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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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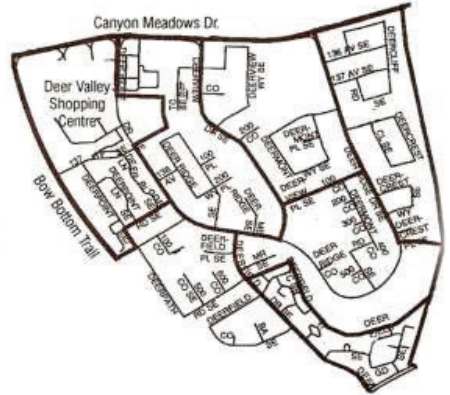


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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: _____

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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 (formerly 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.

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MESSAGE FROM THE BOARD

Can you believe the summer is already over and it's time for our kiddos to head back to school? How did the lovely days of summer go by so quickly?

September Back-to-School Safety

Do you remember how exciting the very first day of school was? And all the first days back to school each year after that? Kids these days are just as excited as we were, and they may be even more distracted – there are new friends and old, both in person and on cell phones, and in their excitement the kids may not be fully aware of traffic around them. Let's be extra cautious this month and watch for the little ones, and the bigger ones, too, as we drive through the neighbourhood.

Movie in the Park

Our Movie in the Park event was once again a great success. A great big thank you goes out to our wonderful volunteers who set up the equipment, organized and staffed the entertainment stations and the food and beverage tables, and then cleaned up and tore down the equipment. A shout out also to our great sponsors whose important contributions helped make it possible to put on this event, and our great appreciation to Mr. Bob Hall for organizing. A special thank you to each and every one of you who attended – without you, there would be no Movie in the Park!

Community Garden Update

Community garden members have enjoyed another great year of growing their own organic vegetables. This year several of the bed enclosures were renewed, and new metal-sheathed beds were built. And have you noticed that we now have several trees planted along the north and south ends of the community garden? Thank you to Bob Hall and the garden volunteers who did all the extra work for the improvements we've realized this season. Your hard work benefits not only the gardeners, but everyone who stops by for a little rest on the benches or admires the gardens on their walks through the area.

Garden members, please watch for an email letting you know when the end of season garden cleanup event will be scheduled to take place. The garden cleanup is as much an enjoyable end of season social event, as an opportunity to collectively put the beds to sleep for the winter, so be sure to join your fellow gardeners and attend that day.

Membership Renewals

Annual Deer Ridge Community Association memberships run out at the end of August, each year. Now is the time to purchase a new membership or renew, for a full year of benefits. Memberships are still only \$15 per household. You can sign up online on our website at deerridgeca.com/membership/, or by using the form included in this newsletter.

Fall Board Meetings

Community Association board meetings are held on the third Tuesday of the month at 7:00 pm. The first board meeting of the fall season will be held on September 17, 2024, location to be announced. Please let us know if you would like to attend and we will provide you with the details.



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News, Events, & More



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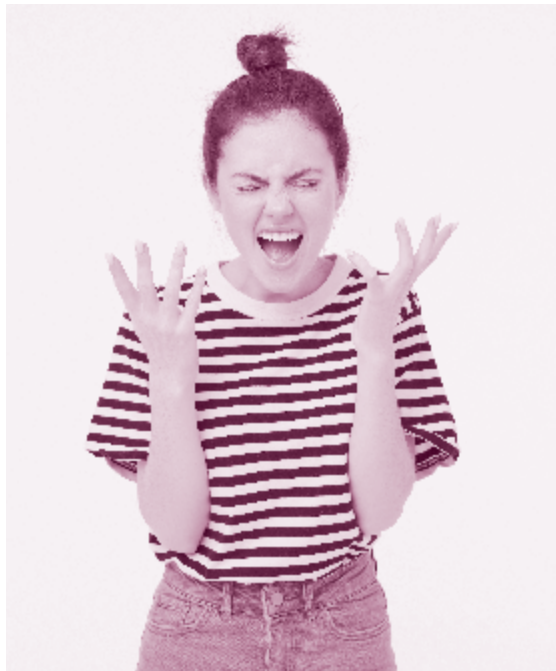
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How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



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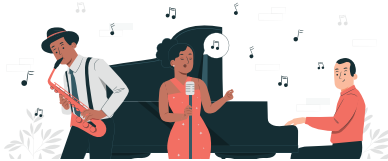
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World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

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Councillor, Ward 14
Peter Demong

☎ 403-268-1653

✉ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Greetings Ward 14!

Council will get back to meetings this month, as we enter the home stretch of 2024. I am sure there will be lots to talk about in the coming months. For now, I have a few topics that might interest you. In the online version of this column, you will find a call for volunteers, home and small business webinars, and information about secondary suites. I will also show you where to find a record of Council votes.

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



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🌐 stephaniekusiemp.ca

Dear Constituents,

As students, teachers, and parents prepare for the return to school, I want to wish everyone an excellent school year!

Later this month, I will be returning to Ottawa and once again standing up for the interests of Calgary Midnapore in Parliament. Alongside my leader Pierre Poilievre, I am ready to fight for our community and way of life in the House of Commons. I encourage all constituents to follow my work on social media: @StephanieKusie (X and Instagram), @StephanieKusiePolitician (Facebook), and @StephanieKusieMP (YouTube).

Final Call for Nominations!

My office will be accepting nominations for the King Charles III Coronation Medal until September 30, 2024. The medal will be awarded to 30,000 deserving Canadians including twenty from our community of Calgary Midnapore. To be eligible for the honour, a person must have made a significant contribution to the country, a province, territory, region, or community, or made an outstanding achievement abroad that brings credit to Canada, and been alive on May 6, 2023, the date of His Majesty's Coronation.

Our community has countless leaders who often get overlooked for the important and hard work they do to make our city and country better – now's the chance to ensure they are recognized! All nominations will be provided to an independent non-partisan selection committee to determine the appropriate Coronation Medal recipients.

For more information and to nominate an individual please go to www.stephaniekusiemp.ca/coronation.

I wish you a great month ahead!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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

It's hard to believe that we are at the end of summer already. As many of us gear up for the start of a new school year, I wanted to share some exciting news about our school system.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024-25 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing an additional \$215 million to help alleviate these pressures, beginning in the 2024-25 school year. This will help alleviate these pressures, and ensure students have a comfortable place to learn with the support they need to succeed in the classroom.

Through this investment, up to 2,500 new spaces for students will be created in the 2024-25 school year, by building and installing up to 100 new modular classrooms. In addition to new modulars, the government is relocating up to 50 modular classrooms to some of Alberta's fastest growing communities in the Calgary Metropolitan Region and Edmonton, which will support up to 1,250 students. Calgary Board of Education will receive up to 31 new modular classrooms and have up to 14 relocated; Calgary Catholic School Division will receive up to 14 new modular classrooms and have up to six relocated.

School authorities can also use this additional funding to hire up to 1,000 additional teachers and classroom support staff which will help them manage class sizes, and tackle rising cost pressures without taking away from student learning.

The 2024-25 fiscal year is also promoting student success by providing a record \$9.3 billion into Alberta's education system, which is equal to \$47 million every day students are in school.

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



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
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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
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October 15	October 24
November 12	November 21

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