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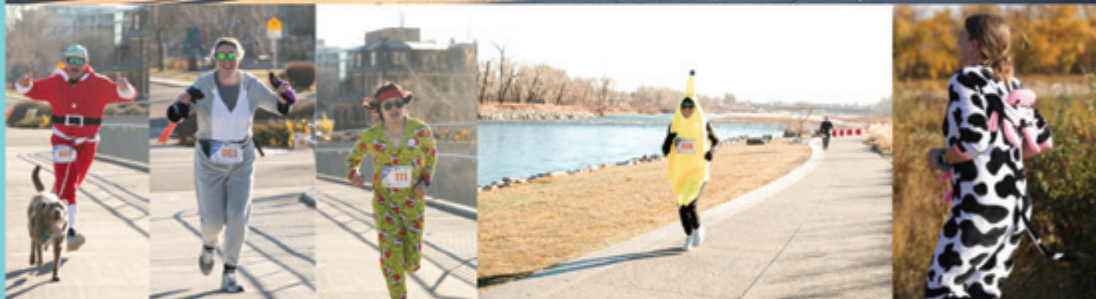
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Community Resources for Vulnerable Citizens

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 (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>.

Produce Box Options

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
September 8	September 17
September 29	October 8

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 Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.

BRAIN GAMES SUDOKU

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MESSAGE FROM THE BOARD

As summer winds down and the colours of autumn begin to appear, September brings new opportunities to reconnect with neighbours and enjoy everything the community has to offer. Whether you're joining us for upcoming events, volunteering, or simply taking in the season, we hope this month's newsletter keeps you informed, inspired, and connected!

Back To School

It's that time of year again! Kids are going back to school. Let's do our part and make sure streets are safe! Watch out for kids and slow down in playground zones (speed limit is 30 km/h) and residential areas (40 km/h unless otherwise posted). 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—Thank You!

A heartfelt thank you to everyone who volunteered at our Movie in the Park on August 8 at Yellow Slide Park! Your time, energy, and enthusiasm helped create a fun, welcoming evening for our community, and we couldn't have done it without you. Thank you as well to everyone who attended and made the event such a wonderful success—we hope to see you again at future community events!

Casino Fundraiser—Thank You!

To our incredible volunteers, thank you for your generosity, dedication, and time spent supporting our community at our casino fundraiser at Deerfoot Inn and Casino. Your willingness to give your time made this important fundraiser possible, and your efforts will have a lasting impact on the programs, events, and opportunities the Deer Ridge Community Association can provide. We are deeply grateful for your support!

Community Gardens

As another season comes to a close, we celebrate a rewarding harvest that reflects months of care, dedication, and love for our community. We extend our heartfelt thanks to Bob Hall and his team of volunteers for the improvements and upkeep of the plots. Thank you to everyone who took part in maintaining a garden plot. Your commitment helped create a beautiful space for Deer Ridge residents. We look forward to seeing the garden flourish again next year!

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 Run Community Cleanup and Waste Disposal September 26

Our neighbours in Deer Run will be having their free 16th Annual Cleanup and Waste Disposal on Saturday, September 26, 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. Please call 403-278-3117 to volunteer or visit www.deerruncalgary.com to sign up online.

Halloween Dance October 24

Save the date! The Queensland Diamond Cove Community Centre will be hosting a Halloween Dance on Saturday, October 24, from 6:00 to 8:00 pm. For more information, please call 403-278-3366.

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. The first meeting of the fall season will be held on September 15, 2026. 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. 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.



Moose on the Move

Moose are excellent swimmers! They can swim up to 10 kilometres without stopping and reach speeds of about 10 km/h in the water. They even dive underwater—sometimes as deep as 6 metres—to munch on tasty aquatic plants!



Deer Valley Mall Stampede Breakfast



A heartfelt thank you goes out to Gertrud, Bob, Dawn, and Drew for generously volunteering their time at the Deer Valley Mall Stampede Breakfast on Saturday, July 11, 2026. Their friendly smiles and enthusiasm at the popular sand art table helped create a fun and memorable experience for children and families throughout the event!

We had a great turnout this year! In 2025, 2,634 plates of pancakes were served and this year, we hit 3,575! It was a wonderful turnout from the community!



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When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.



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 Association](https://www.facebook.com/DeerRidgeCommunityAssociation) | X (Twitter): [@DeerRidgeCA](https://twitter.com/DeerRidgeCA)

Apple Crisp

by S. Law



If you have had the chance to stop by your local Farmers' Market, I'm sure you've seen an abundance of apples. What better way to deal with such an overhaul than by making something delicious. Personally, my favourite way of using fresh apples is making apple crisp. It's easy, requires almost no tools, and is always a hit. If you've got some apples to spare, why not give it a try!

Ingredients

Filling:

- 2 cups of apples, sliced or chopped
- ½ cup of white sugar
- 2 tablespoons of cinnamon
- 1 teaspoon of nutmeg

Base/Topping:

- 1½ cups of rolled oats
- 1 cup of flour
- ¼ cup of brown sugar
- ½ cup of butter or margarine
- 1 teaspoon of salt

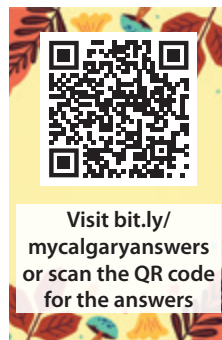
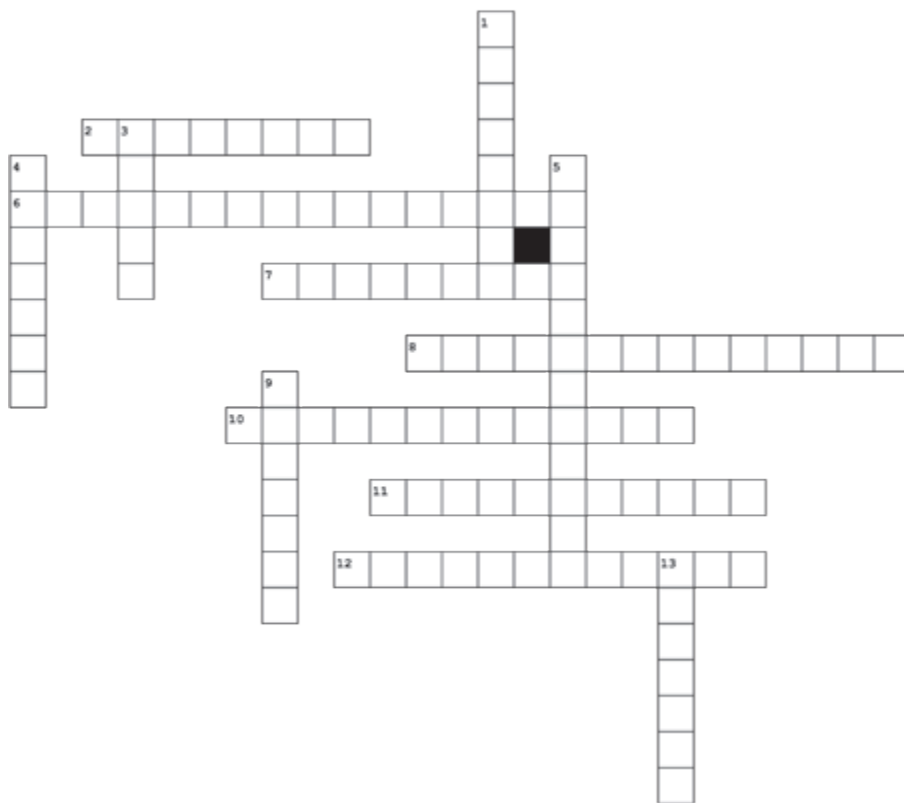
Directions

1. Preheat your oven to 425°F degrees and prepare a 9 x 9-inch baking pan.
2. Begin by washing and cutting your apples into thin

slices or small chunks. There is no need to peel them unless desired. Place all the apples in a bowl with your white sugar, cinnamon, and nutmeg. Massage everything together until your apples are well coated. If the mixture seems too dry you can add a teaspoon of lemon juice to add a bit more liquid.

3. In another bowl, combine your oats, flour, and salt.
4. Take your butter or margarine and tear it into chunks overtop of the mixture. Begin crumbling the butter between your fingers, turning the dry ingredients into a slightly wet mixture.
5. Press around 1/3 of the oat mixture into the bottom of your pan. Press very firmly to create a solid base.
6. Pour the apples into the pan and spread evenly.
7. Taking the remainder of your oat mixture, add the brown sugar and mix gently, do not fully combine, the lines of brown sugar are what caramelize on top of your crisp.
8. Add the rest of the oat mixture to the top of your crisp, it doesn't need to be pressed, just evenly distributed across the top.
9. Bake in the oven for 30 to 45 minutes until golden and bubbling. Remove it from the oven and let it rest for at least 20 minutes. Serve with vanilla ice cream, whipped cream, or anything else of your choosing!

September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



Councillor, Ward 14

Landon Johnston

✉ ward14@calgary.ca

☎ 403-268-2430

📘 @LandonForWard14

📷 @Ward14LandonJohnston

Hello neighbours,

Summer is in full swing, and there's plenty happening across Ward 14. I'm pleased to share that street sweeping was completed on schedule throughout our communities, helping keep our roads clean and safe. As always, if you spot a pothole or another roadway/sidewalk issue, please report it to 311 so crews can address it as quickly as possible.

I'm also proud to share that my Supercharged Sidewalks Notice of Motion was successfully passed by Council. At its core, this initiative is about safety—making it easier and safer for residents to walk to schools, parks, transit stops, and local destinations. Even better, work is already underway. It's exciting to see momentum behind a practical solution that will improve connectivity and help make Calgary's communities safer for everyone.

In the months ahead, you'll see more engagement opportunities and information related to the Calgary Plan. This is one of the most important discussions shaping Calgary's future, and I want to hear directly from residents before key decisions come to Council. Your feedback helps me better understand the priorities, concerns, and opportunities you see in our communities, and ensures I can be a strong voice for Ward 14 when these decisions are made.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

Following up on an issue? | CAWard14@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 summer begins to wind down and a new school year approaches, I want to extend my very best wishes to all students, teachers, educational support staff, and families in our community. I hope everyone has enjoyed a safe, relaxing, and memorable summer break and is returning refreshed and ready for the opportunities that a new year will bring.

One of the highlights of my summer was spending time in beautiful Fish Creek Provincial Park. Whether walking the trails, enjoying the natural scenery, or simply taking a moment to appreciate one of Alberta's greatest treasures, it was a wonderful reminder of how fortunate we are to live in such a vibrant and connected community. I regularly meet residents in the park, and those conversations always reinforce the importance of listening to and learning from the people I am privileged to represent.

The Legislature will not resume sitting until October, which means I will be spending the coming weeks here in the constituency. I always welcome the opportunity to hear from residents about the issues that matter most to them. Whether you have concerns, ideas, questions about provincial programs, or simply want to share your perspective, my office and I would be pleased to connect with you.

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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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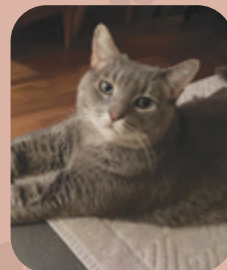
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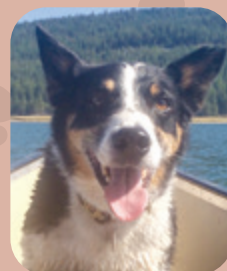
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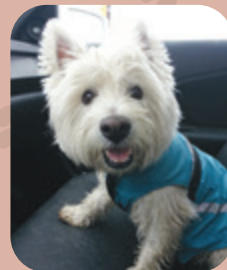
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.



Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥



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