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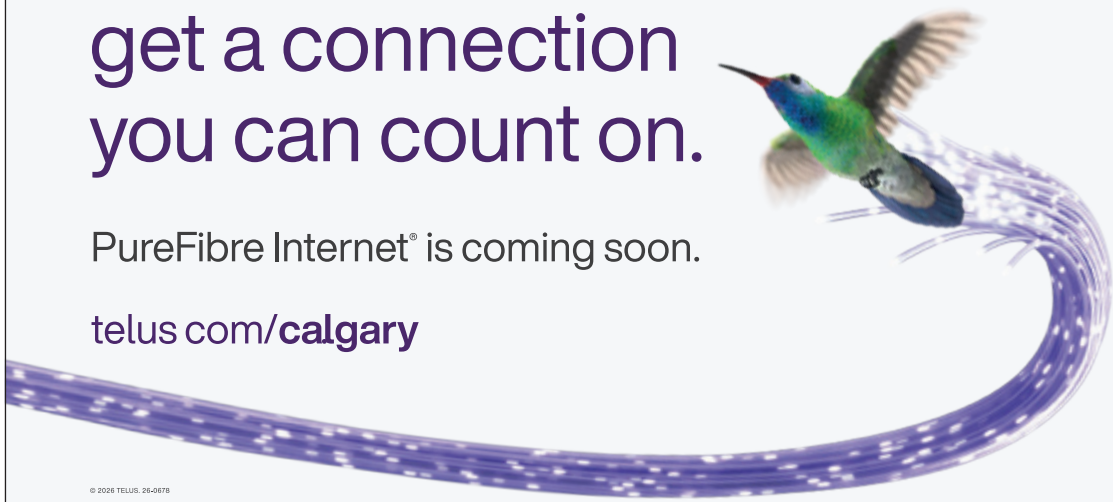
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Deer Ridge Community Association

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

Deer Ridge 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 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 2026 – 2027

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 Assocation | X (Twitter): @DeerRidgeCA

November has arrived, bringing crisp autumn days, cozy evenings, and a gentle reminder that winter is just around the corner. As the leaves finish their colourful farewell and our community settles into the season, it's a wonderful time to slow down, connect with neighbours and enjoy the many activities happening around our community and in the city. We hope you have a warm, happy and memorable November!

Field of Crosses Memorial

The Field of Crosses Memorial is on display between November 1 to 11 each year. The public is welcome to walk amongst the crosses 24/7. The crosses are illuminated throughout the night. Visitors are encouraged to stop in front of each cross that moves them to pay respect to that soldier by quietly calling their name out loud while holding their hand over their heart and expressing whatever sentiment they are feeling.

Sunrise and Sunset ceremonies are held each day from November 1 until November 10, and the public is always welcome. Please arrive 15 minutes prior to sunrise or sunset.

For more information and event details, please visit: https://www.fieldofcrosses.com/.

New Winter Green Cart Schedules

Starting in November, your green cart will be collected every other week. This seasonal schedule helps match service to the lower volumes of yard waste during colder months.

Weekly collection will return in April 2027, when spring clean-up season begins. Visit: www.calgary.ca/reminders to get the free Calgary Garbage Day App!

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.

Good Neighbour Clothing Pop Ups | November 8

Helping Hands Community Bridge Foundation is partnering up with Deer Run Community Association (2223 – 146 Avenue SE) to bring you the Good Neighbor Clothing Pop Up. Taking place on Sunday, November 8, from 1:00 to 4:00 pm, clothing is collected then distributed to people in need around the city. Take what you need and leave what you can. For more information, contact Michelle at 403-560-9960 or email goodneighbouryyc@gmail.com.

Christmas Craft, Baking and Gift Fair | November 14

Get ready to shop, browse and discover something special at the Queensland Diamond Cove Community's (649 Queensland Drive SE) Christmas Craft, Baking and Gift Fair on Saturday, November 14. Come out and support talented local crafters while finding unique handmade treasures, perfect gifts, and a few goodies for yourself! It's a wonderful way to kick off the holiday shopping season, connect with neighbours, and enjoy a fun day in the community. Bring a friend and come see what treasures you'll find!

Children's Christmas Party | November 21

Get into the holiday spirit at the Queensland Diamond Cove and Deer Ridge Community Association's annual Children's Christmas Party (649 Queensland Drive SE)! Join us on Saturday, November 21, from 12:00 to 2:00 pm for a fun-filled celebration featuring Christmas crafts, a special visit from Santa, games, treats, and plenty of holiday fun for the whole family! Bring the kids and make some wonderful Christmas memories together!

Christmas Market | December 5

Our neighbors in Deer Run will be having their fourth annual Christmas Market on Saturday, December 5 (2223 – 146 Avenue SE). Come celebrate the magic of the season by enjoying a cozy afternoon filled with hot chocolate, warm fire pits, festive treats and more! Santa's elves will be on hand to assist little shoppers! Bring the whole family, browse for unique gifts, and soak up the warmth and joy of the holiday season with neighbours.

Membership Renewals

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

Fall Board Meetings

Deer Ridge Community Association Board meetings take place on the third Tuesday of each month at 7:00 pm. Our next meeting will be held on November 17, 2026. Meetings are open to all community members and offer a great opportunity to hear the latest news about Deer Ridge, ask questions, and share your ideas. We are also looking for community members who are interested in joining our Board of Directors. Please email DeerRidgeCA@gmail.com for more information or if you are interested in attending a meeting.



BRAIN GAMES

SUDOKU

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	2					5		
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SCAN THE QR CODE FOR THE SOLUTION

Photo Gallery

Fall's Furry Friends

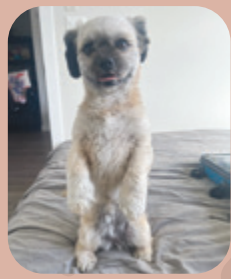







Fun for All Kids!
Children's Christmas Party
(in collaboration with Deer Ridge)
DATE:
November 21
TIME:
Noon to 2 pm
LOCATION:
Queensland Community Center
Craftmaking
Treats
Bouncy Castle
Games
Santa
Make Memories this Christmas!
Community ♥ Friends ♥ Holiday Fun!

Cats, Canines, & Critters of Calgary



Bean, *Seton*



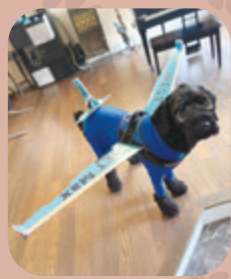
Coco, *New Brighton*



Ember, *Seton*



Kato, *McKenzie Lake*



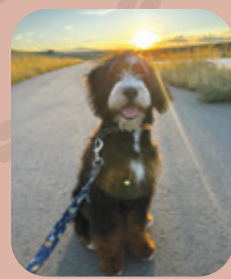
Max, *Signal Hill*



Teasha, *Huntington Hills*



Whiskers, *Oakridge*



Zeke, *Seton*

To have your pet featured, email news@mycalgary.com



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.

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

Produce Box Options		
Small Box	$35	20-25lbs* of fruits and vegetables
Medium Box	$40	25-30lbs* of fruits and vegetables
Large Box	$45	35-40lbs* 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 Day	Pickup Day
December 1, 2026	December 10, 2026

Stay tuned for 2027 info!

To place your order or arrange pick up, please contact Emma at 403-278-8263.

Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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



Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.



A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.



November Flowers

by Garth Paul Ukrainetz

Poet of the Blackmud Creek

November flowers will never grow
Upon a field of fallen snow
O thoughtful heart, your garden best
Remembrance fertile fills the chest

In silence, sacred waters flow
Our hearts, like sunshine, warmly glow
For rain and sun make flowers thrive
Keep freedom, valor's hope, alive

In honour, gratitude, and pride
Deep poppy roots take hold inside
Lest we forget their row on row
November flowers will never grow

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SCAN ME

Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

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News, Events, & More	Crime Statistics	Real Estate Statistics



Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430
@LandonForWard14
@Ward14LandonJohnston

We're excited to announce that the new Ward 14 website is now live!

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca



MLA Calgary - Fish Creek
Myles McDougall
7 – 1215 Lake Sylvan Drive SE
Calgary.FishCreek@assembly.ab.ca
403-278-4444 | MLAFishCreek
MylesMcDougallYYC | MylesYYC

As the Fall Session begins in the Legislative Assembly, my time in Edmonton has given me an opportunity to reflect on the wonderful community in Calgary, Fish Creek. I look forward to returning to the constituency during the week of November 9 through the 13 for Constituency Week and reconnecting with residents. In particular, I hope to spend time meeting with seniors and visiting as many seniors' residences and care facilities as possible.

Remembrance Day is a time for Canadians to come together in gratitude and reflection. We honor the courage, sacrifice, and service of our veterans, Canadian Armed Forces members, and military families who have helped protect the freedoms we enjoy today. As we wear the poppy and observe a moment of silence on November 11, we remember those who gave so much in service to our country and reaffirm our commitment to peace, respect, and remembrance.

November is also Men's Mental Health Awareness Month, an important opportunity to raise awareness and encourage meaningful conversations about mental health. I would like to share several confidential resources available to those who may be struggling or seeking support. The Suicide Crisis Helpline is available 24 hours a day, seven days a week by calling or texting 9-8-8. Men& is another valuable resource, it is a Canadian based organization that provides counselling, programs, and support to men of all ages across the country. More information can be found at menand.ca.

As always, please do not hesitate to contact my constituency office to arrange a meeting or discuss any questions, concerns, or ideas you may have.

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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.

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