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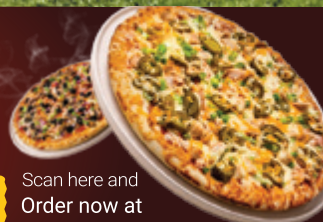
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Newsletter Coordinator	Diane Lum	
Membership Coordinator	Drew MacQueen	403-278-6817



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.



Good Food Box

Do you find yourself cringing every time you go to 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.

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: Good Food Box — Community Kitchen Program of Calgary at ckpcalgary.ca.

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 the Fish Creek United Church (77 Deerpoint Rd SE) for pickup.

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

Small Box	\$35	20 to 25lbs* of fruits and vegetables
Medium Box	\$40	25 to 30lbs* of fruits and vegetables
Large Box	\$45	35 to 40lbs* of fruits and vegetables

*Please note 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 By Date	Pick Up Date
August 11	August 20
September 8	September 17

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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MESSAGE FROM THE BOARD

We are in the heart of summer and there's some exciting community events coming up! We'd love for you to join us. It's a great opportunity to meet your neighbours and have some fun at the same time!

Deer Ridge Green Space Cleanup – Thank You!

Many thanks go out to our volunteers who came out to our Deer Ridge Greenspace Cleanup on Saturday, June 6. Your efforts made a difference, and we were able to clean up our parks and playgrounds (including Yellow Slide Park), the ridge and dog park, and the green areas next to Deer Ridge Drive.

Volunteers Needed

Want to make a real difference while having fun, meeting great people, and creating lasting memories? Volunteering is one of the best ways to get involved in your community and help make it an even better place to live! Whether you're a student looking to gain valuable experience, a professional hoping to build new skills and connections, or a retiree looking to stay active and engaged, there's a place for everyone! Every volunteer contributes something unique, and together we create the vibrant, welcoming community that makes our neighbourhood such a special place to call home! Please email DeerRidgeCA@gmail.com for more information.

Park and Play

Ages 6 to 12

These free supervised day camp programs help children make new friends, learn, and play. Games and activities are designed to encourage them on their path to healthy and active lifestyles and include large field games, crafts, and engaging guest speakers. This will take place at Deer Run School (2127 146 Avenue SE) from August 10 to 14. Programs run Monday to Friday. Sign up on site. Walk ups will be accepted on a first come, first serve basis. For more information, please visit calgary.ca/free or call 3-1-1.

Movie in the Park

August 8

Our annual Movie in Yellow Slide Park will be taking place on Saturday, August 8 from 5:00 to 10:00 pm. Join us for free food, games, fun, prizes, and of course, a great movie! We will be collecting donations for the Calgary Food Bank so please bring non-perishable food items for your chance to win great prizes! We are also looking for volunteers who could help out for this event so if you are interested, please connect with us at DeerRidgeCA@gmail.com.

Casino Volunteers Needed

Our major fundraising casino will be held on Tuesday, August 25 and Wednesday, August 26 at the Deerfoot Inn and Casino.

Volunteers are needed to fill various positions. Day shifts are 11:00 am to 7:30 pm. Evening shifts are 7:00 pm to 3:30 am. Count room is 11:00 pm to 3:30 am.

This is a great opportunity to meet your neighbours and help ensure AGLC funding is available to the community for facilities and programs such as ice rinks, tennis court, replace aging playgrounds, youth programs, and special events like Family Skate Days and Movie in the Park.

Training is provided and meals are no expense to the volunteer. Transportation is available if needed.

Please sign up at <https://www.signupgenius.com/go/10C0A4FA5AF28A7FFC25-64621981-fundraising#/> or email DeerRidgeCA@gmail.com.

Fish Creek Transit Service Review Update

Feedback for the transit service review engagement has been reviewed, and the finalized changes and updated route maps can be found here: <https://www.calgarytransit.com/plans---projects/long-term-strategic-plans/designing-our-network/transit-service-reviews/fish-creek.html>.

These changes will be introduced in phases, with the first starting on December 21, 2026, and the second phase on March 22, 2027.

Great insights were given into your transit needs, how changes may impact you, and general comments about the original proposed changes. Where possible, your feedback was used to make adjustments to the proposed changes.

Deer Point Community Festival

The Deer Point Community Festival that was originally scheduled for Sunday, June 28 had to be postponed due to poor weather. An alternate date is in the works! Please watch this space for more updates: www.deerpointcommunityfestival.ca.

Deer Run Cleanup and Waste Disposal September 20

Our neighbours in Deer Run will be having their free 16th Annual Cleanup and Waste Disposal on Saturday, September 20 from 9:00 am to 1:00 pm (must be in the

lineup by 1:00 pm). Located at the Deer Run Community Centre (2223 – 146 Avenue SE), the following items will be accepted: household and construction waste, metal, appliances, electronics, BBQ's, bikes, car batteries, and propane tanks (disposal fees based on weight). The following items are not accepted: tires, household chemicals, liquids, oils, paint, freon appliances, glass, garden waste, recyclables, and commercial waste. Volunteers are needed to help make this a successful event. Please call 403-278-3117 or visit www.deerruncalgary.com to sign up online.

Summertime Meeting Recess

The Board takes a recess from meetings during July and August, but community work continues! 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!



JOKE OF THE MONTH

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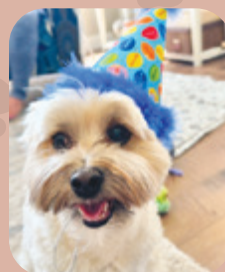
Bear, Cranston



Chico, Richmond



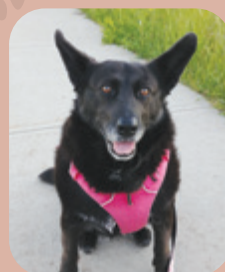
Dexter, Tuscany



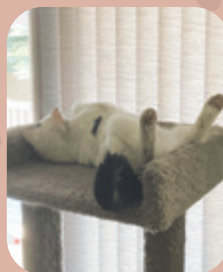
Ferland, Cranston



Honey, Cranston



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Community Association

Fundraising CASINO

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Tuesday
AUGUST 25

Wednesday
AUGUST 26



DAY SHIFTS
11AM – 7:30PM



EVENING SHIFTS
7PM – 3:30AM



COUNT ROOM
11PM – 3:30AM

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Location:

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Contact us to volunteer at:

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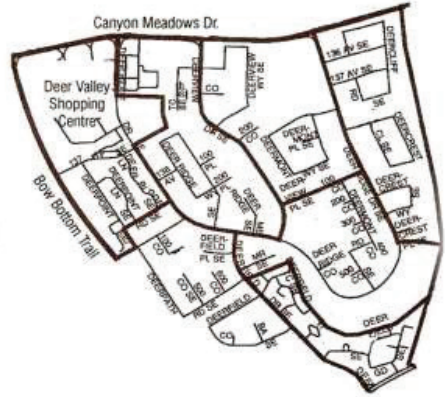


Box 43052, RPO Deer Valley SE, Calgary, AB - T2J 7A7

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)

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FREE FOOD!

SATURDAY, AUGUST 8
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★ *We can't wait to see you there!* ★

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The Listen Garden at Bow Valley Ranch

This summer, the Listen Garden is taking shape.

Located in the heart of Fish Creek Provincial Park, the Listen Garden is a collaboration between the past and the future; the land and the people; Indigenous and newcomer communities. The garden will be one in which native plants, Indigenous knowledge, and (re)conciliation all flourish. Visit the Listen Garden page on the Bow Valley Ranch Historical Society's website.

Our team of staff and dedicated volunteers have been hard at work prepping the site, from harvesting and processing native plant seeds to spraying the site to remove invasive species and distributing an impressive seven truckloads of sand. This summer, we're seeding and planting native species representative of the plant communities chosen for this space. We're looking forward to seeing this special spot alive with life by the end of summer 2026! Check out these photos from the Listen Garden this spring.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at @fishcreekpp to learn more about summer day camp and all our exciting programs.



Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information.

Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small “no,” they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as “We’re exactly alike,” “No one understands me like you do,” or “We’re in this together” early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typcasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, “You’re probably too busy to talk,” or “You seem like someone who wouldn’t give people a chance.” The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.



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It is hard to believe we are halfway through summer. July was a very busy month with the many community events and Stampede events that I was able to attend. I want to thank everyone who attended my constituency Stampede BBQ. It was so nice to see so many new and familiar faces; it was a great day filled with community fun!

Despite the afternoon downpour, Canada Day was fantastic, and I was lucky enough to celebrate it with the residents of Parkland and Lake Bonavista at each of their events. I also really enjoyed the Deer Run Pre-Stampede Breakfast! It was a fantastic event where I was lucky enough to talk with many constituents while I served pancakes.

I want to share some important information with everyone. The Canadian Bankers Association has launched a new Financial Abuse Prevention Hub to help protect older Canadians, including Albertans, from financial harm and strengthen their financial security. This centralized resource offers practical tools and guidance to help seniors recognize the signs of financial abuse, understand what it looks like, and know where to seek help. It also includes a Fraud Prevention Toolkit and access to Your Money Seniors, a free seminar program delivered by volunteer bankers in communities across Canada, which local seniors' groups can request online or by phone. The need for these resources is significant: nearly one in three Canadians knows someone who has experienced financial abuse, yet only about a quarter of incidents are reported.

The Hub includes practical tools such as guidance on identifying financial abuse and where to get help, a Fraud Prevention Toolkit, and access to the Your Money Seniors seminar program delivered by volunteer bankers across the country.

Seniors' groups can request a free seminar at cba.ca or by calling 1-800-263-0231. If you have questions about this program, please feel free to call my office.

I hope everyone is able to enjoy the last month of summer vacation with family and friends before the business of the new school year starts in September.

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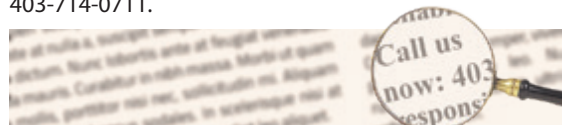
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