

OCTOBER 2025

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



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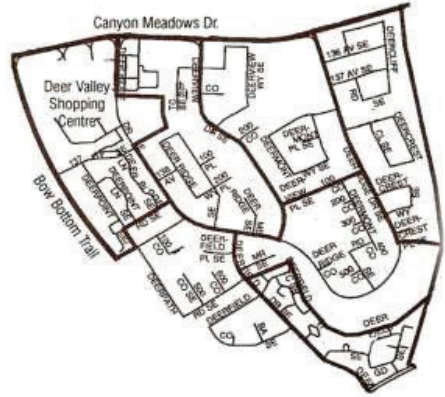


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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 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	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	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

It is officially fall, October is here, the gardens have all been brought in, a bit of garden furniture is still outside in hopes of some lovely Thanksgiving weather, the turkey has been bought, gratitude lists are ongoing, and Halloween preparations are ramping up—whew! What a busy month!

Community Gardens

The gardens flourished this year, especially with the rain, and the majority of gardeners enjoyed a bountiful harvest of organic fresh produce. The growing season at the gardens has wrapped up now. A fall get together and cleanup was held, with gardeners and volunteers making short work of putting the gardens to bed for the winter.

Many thanks to Bob Hall for organizing the gardens and the garden events. Many thanks also to Bob and his volunteers for the ongoing bed renewal work. The beds look great and will last for many years, with the addition of metal cladding.

Community Memberships

The new Deer Ridge community association membership year began September 1. If you have not yet renewed your membership, or if you would like to become a community association member, please visit our website to sign up online anytime at deerridgeca.com/membership/, or use the form included in this newsletter.

Community associations represent the community's voice on development proposals, as well as social, cultural, and environmental issues that impact your neighbourhood. Your Community Association is your voice of the community to the City of Calgary on important issues.

Memberships are still only \$15 per household. This annual membership fee helps support the care and maintenance of community amenities, such as the rinks and playscapes. Residents with a current Deer Ridge Community Association membership have voting privileges at Annual General Meetings and Special General Membership Meetings.

Join today and stay connected with your community!

Board Meetings

Deer Ridge CA board meetings are held on the third Tuesday of each month at the Lutheran Church of the Good Shepherd. Meetings are open to all community

members and offer a great opportunity to hear the latest news about Deer Ridge and Calgary, ask questions, and share your ideas.

Our next board meetings are scheduled for October 21 and November 18 at 7:00 pm. Meeting details and updates are available on our website at deerridgeca.com/board-of-directors/. If you would like to attend a board meeting, please email us at DeerRidgeCA@gmail.com prior to the meeting to let us know you will be coming.

City of Calgary Updates

The City of Calgary civic election takes place on October 20. Be sure to get out and vote for the people you believe will best represent you and our community, at the municipal and school board levels, for the next four years.

Green carts will transition to pick up every other week, beginning the first week in November.

Looking for a peaceful, educational, cost-free, opportunity to get some light outdoor exercise this October? Need to get yourself or the family outdoors? The City of Calgary puts on free Saturday birdwatching classes, led by professional ornithologists, at the Inglewood Bird Sanctuary. You'll learn to identify many of the birds that make Calgary home or that visit at this time of year. You'll learn to identify many of the birds that you see right here in your own back yard, in our own community, and down in Fish Creek Park. Details are on the City of Calgary website at Birdwatching programs.





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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
October 28	November 6
December 2	December 11

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



Deer Ridge Real Estate Update

Last 12 Months Deer Ridge
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2024	\$724,450	\$724,450
September 2024	\$424,900	\$432,500

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

	No. New Properties	No. Properties Sold
August 2025	4	3
July 2025	7	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
October 2024	1	2
September 2024	7	10

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

How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



Devin Elkin

— WARD 14 —

Rooted in Community

Hello Ward 14 residents, Devin Elkin here.

With this being the last opportunity before we head to the polls on October 20th, I wanted to just take a moment to thank you. For the past 10 years, it has been my joy to serve the residents of Ward 14 as your Ward 14 community assistant. When I reflect on what we have accomplished together it's hard to believe we did this all in that time frame.

To the countless community volunteers that have served on their community association boards, thank you. It was a pleasure working together to make each of your communities the best version of themselves. To those that I have disappointed, know that I tried and sometimes you just can't deliver on the ask. "Your Ward, Your Way" is not as easy as it sounds. In my time serving the ward, I have learned that you will find yourself having to deal with issues that will make some people happy and some will want to tar and feather you in the town square, but know that I wear these failures on my sleeve as reminders to never take this job for granted.

In closing, all I ask is that you have a look at what I have done, and what I will continue to do for those that call Ward 14 home. If you are undecided just make sure you ask one question of all candidates, "How?" How do you plan to accomplish your vision? It's easy to reuse what you hear from residents as policy but truly understanding how to execute vision into reality is so important. Lastly some important dates, advance polls are open October 6th – 11th and election day is the 20th.

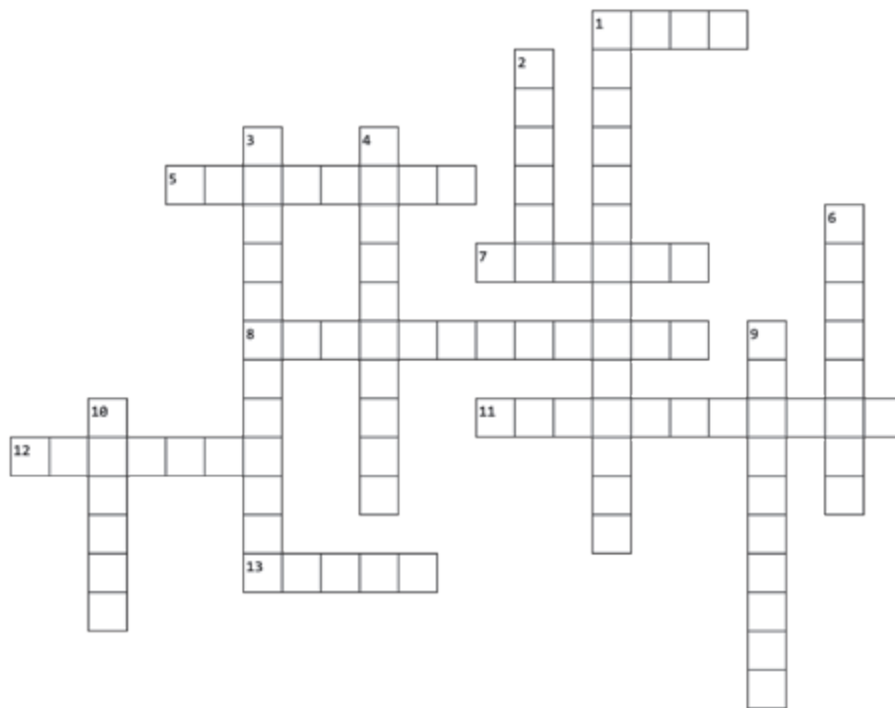
Please visit www.electionscalgary.ca to find your voting location and all other related info. If you need a ride to the polling station closest to you, please let my team know at delkin@telus.net and we will make sure you get there and back. Thank you again and here's to getting back to simple civic governance.

Devin Elkin

Rooted in Community

devinelkin.com

October Crossword



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

Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goaltender, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thriller in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.

The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,



and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.



Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago
Where mountain trees did younger grow
A Sasquatch soaked in water hot
And all his problems there forgot

But then one day his world would change
His dear ol' Rocky Mountain range
Banff National Park, the first to be
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed
His favourite hot pool left behind
He at the top made cave of snow
And cried alone in moonlight's glow

From high above he got to scheming
He'll go back down while Banff was dreaming
So, down below he'd go at night
And back up top by morning light

Where hot springs flow from long ago
Where mountain trees now older grow
A Sasquatch soaks in water hot
With one eye open, lest he be caught

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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& More**



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MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📧 Calgary.FishCreek@assembly.ab.ca

📞 403-278-4444 | 📱 MLAFishCreek

📺 MylesMcDougallYYC | 📺 MylesYYC

Gratitude, Community, and Looking Ahead

Happy Thanksgiving!

As we take time this month to gather with loved ones and reflect on what we're grateful for, I want to extend my heartfelt thanks to the residents of Calgary-Fish Creek. Your engagement, ideas, and support continue to inspire me every day.

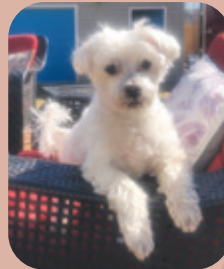
I'm looking forward to connecting with many of you at our upcoming Townhall Meeting on Wednesday, October 22 at 7:00 pm, held at Parkland Community Hall (505 Parkvalley Road SE). These gatherings are a chance for us to have real conversations about the issues that matter most to you—from local concerns to provincial policy. I hope you'll join me to share your thoughts, ask questions, or simply listen in.

As we head toward the end of October, I'm also preparing for the next legislative session. There's important work ahead, and I'm committed to bringing your voices into the discussions that shape our province's future. Whether it's healthcare, education, infrastructure, or community safety, your feedback helps guide the decisions made by government.

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

Wishing you and your family a joyful and restful Thanksgiving.

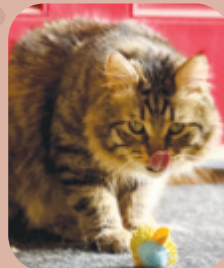
Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



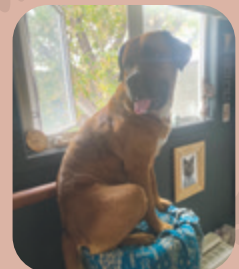
Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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