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Community Association

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/



First Name:	Last Name:
Additional family me	embers:
Address:	
Postal Code:	Phone Number(s):
Email:	
	hat your email address will be added to our electronic mailing list and used for of upcoming community events, information, and volunteer opportunities. We use Mailchimp.com to manage subscriber email.

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 Assocation | X (Twitter): @DeerRidgeCA

Thank you for your support!

Deer Ridge Box 43052 Calgary, Alberta T2J 7A7 Visit our website at www.deerridgeca.com

Association If you have any questions or concerns, please contact us at DeerRidgeCA@gmail.com

Board of Directors and Community Contacts

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

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Community Resources for Vulnerable Citizens

Calgary Alpha House Society provides support to men and women whose lives have been impacted by alcohol and other drug dependencies. Their work positively impacts Calgary communities by providing help to vulnerable citizens. In doing so, we divert individuals away from unnecessary uses of health care, criminal justice, and emergency systems by building relationships and connecting clients to more appropriate resources. Some of Alpha House's resources are listed here. We encourage you to use them where appropriate.

Join us in creating community for everyone.

HELP (formally the DOAP Team)

403-998-7388

24/7

Non-emergency number for individuals on the street needing assistance.

Needle Response Team

403-796-5334

Monday to Friday, 8:00 am to 6:00 pm

Mobile unit cleaning up needle and needle debris on public and private property.

Encampment Team

403-805-7388

Monday to Friday, 8:00 am to 4:00 pm

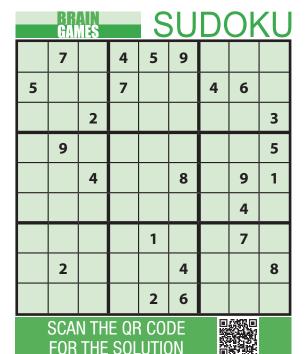
Mobile unit assisting individuals who are sleeping in camps outside.

OUR VISION: We will be a safe community with established programs and facilities, committed volunteers, and we'll be financially stable.

OUR MISSION: To enhance the quality of life in Deer Ridge for today and the future by establishing and fulfilling the common goals, needs and interests of our community.









MESSAGE FROM THE BOARD

It's hard to believe summer is already wrapping up—especially with all the rain we've had in Calgary this year! While the sunshine may have been in short supply, we hope you still found moments to enjoy our community and green spaces between showers. As we shift into the back-to-school season, let's take a moment to look out for one another and help ensure a safe start for all our students.

Back to School

September is here, and that means our neighbourhood is once again filled with the buzz of students heading back to school. Whether they're walking, biking, or hopping out of a car, kids are excited—maybe even a little distracted—as they reunite with friends and settle into new routines. Let's do our part to keep everyone safe.

Drivers, please slow down and watch closely for children, especially near schools and playgrounds. Remember: the speed limit in these areas is 30 km/h, and 40 km/h on residential streets unless otherwise marked.

A little extra caution goes a long way. Let's help ensure our kids have a safe and happy start to the school year!

Movie in the Park and 45th Anniversary Celebration

This year's Movie in the Park and Deer Ridge Community Association's 45th Anniversary Celebration was a wonderful success! Held on August 16 at Yellow Slide Park, the event brought neighbours together for an evening of fun, food, and community spirit.

A heartfelt thank you goes out to our incredible volunteers who helped set up, run activities, serve food and treats, and clean up at the end of the night. We're also grateful to the Calgary Foothills Soccer Club for joining us this year with soccer fun for kids of all skill levels.

And of course, thank you to everyone who came out to celebrate with us: sharing cupcakes, laughter, and memories under the open sky. Events like this wouldn't be the same without you. Here's to 45 years of Deer Ridge community spirit—and many more to come!

Community Gardens

Our community gardeners have once again had a rewarding season nurturing organic vegetables and flowers. Thanks to the hard work of Bob Hall and the dedicated volunteers, the gardens remain a beautiful

and inviting space for everyone, whether you're tending a plot or simply enjoying a peaceful moment on the benches.

Garden members, keep an eye out for an email with details about the upcoming end-of-season cleanup. This event is a perfect way to get the gardens ready for winter while spending time with fellow gardeners. We hope to see you there!

Membership Renewals

Deer Ridge Community Association memberships expire at the end of August each year. Now is the perfect time to renew your membership or join for the first time to enjoy a full year of benefits. Membership remains just \$15 per household annually.

Purchasing a membership supports community projects and gives you a voice in decisions affecting our neighbourhood and the city. Members can attend meetings, hear updates from the City of Calgary, local police, and provincial representatives, and have a say in community initiatives and amenities.

You can renew or sign up online anytime at deerridgeca. com/membership/, or use the form included in this newsletter. Join today and stay connected with your community!

Thank You, Councillor Peter Demong!

By now, you've likely heard that our City of Calgary Councillor, Peter Demong, is stepping away from civic politics after serving Deer Ridge and the rest of Ward 14 for four terms. As the former owner of Deer Valley Florist right here in Deer Ridge, Councillor Demong has long been a supporter of our community. He's shown his commitment time and again—through his presence at numerous community association board meetings and his thoughtful, responsive approach to local concerns.

We'd like to take this opportunity to sincerely thank Councillor Demong for his many years of service and support, both as a local business owner and as our City Councillor. We wish you all the best in your next chapter!

Fall Board Meetings

Deer Ridge Community Association board meetings take place on the third Tuesday of each month at 7:00 pm. The first meeting of the fall season will be held on September 16, 2025, 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. Current members living in Deer Ridge have voting privileges on community issues.

For meeting updates and details, visit our website at deerridgeca.com and click on 'Meetings and Board of Directors.' We hope to see you there!



GAMES & PUZZLES Guess the School Tool!

- 1. In the early 1960s, the first one of these was created to assist with number manipulation.
- 2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
- 3. A semi-circular measurement tool that deals with angles.
- 4. An organizer typically characterized by its circular or D-shaped retainers.
- 5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
- 6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of





CODE FOR THE ANSWERS!



Chima Akuchie

For Ward 14 Councillor

403-930-4391

✓ info@chima4ward14.ca

chima4ward14.ca

Dear Neighbour,

I'm excited to share this with you: I'm running for City Council in Ward 14.

This decision comes from a deep passion to serve and a belief that leadership means listening, understanding, and acting in the best interests of the people, not chasing power or succession.

I'm a graduate of SAIT in instrumentation engineering. I've served as VP External of the Athabasca University Students' Union and serve as Technology & Digital Safety Ambassador. I've had the privilege of serving as a student advocate at both the provincial level with the Council of Alberta University Students (CAUS) and at the federal level with the Canadian Alliance of Student Associations (CASA). Through these roles, I sat on policy and budgeting committees where I worked to ensure student voices were heard and their needs prioritized.

As Director of Volunteerism at the Calgary Legacy Community Association, I help organize events that build connection and community. I also volunteer with the Calgary Igbo Community Association at the Drop-In Centre, supporting unhoused individuals with essentials and encouragement.

I founded VEROROSE INC., a support agency for people with disabilities, and work at a harm reduction centre, helping people with disabilities and mental health challenges rebuild their lives.

I'm running as an independent candidate with conservative values. I'm for the people, here to serve and willing to work with anyone who puts Ward 14 first. Our city should serve residents, not political interests.

As your neighbour, I share your concerns about blanket rezoning that ignores local realities, property tax hikes, infrastructure strain, and loss of neighbourhood character. If elected, I'll push to repeal those policies and protect what makes our ward a great place to live.

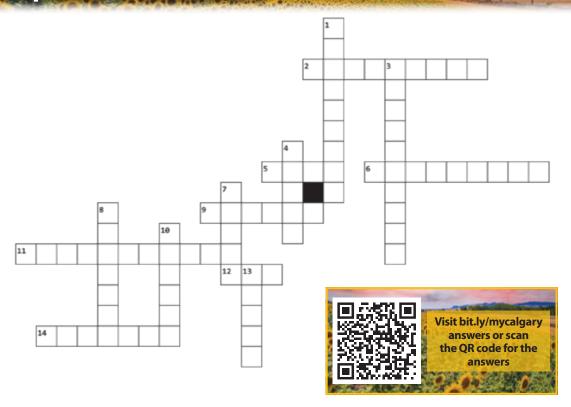
I believe in service, transparency, and trust. As a husband, father of three, and Knight of the Catholic Church, I bring compassion, accountability, and empathy to public service.

Every resident deserves safe streets, basic infrastructure, and leaders who listen. That's what I'll fight for.

This campaign is about all of us; our families, our businesses, and our shared future. I'm ready to work hard for Ward 14 and make our voices count.

Sincerely. Chima Ákuchie

September Crossword



•	_	 -	

- 2. Ernest _______'s *The Old Man and the Sea* was first published on September 1, 1952.
- 5. September's full moon is named after a plant also known as maize.
- 6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the Islands.
- 9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
- 11. Ice hockey forward, John Tavares, was born on September 20, 1990, in ______, Ontario.
- 12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
- 14. Starring Canadian actor, William ______, *Star Trek* premiered on September 8, 1966.

Down

- 1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in ______, Ohio.
- 3. On September 19, 1893, this country became the first to grant all women the right to vote.
- 4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
- On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
- 8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
- 10. On the first Monday of September, _____ Day is observed in Alberta.
- 13. Stars of *Bridget Jones's Diary*, Colin_____ and Hugh Grant, were both born in September 1960, just one day apart.

Understanding Why Some Men Struggle with Emotional **Avoidance in Relationships**

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

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability-or worse, shamed it-they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: The New Rules of Marriage: What You Need to Know to Make Love Work by Terrance Real.

The Art of Finding Work: Jobseekers Need to Learn to 'Move On'

by Nick Kossovan

Everyone knows ghosting and rejection are inherent parts of job searching. Yet, job seekers waste vast amounts of energy and time lamenting what they can't control. There's a prevalent sense of entitlement that employers owe job seekers, which goes against the universal truth that nobody is owed anything, be it a job, to make a living, or even happiness.

Job searching, regardless of the economic climate, has always required resilience. The key to resilience is having realistic expectations, such as understanding that employers you don't work for don't owe you anything. Having a 'F*ck it!' mindset that empowers you to move on quickly is how you foster resilience.

Ghosted: You didn't get the job. Move on.

- You didn't hear from an employer after submitting your resume: There were candidates with more relevant experience and were a better cultural fit. Move on.
- When a networking attempt fails: A stranger isn't willing to drop everything to help you. Move on.
- Not taking down a job posting: Some people never take down their Christmas decorations. If a job can be left open for a significant amount of time, assume it isn't critical. Do you want a non-critical or non-essential job? Move on.

Thinking about how the hiring process should be won't get you a job.

Getting frustrated and angry at how an employer designed their hiring process won't get you a job.

Getting upset over being ghosted won't get you a job. It wasn't the employer who ghosted you; it was an employee whose behaviour doesn't speak for an entire company.

Life is too short to spend time and energy dwelling on "what could have been" and "whys." This is especially true regarding things out of your control, such as how an employer designs their hiring process or runs their business. The most common false belief I repeatedly see people hold, and which causes much of their

frustrations and anger, is that they can change other people's behaviour—as if it's their place to do so.

While it's natural to feel disheartened, it's crucial to understand that wallowing in the many disappointments you'll experience throughout your job search and believing you can control other people's behaviour hinders your progress.

When you invest your heart and soul into an application only to be met with silence or rejection, it's easy to spiral into self-doubt. Consider why you're giving a hiring manager—a stranger—influence over your self-esteem. Hence why I recommend embracing a 'F*ck it!' mindset as a defence against rejection eroding your confidence.

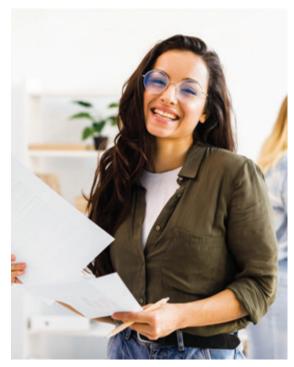
I've been rejected many times, more than I've been accepted. I've learned the hard way, a running theme throughout my life, that if I permit it to do so, repeated rejection triggers a cycle of negative thinking that paralyzes me, regardless of whether I'm searching for work, submitting my writing, or reaching out to someone hoping to form a relationship. Dwelling on past disappointments sabotages future opportunities.

There are many reasons why quickly moving on, as opposed to wallowing, playing the "I'm a victim!" card, getting angry, or venting on LinkedIn and other social media platforms—which is never a good look—benefits your job search.

There's no shortage of opportunities.

In several previous columns, I've mentioned that opportunities are all around you, with one caveat: they're attached to people. In 2024, employers are turning to their employees for referrals since job postings result in avalanches of applications, predominantly from job seekers who spray and pray. This underscores the importance of networking rather than applying to online job listings.

Clinging to rejections, being ghosted, or whatever is frustrating you is wasting mental energy you could be using to speak to people who may be able to refer you to job openings where they work. Starting right now, shift your focus away from past disappointments—forget about them, what's done is done, you can't change the past—and focus on future possibilities aligned with your skills and aspirations and start making



it a point to meet people, because you never know what opportunities they may be attached to.

Much of the hiring process is out of your control.

In the same way that you can't control the behaviour of others, you can't control how an employer hires. Many factors influence hiring decisions, notably internal politics and team dynamics. Instead of internalizing these setbacks, remind yourself of your skills, experiences, and past achievements.

Not quickly moving on is counterproductive.

Dwelling on why you were ghosted or didn't get the job—instances in which you'll never know the actual reason—drains your energy, energy better spent on proactive measures to enhance your candidacy for future roles.

The key to a successful job search is to keep moving forward and stay focused on what you can control, such as optimizing your LinkedIn profile—arguably the most critical tool in a job seeker's arsenal—resume, and expanding your network to take advantage of all the opportunities around you.





MLA Calgary - Fish Creek Myles McDougall

7 – 1215 Lake Sylvan Drive SE

lacktriangledown MylesMcDougallYYC | lacktriangledown MylesYYC

Alberta Builds a Stronger Future with Historic Investment and Physician Growth

Alberta is making significant progress on two key fronts: securing long-term financial stability and strengthening health care. The province's Heritage Savings Trust Fund has reached a record high of \$30 billion, thanks to a \$2.8-billion contribution from surplus funds. This marks a major milestone in Alberta's plan to grow the fund to \$250 billion by 2050—a strategy aimed at creating a reliable, long-term source of funding for essential public services, including health care and education.

The Heritage Fund, originally created to save non-renewable resource revenue, is now a central part of Alberta's roadmap to a prosperous and resilient future. By reinvesting income and accessing global investment opportunities through the newly modernized Heritage Fund Opportunities Corporation, Alberta is taking strategic steps to build wealth that will benefit future generations. Once the fund reaches its \$250 billion goal, the income it generates will help stabilize the budget, support infrastructure, and keep taxes low.

At the same time, Alberta's physician workforce is reaching record levels. As of June 30, 2025, there is a total of 12,327 physicians registered in the province—204 more than the previous quarter and 571 more than last year. This growth includes gains in both urban and rural areas, with a notable 8% increase in the North Zone.

These investments in financial security and health care reflect Alberta's commitment to building a strong, sustainable future—where families thrive, communities grow, and core services are there when people need them most.

Questions or feedback? Email Calgary.FishCreek@assembly.ab.ca.

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BUSINESS CLASSIFIEDS

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

DEER RIDGE CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Deer Ridge. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www. lefroyconstruction.com.



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.

Looking for some fresh ideas for fresh produce? Find family friendly, time-conscious, mouthwatering ideas and recipes at 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
September 9	September 18
September 30	October 9
October 28	November 6

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



The Library Ship

by Garth Paul Ukrainetz

On the ocean of Calgary Sails the library ship Filled with books and good readers Packed from stern to bow's tip

She's a beautiful vessel Maiden voyager grand Inspirational learning All her crew lend a hand

Nearby Calgary Tower Glowing lighthouse of red Rolling waves, Rocky Mountains Grace horizon ahead

She's at one with her ocean Step on board you'll agree Yes, the world is her oyster Blue Sky City her sea



Devin Elkin

-WARD 14-

Rooted in Community



Hello Ward 14!

Here we are, a month away from going to the polls. Crazy. With that, in this month's newsletter, I wanted to highlight my top 10 priorities.

- Blanket Rezoning I will bring forward a Notice of Motion to change the base zoning back to R-C1 or one that repeals the original Notice of Motion that led to the base zoning change to R-CG. The direction I take will depend on the other faces that shape our new council but this is my number one priority.
- 2. Public Hearing Items at Council I will be bringing forward a Notice of Motion that implements the following. If a particular public hearing item garners more than two full consecutive days of public submissions, this will automatically trigger a review of the item being presented before it is voted on by Council. This will ensure citizens who share an overwhelming passion on a certain topic will know their concerns will get the attention they deserve.
- Get back to simplifying service deliveries Civic
 politics isn't complicated, collect the taxes and make
 sure services are delivered in a manner that reflects and
 respects the efforts made by those individuals making
 that money in the first place.
- 4. Continue to represent our communities the way we have for the past 10 years This isn't one of those "if it's not broke, don't fix it" attitudes. Over the past decade, the connection I have made with the community through events, attending community association monthly meetings, and open houses, has given me insight and clarity into what each community needs. Ward 14 is not a singular community, its very fabric is made up of communities developed in 1967 to some still in development. So continuing to ask the questions, listening with both ears and assisting in getting it done, has served us well and will continue to do so.
- 5. Keeping up with aging infrastructure As mentioned, some of our communities have aging infrastructure, from stuff above the surface to stuff below the surface. Making sure there are monthly touch points with all departments in administration is critical to ensuring proper delivery. This also goes for our new communities, making sure we inspect the new assets that are going in will allow us to deliver services for decades to come which is crucial to future budgets. We don't need to be replacing infrastructure only a few years after it's installed.

- 6. Never forget who I work for Your support for our Ward 14 team over the past decade has allowed us to make our communities better. Your engagement and passion is clear and this allows us to translate concerns into action. I will never forget that we are here to serve the residents who call Ward 14 home.
- 7. Communication As I have shown in my time serving Ward 14, there are many ways to engage with residents. Through various social media posts to open houses and bringing back our original "Ward 14 Council Talks", these will continue to be methods I will use to reach out to constituents. You will continue to receive our monthly newsletter but the new communication piece will be weekly recaps. Recorded videos will be made available for you to find out what happened that week at Council. Obviously, some of these videos will be extensive, and some might be a quick hello, but you will always know you have a voice.
- 8. Community Association Development Permit Stream I will be working with our planning director to implement a separate stream for community associations. This will enable them to act on time sensitive grants with confidence and be able to deliver community improvements in a timely manner.
- 9. Community Safety Over my decade here we have made deep connections with both Calgary Police Districts that serve Ward 14, districts 6 & 8. These relationships will continue to allow us to collaborate with our Community Resource Officers, our School Resource officers and Traffic Safety Group in relaying concerns we hear from the community. We will continue to collaborate on high school traffic blitz days, work on highlighting areas in need of enforcement and collaborating on educational forums such as protecting your homes, senior fraud prevention tips, and the 9 P.M. check your vehicle routine.
- 10. Spending Smarter We simply must be better at where our tax dollars go beyond essential services. We need to eliminate these surprise expenditures, and this will be accomplished by focusing on meaningful conversation through committee reports, budgetary asks and accountability.

Please take the time to visit **www.devinelkin.com** where I have outlined why I believe I am ready to be your next city councillor and what 10 years of public service has taught me.

Thank you, Devin Elkin Rooted in Community



RYAN WARD 14



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