

JUNE 2025

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## 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 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](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

**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

### 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
Director at Large	Yasmine Sograt

### 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 (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

It's June – beautiful June is here! School's almost out, patio season has begun, backyard BBQs are in full swing, and summer sports have taken over every field and walking or bike path – everyone just wants to get outside! Our community is busy with summer activities too, and we hope you will be able to participate. Read on to see what's happening.

### **New Board Members!**

The Deer Ridge Community Association board would like to welcome its newest members, Directors at Large, Diane Lum and Yasmine Soqrat. You may have met them at the Winter's End February Skate and Paint the Rink event. Yasmine was at the colour spray table, making sure everyone had every colour they wanted. Diane Lum contributed the wonderful "Home" photograph featured on our March *Deer Ridge Journal*. Diane and Yasmine have been sharing their skills and energy with us for a few months now and we are so very happy that they have joined the board. We hope you will come out to meet Diane and Yasmine in person at this month's Annual General Meeting.

### **Community Gardens**

Thank you, community members for your enormous interest in the community gardens. The garden plots have all been rented and only a few still await planting. We are grateful to the City of Calgary for delivering compost to our garden site again this year. Our beds gain so much from the addition of this excellent compost, and our volunteers no longer have to drive to Crossfield to haul mushroom compost back to the gardens, as was done in the early years.

The community gardens have already been a part of Deer Ridge for many years and some of the earliest garden plots now require maintenance and repairs. Several plots have been renewed already, and more will have their sides encased in metal cladding, to provide additional perimeter support for each aging bed, as the old wooden sides fail. Bob Hall, our community garden organizer, is spearheading and doing much of the work, supported by a small number of volunteers. If you're a handy person who enjoys this kind of work and you'd like to come out and help with the renewal project, please email Bob at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com).

### **Yellow Slide Park Shade Shelter Grand Opening Recap**

We hope you were able to join us at the May 24 grand opening of the Yellow Slide Park shade shelter. We had quite a few special guests join us for this event – and we hope you and your kiddos were able to meet some of them.

This structure, the completion of which we're celebrating, took several years of work by the community association and City of Calgary staff to get from concept to reality. Planning, approvals, and construction went on right through board changes and City staffing changes – there was enormous dedication at every level to bring this much needed structure to our beloved Yellow Slide Park. Many thanks go to Barb Chapin and Bob Hall who each led the Shade Structure Committee and put in a huge amount of time and effort, and our gratitude goes to every shade shelter committee member – this was a large undertaking, and we hope that the community will benefit from and enjoy it for many years to come.

### **Spring Green Space Cleanup Recap**

The Deer Ridge community spring green space cleanup was held on May 31, and once again, we had an excellent turnout of individuals and families who wanted to get in a few extra steps toward their fitness goals, while they made strides toward a beautiful and clean neighbourhood. Walkers with gloves and garbage bags combed all our green spaces, and the playgrounds and parks, as well as the ridge and hillside off-leash park, removing their winter debris. We are very grateful to everyone who came out to help with the trash walk. Special thanks go to Bob Hall who got the refreshments and cleanup kits organized and then disposed of the many bags of refuse that were collected.

### **Annual General Meeting – June 17**

On June 17 at 7:00 pm, come out in person and meet new and long-time board members and volunteers. Learn where community association money comes from and how we use it on your behalf, how the shade structure was funded, learn what board members do and what they get out of working on behalf of the community (hint: it's not money or perks). Check the website or our email blast for location details.

*continued on next page*

## MESSAGE FROM THE BOARD - CONTINUED

Anyone can come to the annual meeting and hear what we are all about, what sort of business the community association conducts, and how we do it. In addition to getting business updates, Deer Ridge Community Association members in good standing can make motions and vote on any business brought before the annual general meeting. They may be nominated for office and/or vote for new or returning board members. To get in on the action, get or renew your membership prior to the AGM date by requesting your membership using the form contained in this newsletter, or online at [deerridgeca.com/membership/](http://deerridgeca.com/membership/).

### School's Out for Summer! – June 25 and 26

The last day of classes before summer break for Calgary Catholic schools (CCSD) is June 25, and for Calgary Public schools (CBE) it is June 26. When you're driving through the community near the end of June, please be especially aware that there will be excited kids, likely on their way home after early dismissal, who may not be paying much attention to traffic. Please be on the lookout and be extra careful on those days, and then through the summer months, as our kiddos enjoy their summer freedom.

### 11<sup>th</sup> Annual Community Festival – June 29

The 11<sup>th</sup> Annual Deer Point Community Festival will be held on Sunday, June 29, from 10:00 am to 3:00 pm at Deer Point Plaza (14919 Deer Ridge Drive SE). This beloved community event brings together families and neighbours from Deer Ridge, Deer Run, Queensland, Parkland, and Lake Bonavista for a vibrant day of live music, artisan vendors, food, kids' activities, and more. It's a fun way to connect with the people who make our communities special – you, your family, your neighbours and their families, and the folks in our neighbouring communities.

Your Deer Ridge Community Association will once again be hosting our always well-attended kids' crafts booth at the Community Festival, and we hope you will drop by and visit us. Enjoy other local artists, musicians, and artisans at the Community Festival, as well – come and see what our talented locals have to offer! More details on the Community Festival poster in this newsletter.

### City of Calgary “Dump Your Junk” Community Cleanup – July 5

Have you got a bunch of junk left over from that spring cleanup you did a while ago and you've been meaning to make a run to the dump? Not excited about paying dumping fees at the Spyhill or Shepard landfills? Well, you are in luck, because the dump is coming to your community on July 5! Grab your household junk and bring it over to the Queensland/Diamond Cove Community Association parking lot (649 Queensland Drive SE). City of Calgary waste trucks will be there to accept household, non-commercial waste, free of charge.

Want to know what's accepted at the community cleanup event? Details are available at [calgary.ca/communities/community-cleanup-items.html](http://calgary.ca/communities/community-cleanup-items.html).

Some examples of accepted items are:

- Furniture: Mattresses, sofas, chairs, desks, dressers, etc.
- Toilets
- Broken Recreational Items: Old treadmills, etc.
- Lumber: From old fences and decks
- Odd/Unusual Items: Garden gnomes, broken grandfather clocks, taxidermy items

So, grab the junk that's been hanging around in your basement, your garage, your yard, or even behind your yard in that back alley 'wasteland' – toss it in your vehicle, bring it to the community hall, and leave it all behind with the friendly folks at the “Dump Your Junk” event!

### Movie in Yellow Slide Park – August 16

Mark your calendars! It's the Deer Ridge Community Association's 45<sup>th</sup> anniversary year and we're going to celebrate in style at this year's Movie in Yellow Slide Park event, on Saturday, August 16. This much-loved and much anticipated, very fun, Movie in Yellow Slide Park event will feature hot dogs and other treats, craft and fun stations, and cake! Yes, cake! The movie will be shown in the early evening (newer equipment means we no longer have to wait until dusk), so younger families will be able to stay and enjoy the entire event.

If you enjoy volunteering and want to help your community for a one time, one day event, please consider volunteering at this one. You will enjoy the camaraderie of many volunteers and know that you are

contributing to the enjoyment and fun of community members. And you'll enjoy all the actual event yourself, as you help organize, set up, serve food, run crafting and fun stations, clean up, or tear down. Choose what you want to do and the times that work for you. Connect with us at [DeerRidgeCA@gmail.com](mailto:DeerRidgeCA@gmail.com) and let us know when you're available and can come join us in creating a day of happiness.

### Summertime Meeting Recess

The board takes a recess from meetings during July and August, but community work continues, as you have read above. You will see your board members out and about at all the community events, and we look forward to seeing you. We wish you a very happy and safe summer!



## READY TO INCREASE YOUR CURB APPEAL?

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# Stop Apologizing Already

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

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.

**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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## Sunday June 29, 2025

10 am - 3 pm

**DEER POINT PLAZA**

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Brought to you by Community Festival Foundation, Deer Run  
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Queensland Community Association,  
& Fish Creek United Church

# Reducing Household Food Waste: Planning, Shopping, and Storage

by Alberta Health Services



Food waste is food that was grown or harvested but never eaten. Some food waste at home can't be avoided, like eggshells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

### Planning Your Meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same

as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

### Grocery Shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before

you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups, or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking, or smoothies.

### Storing Foods

Consider the order that you use some foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing, or eating it. Some produce gives off a gas (ethylene) that speeds up ripening - apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots, and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark, and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within two to three days after cooking, while other cooked dishes containing eggs, meat, vegetables, cooked fish, or poultry can be safely eaten within three to four days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit [Canada.ca](http://Canada.ca) and search: "Storing Vegetables and Fruits" and "Food Safety".

For more ideas to reduce food waste visit [ahs.ca/nutritionhandouts](http://ahs.ca/nutritionhandouts) and search "Reduce Food Waste."



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## Good Food Box

Do you cringe at the price when you go to buy fresh produce at the grocery store? Are you wondering how to keep good, fresh, produce on your family's menu, at a manageable price? Maybe Good Food Box is just the service that you and your family need!

Good Food Box (GFB) is a local program and anyone, regardless of income, can purchase fresh, nutritious produce, regularly and affordably through it. Box prices and weights have so far remained unchanged, even as grocery prices have gone up. Connect with Emma, at 403-278-8263, to order the size of box you need, and Good Food Box will deliver your order to a depot right here in Deer Ridge.

Each box contains an assortment of in-season fresh fruits and vegetables, purchased directly from farmers and wholesalers. Seasonal produce means not only are you getting the best flavour and top-quality produce, but also that boxes will have different content in each delivery – depending on seasonal availability. For more info, go to [ckpcalgary.ca/goodfoodbox](http://ckpcalgary.ca/goodfoodbox).

Looking for some fresh ideas for fresh produce? Find family friendly, time-conscious, mouthwatering ideas and recipes at [ckpcalgary.ca/recipes](http://ckpcalgary.ca/recipes).

### Good Food Box

#### 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
June 3	June 12
July 15	July 24
August 12	August 21

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



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

Mark your calendars!

I'm thrilled to invite you and your family to my second Annual Stampede BBQ on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy some great food, and connect with your neighbours. We'll be serving up delicious Spolumbos sausages, playing live music, and hosting several local community associations who will be sharing information about their incredible work across Calgary-Fish Creek. Whether you're a longtime resident of Calgary-Fish Creek or new to the area, I'd love to see you there. All constituents are welcome — including your four-legged friends!

As we head into June, I want to take a moment to congratulate all the students finishing the school year. Whether you're transitioning from elementary to junior high, graduating from high school, or completing a college or university program, your hard work and determination deserves to be celebrated.

I also want to recognize the invaluable role that teachers and school staff play in shaping the future of our students. Their knowledge, dedication, and unwavering support has been instrumental in helping students learn, grow, and achieve their goals. Through their guidance and encouragement, they inspire a lifelong love of learning and make a lasting impact on every student's educational journey. Congratulations on another successful school year!

With summer just around the corner, I look forward to attending many community events and having more opportunities to connect with constituents in person. Wishing everyone a safe, joyful, and fun-filled summer — and I hope to see you at the BBQ!

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



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## We Dream in June

by Garth Paul Ukrainetz

The month of June can't come too soon

The saying goes inside the staff rooms

Most teachers' tanks are running empty

Low fuel within, they're all teached out

Ignition sequence slowly starting

Young astronauts awaiting lift off

Dreaming, gazing out the windows

The students now in countdown mode

Long year it was for sharpened minds

10 months of grinding education

The pencils short, good patience shorter

Toss learning's shavings to the wind

Yes, summer's here, it's time to fly

Fold lesson plans like paper airplanes

Let's rocket launch to outer space

New frontiers bold beyond the schoolyard

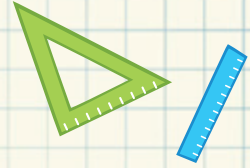
Calgary Public, Calgary Catholic

Deep down it's true we're all the same

We dream in June of summer breezes

That blow the cares of school away





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Father's  
DAY**

**DAD**

**HAPPY  
DAY**



**SCAN ME**