of winter tires is designed to give you better traction in colder weather, whether snowy or dry.

Halloween is almost upon us too, with all its goblins and ghoulies roaming the streets in search of treats. Please be extra vigilant this Halloween and watch for our kiddos on the roads – some of them may be dressed in black and a bit hard to see, so please keep your speed down and an eye out for them.

Community Gardens

Gardeners were off to a tough start this year, with some early plantings lost to the water restrictions, but by mid-summer, gardens were looking great again, and a good harvest has been enjoyed. The community gardens are being put to bed for the winter now. We look forward to planning for spring, and we hope you will join us at the gardens then.

Community Amenities Update

The shade shelter at Yellow Slide Park is, at long last, up. We know you will enjoy the shelter and the picnic tables whenever you take the little ones to the playground. The shelter was built with versatility in mind, so watch for it to be included in future events at the park.

A great big shout out to Larry Lemieux for looking after the tennis courts again this year. The nets will remain up only as long as there is good weather for them – Larry always makes sure to take them down before the snow flies, so that they will serve tennis lovers again next year.

The pickleball nets will also come down as soon as the weather is no longer suitable, and work will begin to prepare the surface for the pleasure rink to be flooded where the pickleball nets were. Many, many thanks to Bob Hall and his crew of volunteers for making

both the pickleball nets and the skating rinks happen. Year-round, you are here for us, and we appreciate you.

Memberships

Our community association membership drive continues. If you would like to join the community association or renew your membership, please use the online form on our website or mail in the form provided in this newsletter, together with your cheque for \$15 per family household. Membership fees remain unchanged for the 2024/25 year. Your membership helps support the many amenities of your community and provides you with insight and a voice in what happens in our corner of Calgary.

Board Meetings

Community association board meetings happen, in person, on the third Tuesday of each month, except in summer. Our next board meeting is on Tuesday, October 15 at 7:00 pm. If you wish to attend, please email us at deerridgeca@gmail.com and we will reply with location details.



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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)

Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.

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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A Canadian Gem

October 23, 1976, is the birthday of one of Canada's biggest gems in the movie industry. He was born in the lovely city of Vancouver, British Columbia before moving to LA in the late 90s. A charismatic, goofy, fun-loving guy, Mr. Ryan Reynolds turns 48 this year! Looking good, Ryan!



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
October 15	October 24
November 12	November 21
December 3	December 12

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).



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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continued on next page

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News, Events, & More



Crime Statistics



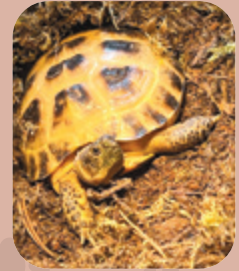
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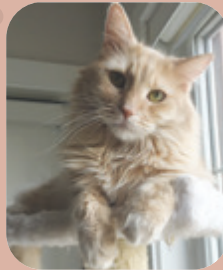
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**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca



**MLA Calgary - Fish Creek
Myles McDougall**
7 – 1215 Lake Sylvan Drive SE
📞 403-278-4444
✉️ Calgary.FishCreek@assembly.ab.ca
📧 @MylesYYC | 📷 MLAFishCreek

Dear Constituents,

In mid-September, I returned to Ottawa for the start of the fall session of Parliament. United behind our leader Pierre Poilievre, my Conservative colleagues and I started right where we left off in June holding the Liberal government to account. Throughout the summer I heard from many constituents across every corner of Calgary Midnapore who have had enough, and I've brought back your stories to Ottawa.

Our Commonsense Conservative team will continue to advocate for our plan to axe the tax, build the homes, fix the budget, and stop the crime.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore and this great country my home.

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. Another way to keep engaged is through my social media: @StephanieKusiePolitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



Join Us for a Calgary-Fish Creek Town Hall

As we prepare for the upcoming fall session in the Legislature, I've been hearing from many of you on a wide range of important topics. To continue these valuable conversations, I'm excited to invite all Calgary-Fish Creek residents to an open town hall. This is your opportunity to share what matters most to you, so I can effectively represent our community in Edmonton.

Event Details

Date: Wednesday, October 23

Time: 7:00 pm

Location: Bonavista Downs Community Hall
(1418 Lake Ontario Rd SE)

I look forward to engaging in meaningful discussions with you. Hope to see you there!

As we head into the second month of the school year, students' mental health is top of mind. The Alberta government has extended the Mental Health in Schools pilot program to ensure students have access to additional mental health support in schools this year. When a student's mental health needs are met, they learn better, achieve more, and have healthier and more fulfilling relationships, which is why our government is investing \$6.7 million to support 350,000 students across 79 school divisions. This pilot program has supported school divisions in launching locally developed initiatives that include hiring in-school psychologists and social workers, mental health literacy programs, and professional development and training for staff.

If your child is struggling with mental health, The Summit Centre for Youth Resilience is a great free resource, designed and built to provide mental health services for children and youth. The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral and are available from 9:00 am to 9:00 pm, seven days per week. The Summit can be reached at 587-534-7200 or thesummit@ahs.ca.

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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