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THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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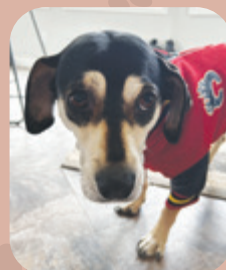
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Cats, Canines, & Critters of Calgary



Addie, Renfrew



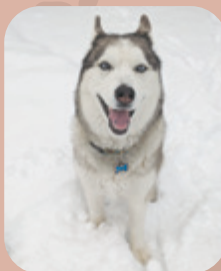
Billy, Woodbine



Charlie, Diamond Cove



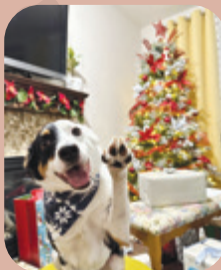
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Pepper, Evergreen



Sammie, Walden



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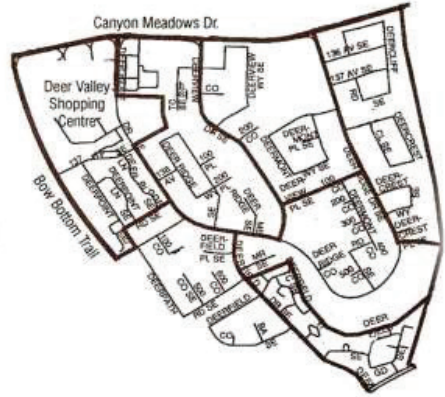


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

Membership Request / Renewal Form

Deer Ridge Community Association memberships are available online at www.DeerRidgeCA.com/Membership/ or you may send 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 2025 – 2026

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) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Board of Directors and Community Contacts

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

EXECUTIVE

President	Gertrud VanDerMey	403-478-6057
1st Vice President	Bob Hall	403-278-6817
2nd Vice President	Vacant	
Treasurer	Kim Aurini	
Secretary	Dawn Wallace	403-606-7331

PAST PRESIDENT

Past President	Don Burdeyney
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DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Drew MacQueen
Director at Large	Diane Lum

COMMUNITY COORDINATORS

Movie in the Park Coordinator	Bob Hall	
Casino Coordinator	Dawn Wallace	
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	Diane Lum	
Membership Coordinator	Drew MacQueen	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 (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.

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

December is upon us, which means festive decorations, celebratory feasts, and great times spent with family and friends. It's also a time to show goodwill towards each other and do what we can to help others who may be in need of a helping hand. Whether it means a few extra donations to the Calgary Food Bank, or volunteering with charities that are close to your heart, December is a great time to give back! Whatever your plans are for the holidays, we wish you a safe and enjoyable season and best wishes for the new year!

Queensland Off Leash Area Update

The Queensland Off Leash Area has been identified for future development of a dry pond to prevent flooding on Bow Bottom Trail, and nearby properties during significant rainfalls.

Dry ponds prevent the stormwater system from becoming overwhelmed and help prevent water from backing up into basements or flooding into houses or businesses. They also reduce street flooding, preventing damage to vehicles and other property.

This past winter, feedback was gathered as part of Phase One engagement. It was discovered that the park space is primarily used by dog walkers and for unstructured recreational play but also serves as a connector to nearby main streets. The feedback from this phase has been incorporated and developed into a plan for the park. Phase Two engagement recently took place to solicit final thoughts on the proposed plan. For more information on dry ponds, this project, and the feedback received so far, please visit engage.calgary.ca/bowbottom.

Ice Rinks

Are you looking forward to bringing out those ice skates again? Or maybe playing a friendly game of shinny? Bob Hall and the rink volunteers will be busy again flooding and grooming the shinny rink and pleasure rink once the weather gets colder (traditionally in the middle of December). If you're one of the many skating fans who just can't wait, follow our Deer Ridge Outdoor Rinks Instagram (@deerridgeodr) for more information. As well, if you'd like to help with rink maintenance, please email us at deerridgeca@gmail.com.

January Family Skate

The Deer Ridge Community Association will be hosting our annual January Family Ice Skating Party on Saturday, January 10 from 12:00 to 3:00 pm. We'll have hot dogs, hot chocolate, hot coffee, a warming fire, music, leisure skating, and a shinny game open to everyone in the hockey rink! This event is free to attend and open to everyone in the community, so bring your friends and family, and plan to have a great afternoon full of fun!

Things To Do This Winter

- **Christmas Markets** - Looking for unique, handmade crafts for gift giving? Or maybe you want to treat yourself to some freshly baked goods! Many communities are setting up Christmas markets throughout the month of December, including the Deer Run Community Association whose Christmas Market is on Saturday, December 13 from 10:00 am to 4:00 pm.
- **Christmas Light Sightseeing** - Get the family together and go for a nice stroll through the neighbourhood to check out the wonderful light displays that the community has to offer! Or check out some of these incredible light displays within Calgary or just outside the city:
 - **Lions' Festival of Lights:** Located along 24 Avenue NW and 14 Street NW, the 39th Annual Lions' Festival of Lights illuminates the Confederation Park Golf Course with over 600,000 bulbs spread across 25,000 strings! This free event runs until January 8, 2026, from 5:30 pm to midnight.
 - **Airdrie Festival of Lights:** Located in Nose Creek Park in Airdrie, the Airdrie Festival of Lights is Western Canada's largest, free, outdoor walk-through Christmas light display that has been a family-friendly tradition since 1996. Celebrating its 30th season, this event runs until December 31, 2025, from 6:00 to 9:00 pm.



Good Food Box

Do you find yourself cringing every time you go through the checkout line with fresh fruits and vegetables? Wondering how to keep your table stocked with healthy, fresh produce without breaking the bank? The Good Food Box might be exactly what your family needs!

The Good Food Box (GFB) is a local initiative that makes it easy and affordable for anyone—regardless of income level—to purchase a variety of fresh, high-quality produce on a regular basis. The food is sourced straight from farmers and wholesalers, ensuring top-notch freshness.

And here's some really good news: even while grocery store prices continue to rise and package sizes continue to shrink, Good Food Box prices and box sizes have not changed!

Each box includes a mix of in-season fruits and vegetables, which means you'll receive fresh, flavourful produce at its peak—and the contents change with the seasons, offering variety with every order. For more details, visit ckpcalgary.ca/goodfoodbox.

To place your order, just call Emma at 403-278-8263 before the monthly order deadline and choose the box size that fits your needs. Your order will be delivered to a convenient Deer Ridge depot for pickup.

Need a little inspiration for your fruits and veggies? Check out quick, family-friendly, and delicious recipe ideas here: ckpcalgary.ca/recipes.

Produce 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

*Note that weights are approximate and will vary depending on produce size and density. Each box contains the maximum content to ensure every client gets the most value for the price.

Order Day

Pickup Day

December 2	December 11
January dates not yet available	Check website for latest information: ckpcalgary.ca

To place your order or arrange pick up, please contact Emma at 403-278-8263, at Fish Creek United Church, 77 Deerpoint Rd SE.



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News, Events, & More



Crime Statistics



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Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

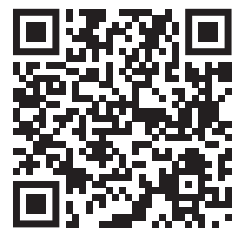
Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

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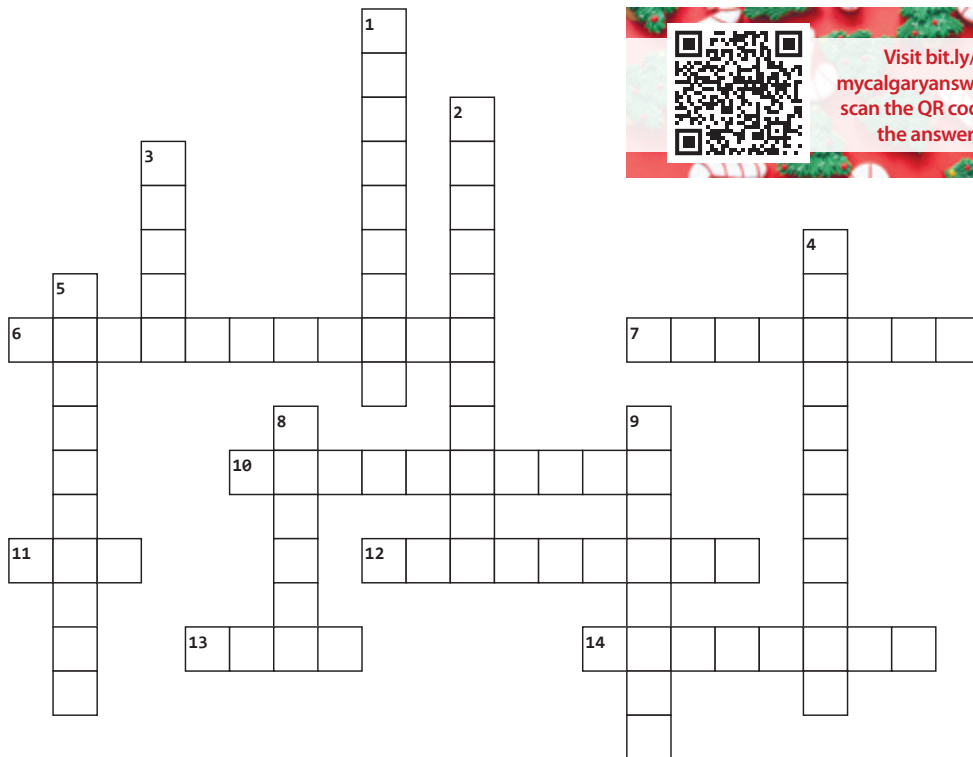
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SCAN ME

December Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.



Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2025	\$459,500	\$430,250
September 2025	\$588,800	\$589,000
August 2025	\$529,900	\$508,000
July 2025	\$469,800	\$465,000
June 2025	\$549,900	\$563,500
May 2025	\$714,150	\$702,750
April 2025	\$499,000	\$510,000
March 2025	\$484,950	\$484,250
February 2025	\$499,900	\$525,000
January 2025	\$649,900	\$648,500
December 2024	\$439,900	\$455,000
November 2024	\$500,000	\$565,000

Last 12 Months Deer Ridge
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2025	6	4
September 2025	4	3
August 2025	3	3
July 2025	6	7
June 2025	7	5
May 2025	1	6
April 2025	6	5
March 2025	8	6
February 2025	6	3
January 2025	4	3
December 2024	3	5
November 2024	5	5

To view more detailed information that comprise the above
MLS averages please visit drri.mycalgary.com



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WORD OF THE MONTH

FINAGLE: VERB (FUH-NAY-GL)

To get something by indirect, involved, or devious means.

She tried to finagle her way into the VIP party.



FRIENDS of Fish Creek

Seed Processing and Listen Garden

It's December now and you might be asking what sort of work the Friends of Fish Creek are up to when it's cold out, the days are short, and not much is growing. Well, our work actually continues year-round, and we have the time once field season ends to reap the fruits of our labours – kind of literally! Through spring, summer, and fall, after you see beautiful blooms on all kinds of different species of native plants, those plants go to seed. And we're out there at plant salvages, in the park, and on land we've been given access to by our partners, harvesting those seeds to continue building species diversity within the park. After harvesting, our incredible volunteers gather weekly to help us separate the seeds from the chaff so that they're easily stored, measured, and perhaps most importantly, planted.

And this year, we've got a special purpose for all those seeds we're harvesting – putting them into the Listen Garden at Bow Valley Ranch – a space for native plants, Indigenous knowledge, and reconciliation. This area has been treated with herbicide to remove the invasive species that cover much of the park and prepare it for the cover crop (annual Plains coreopsis) and native seed mix we'll apply in spring. After one to two seasons, the Plains coreopsis will die, and the high-diversity native seed mix will emerge from below. To speed revegetation along, hundreds of large, salvaged mature plants like Foothills rough fescue, Parry's oatgrass, and Western porcupine grass will be planted in the spring alongside the seed

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Site map - satellite view



Site map - regular view

mix. The Listen Garden will also feature several "Habitat beds" that highlight Alberta's diverse ecosystems. Beds on the garden's west side will showcase alpine/montane, foothills parkland, and Foothills rough fescue grassland ecosystems, merging into the dry mixed grass and badlands ecosystems on the east side of the gardens. These more "formal" gardens will be installed in a few years. Right now, the space consists of contoured pathways – what isn't currently path will be a home for thousands of tiny native plant seedlings.

You can learn more about the Listen Garden project at <https://www.bowvalleyranch.com/iiststiik> or stop by Fish Creek's Bow Valley Ranch day use area to see the future site of incredible species diversity (and an impressive assortment of blooms once these species reach maturity).

Help us with this and other exciting projects by making a donation or becoming a member today! www.friendsoffishcreek.org.

Ancient Water

In December 2016, University of Toronto scientists presented findings of the world's oldest known water approximately 2 billion years old found at Kidd Mine near Timmins, Ontario. Talk about "ancient" water, older than humans even older than dinosaurs!

Poison Prevention During the Holidays

by Tracey Warren, Child Safe Canada National Director of Injury Prevention and Education



The holiday season is a magical time, but it can also be a risky one for little explorers. Child Safe Canada wants to remind families that poisoning incidents increase during the holidays. The good news is that most of these accidents are preventable with a few simple safety steps. Let's make this holiday season joyful and safe.

Ensure this holiday season is the most enjoyable and safest ever. Safety proofing your home, or areas within your host's home, takes only a few minutes and provides priceless comfort and safety.

Stay Vigilant During the Busy Holiday Season. We know the holidays are busy with meals to prepare, guests to entertain, and gifts to wrap. But small distractions can lead to big mishaps. Slow down, take a breath, and focus on potential hazards, especially when little ones are around.

- Batteries - A swallowed battery can cause severe airway burns. Keep all items with batteries, including button-type batteries, out of reach, and ensure battery doors are secured well.
- Bags - Guests' handbags and suitcases may contain medications, cosmetics, nail products, perfumes, and other poisonous products. Ask guests to store these items out of reach for children.
- Decorations - Holiday decorations may look fun, but many are choking or strangulation hazards for children. Keep fragile ornaments, small pieces, and strings or ribbons out of reach, and supervise little ones around holiday decor.

Be Aware of Sneaky Poisons. Here is a simple rule: If you would not serve it on a dinner plate, treat it as a poison. Even tiny amounts of make-up, cigarettes, or certain plants can land a toddler in the emergency room.

- Fluids - Move antifreeze, windshield washer fluids, bleach, detergents, and other cleaning products out of sight and reach.
- Plants - Check the safety of holiday plants and flowers online or via your local poison control site before decorating.
- Alcohol - Keep alcoholic drinks out of reach of children.

Travelling? Talk Safety with Your Host. Visiting relatives or friends can be tricky if their home is not child proofed. Take charge of your child's safety while travelling. Be diligent in safety-proofing the space you're staying in, secure anything that could be hazardous, and keep a close, watchful eye on your child. Have a friendly conversation about your child's safety.

- Do a safety check/proof together with your host and ask them to identify any areas that should be off-limits to your child.
- Ask that all medications, cleaning supplies, and other hazardous items be stored in locked cupboards.
- Set clear rules and boundaries for your child in the host's home (if age appropriate), and make sure everyone, hosts included, understands them to keep expectations consistent and the child safe.

A few minutes of preparation can prevent accidents and keep your family safe and healthy. Make this holiday season the safest and most enjoyable ever.

YOUR CITY OF CALGARY

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!



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Merry Christmas!

As the holiday season approaches, I want to take a moment to extend my warmest wishes to you and your loved ones. This time of year is an opportunity to reflect on the past, celebrate our accomplishments, and look forward to the promise of a new year.

Whether you're gathering with family, connecting with friends, or simply enjoying the peace of the season, I hope your holidays are filled with joy, warmth, and gratitude.

Thank you for the privilege of serving as your MLA. I look forward to continuing our work together in the coming year to build a stronger, more vibrant Calgary-Fish Creek!

If you have questions, concerns, or ideas you'd like to share before spring session begins, please don't hesitate to reach out to my office at Calgary. FishCreek@assembly.ab.ca.

I always appreciate hearing from you.



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

Dear Constituents of Calgary Midnapore,

It's always nice to return home from Ottawa – but this is especially true at Christmas!

From Legacy and Wolf Willow all the way to Kingsland, Christmas has come to Calgary Midnapore! As I drive through the riding and see the beautiful lights, it's clear that our community is a joyful one.

I want to thank the community associations, churches, and charities who have been looking out for our neighbours this holiday season. From food bank drives to arranging gifts for kids in need, your efforts are truly appreciated.

Please join me in supporting our local businesses this holiday season. Whether it's browsing wines, picking up specialty items for your party, or browsing through boutiques, there's something for everyone on your list.

This Christmas, I hope your home is filled with love, delicious food, laughter, music, and memories in the making. As we enter 2026, I pray for your health and happiness -- and for protection over our cherished communities.

Looking back on 2025, from a federal political standpoint, it was a whirlwind. From Justin Trudeau's prorogation and resignation in January followed by Mark Carney's selection as Liberal leader to a federal election it's certainly been a lot for everyone. Especially when we continue to hear of the pain, struggle, fearfulness, and injustice in our country. However, I can promise you that Conservatives will continue to fight for the quality of life and safety that good, hard-working Canadians deserve.

To keep up to date on the work I am doing on your behalf, please subscribe to my e-newsletter at www.stephaniekusiemp.ca.

Sending my warmest holiday wishes your way!

Sincerely,

Stephanie Kusie

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