

AUGUST 2020

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THE DEER RIDGE JOURNAL

THE OFFICIAL DEER RIDGE COMMUNITY NEWSLETTER



Deer Ridge

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Foothills FC are 2018 PDL/USL2 Champions

Foothills WFC are highest level of women's soccer in Canada and 2019 UWS
Western Conference Champions



INDOOR 2020-21 SEASON: Program details and online registration available AUGUST 17TH to SEPTEMBER 27TH at www.gofoothills.ca

Community Resources for Vulnerable Citizens

Calgary Alpha House Society is a local non-profit, charitable agency providing supports to men and women whose lives have been impacted by alcohol and other drug dependencies. Our 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.

The DOAP Team

403-998-7388

24/7

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

Needle Response Team

403-796-5334

Mon-Fri 8 AM - 6 PM

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

Encampment Team

403-805-7388

Mon-Fri 8 AM - 4 PM

Mobile unit assisting individuals who are sleeping in camps outside.



Good Food Box

Good Food Boxes, prepared by the Community Kitchen Program of Calgary, contain fresh fruits and vegetables bought direct from farmers and wholesalers. Good Food Box is a program to help anyone and everyone access fresh fruits and vegetables, regularly, and affordably. Learn more about the Good Food Box program at <https://www.ckpcalgary.ca/program-services/good-food-box>.

Box Options

Small Box: \$25, 20-25lbs* of fruits and vegetables

Medium Box: \$30, 30-35lbs* of fruits and vegetables

Large Box: \$35, 40-45lbs* of fruits and vegetables

**These weights are approximate. Weights will vary depending on produce size and density*

Order Day

September 8

September 29

October 27

Pickup Day

September 17

October 8

November 5

To order or pick up, please contact Emma at 403-278-8263, at Deer Park United Church, 77 Deerpoint Rd SE.

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MESSAGE FROM THE BOARD

Outdoor Play Areas Are Open!

The playgrounds, tennis courts, rinks, and pathways are all open for outdoor play and practice! Please remember that physical distancing, hand washing, hand sanitizing, and not touching your face are still the most important methods of keeping safe while enjoying these common areas.

Summer in the City

The City of Calgary is hosting a number of free events and activities for families, youth, and older adults, as well as some stay at home activities, this summer. There are 12 dates for the Community Nature Adventure Playground during the month of August, and 3 dates for Family Golf Nights, with golfers between the ages of 6 and 17 playing for free. Check for details at <https://www.calgary.ca/csp/free-activities.html>.

The City of Calgary website also has a list of admission specials for Calgary Leisure Centres, as well as details for Fitness in the Park (South Glenmore Park), and Toys in the Waterpark – see <https://www.calgary.ca/general/calendar.html>.

Support the Businesses in Our Community

Please remember to support our local Deer Ridge businesses. These businesses have been a mainstay and a backbone of our community. They feed us, they sponsor our events, help us to stay fit, ensure we don't have to go far to get the goods and services we need, provide discounts to community members, and help us collect community association membership revenues. If we want to continue to enjoy the convenience of having these businesses right here in our neighbourhood, we will need to show them some love. Support our community – buy local!

Deer Ridge Community Association Meetings

There will be no regular Community Association Board meeting in August.

Mark Your Calendar

The Deer Ridge Community Association will hold its Annual General Meeting on Tuesday, September 15, this year. Watch for details!

**Please watch the Deer Ridge Community Association website for meeting and event updates.*

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:



To Advertise Call 403 720 0762
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LEADERS IN COMMUNITY FOCUSED MARKETING

“If you can be anything, be kind.”

This is one of my favourite quotes, for me, it's inspirational and aspirational. What's the point of being mean, bullying or negative toward others when we have the option to be a positive, caring and kind person? Some people become kinder, while others stay the same, and sadly, some become more ruthless and critical. Fortunately, many of us become softer as we get older. Is it aging, or is it because we choose to change? It's true. People can change. It's interesting how life experience can harden some and soften others.

Everyday life is stressful... even more so now that we have been dealing with an invisible threat lurking everywhere. More than ever we need to be intentional each day. Set the intention to be kind. Yes, it can be hard when it feels like the world is at odds and negativity is looming. This is the perfect time to practise kindness, the first cousin of empathy. Not sure you have it in you? I will hedge my bets and say you do... but, if you feel you don't, I have good news... it can be learned.

Research states that empathy can be learned. You can be empathetic to someone you've just met. Studies show that it only takes a couple of positive experiences to become empathetic. Great news for those of us who are sure we've become jaded through life experiences. If we could practise a small bit of empathy each day, we could build bridges and find positive solutions. While empathy is an old concept, we don't always put it into practise. Life gets busy and stressful. The person driving in front of us who won't go faster is an impediment to getting to our destination, aren't they? We often see others as the problem—the root of our troubles—instead of, as individuals who are most likely dealing with as many difficulties in that given moment as we are.

There are many reasons to practice empathy and kindness. Here are some ways we can move away from negative and uncaring, toward more positive actions and interactions:

Recognize that our self-talk can be the fuel for negativity. Think about how we react to the news. Do we begin to think about “those people” who are wealthier, or poorer, or uneducated, or overeducated? Whatever our personal concern may be, do we ruminate over the people “out there” who can or want to hurt us in some way? We need to take notice of our thoughts—and then choose to stop. Yes, we can actually *choose* to stop a negative onslaught of thoughts, and turn it around. Try these steps:

Have a plan for positive action. Is there a song that makes you happy? Can you list three things about your life that you care about deeply? Are there people in your world that you care about, whom you could call and (positively) talk with about something? You know, your support system. Those things and people who care about you and help lift you up. Create a positive preparedness plan to put into action when stress and negativity are threatening.

Learn to be objective. Every news source has its own bias. You could read three articles about the same subject and come away with three different interpretations. Instead of getting outraged or upset, consider that you might not be getting all of the information, and that there are probably things you don't know. Be well-read, but don't allow what you read to fuel your negativity. Perception is everything, and we all perceive things differently.

Steer clear of negative thoughts and negative people. You can catch your own negative thoughts and turn your attention elsewhere, but what if you are surrounded by negative people who want to draw you back into the negativity pit? Consider that it is sometimes best to physically remove yourself from the situation or person. Leave the room. Go for a walk. Close that social media site. Sometimes separation is the key to becoming more objective and calmer in the face of upset.

Do something nice for someone, (even if you think they don't deserve it). The ultimate empathetic move is to be nice even when someone isn't being nice to you. My mom always told me to pray for those I had complaints about. In my first sales job, my boss would encourage me to “kill them with kindness” when there was an exceptionally tough client. As a psychologist I now understand what they were teaching me... it's referred to as disarming... doing the opposite of what's expected. Compliment them. Give your attention to them. Send them a card noting something you truly like about them. Everyone is stressed out in one way or another, and if you can see through the hard wall of anger and negativity, underneath you will see the pain or distress. Respond to the person there. This is where you will unlock the key to being kind and empathetic.

As usual, I will leave you with a challenge: practise these 4 things for the next 30 days... I guarantee you will not only feel better but you will be more likable. When I pass on from this world, I for one, want to be remembered as kind more than anything else.

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

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.

Board of Directors & Community Contacts

EXECUTIVE

President	Dawn Wallace	403-606-7331
1st Vice President	Karen Stevenson	403-278-3353
2nd Vice President	Bob Hall	403-278-6817
Treasurer	Kim Aurini	
Secretary	Barb Chapin	403-285-9482

PAST PRESIDENT

Past President	Bob Hall	403-278-6817
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DIRECTORS AT LARGE

Director at Large	Lanis Anderson
Director at Large	Gertrud VanDerMey

COMMUNITY COORDINATORS

Movie in the Park Coordinator		
Casino Coordinator	Barb Chapin	403-285-9482
Ice Rink Coordinator	Bob Hall	403-278-6817
Tennis Court Coordinator	Larry Lemieux	403-278-2199
Trico Representative	Karen Stevenson	403-278-3353
Newsletter Advertising	Great News Media	403-720-0762
Newsletter Coordinator	Gertrud VanDerMey	

**WE NEED YOU! CONTACT US TO VOLUNTEER
AND GET INVOLVED IN YOUR COMMUNITY.**

DEER RIDGE ROADWAYS

It's amazing how creative our community developers and city planners were, when they named the roadways in our beautiful community. Except for a very few numbered avenues, each and every roadway name begins with Deer...

Find all the roadway names in this word search – and you may even find your own street name.

BAY	GREEN	ROAD
CLIFF	LANE	TERRACE
CLOSE	MONT	VALLEY
COURT	PATH	VIEW
CREST	PLACE	VILLAGE
DRIVE	POINT	WAY
FIELD	RIDGE	

S	X	G	B	Z	H	S	C	M	O	Y	D
S	T	P	X	A	K	A	L	Z	I	L	C
H	G	D	L	L	Y	I	I	I	E	L	E
V	I	L	L	A	G	E	F	I	O	P	V
G	R	E	E	N	C	E	F	S	R	O	I
V	T	R	U	O	C	E	E	I	H	I	R
S	A	V	H	A	F	T	D	R	T	N	D
T	C	L	R	Y	D	G	N	E	A	T	W
L	S	R	L	A	E	F	A	O	P	D	A
G	E	E	O	E	V	X	G	S	M	I	Y
T	H	R	R	X	Y	V	I	E	W	S	O
E	N	A	L	C	Z	U	I	H	J	G	L

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For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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.

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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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The Importance of Reading to Your Child

Children are born with a love of language. They learn words by listening to you and mimicking what you say, right from their earliest days.

With Alberta schools closed until the fall and many childcare services yet to re-open, reading is a reassuring daily ritual for children. And it can be a calming stress-reducer for moms, dads and caregivers as well.

Talking, singing and reading to your child builds their vocabulary and their talking and listening skills. Reading every day with your child helps their brains develop and strengthens family bonds.

"Research indicates that reading aloud is one of the most important things you can do to help a child prepare for reading and learning," says Farah Bandali, a director with Alberta Health Services' Healthy Living team.

"Learning to read is the key to learning in general. The benefits include

brain development, better concentration and cognitive skills and more self-confidence for your child. It truly sets them up to succeed."

Parents are the First Teachers

As a parent, you are your child's first (and most important) teacher. You have the power to shape a love for learning that fuels their later success in school and life.

"Reading aloud to your child has proven cognitive benefits for comprehending stories, understanding words, and developing visual imagery," says Krista Dumba of AHS. She's a health promotion facilitator with the Provincial Addiction and Mental Health team in Calgary.

"Reading also helps their social and emotional growth," adds Dumba. "Early on, the pictures and stories you share together will help your child learn words to describe their experiences and feelings. This helps

them say what they feel rather than act out how they feel."

Avoid a Pandemic Lag

Reading offers many others benefits. It opens doors to new worlds, new ideas and new opportunities to grow.

For school-age kids, continuing to read during COVID-19 ensures they improve or maintain the skill. For example, children who do not read over summer holidays can lose some of their reading and literacy skills.

Reading for as little as 15 minutes a few nights a week helps a child keep their reading skills. And it can be fun and easy. Listen to audiobooks during a long drive. Have children make up and tell stories anytime. Older children may like to read and talk about a novel with a parent.

For information about healthy living for families during COVID-19, visit ahs.ca/healthytogether.



Community Association

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

Membership Year:
valid until August 31st, 2020

Thank-you in advance for your support!

Membership fee \$15.00 per household

Membership payment available online at:

DeerRidgeCA.com



Name:
Additional Family Members:
Mailing Address:
Phone Number(s):
Email Address(s)*:

* Please note your email address will be added to our electronic mailing list used for notifications of upcoming community events and information. We do not share your information.

Membership Request & Payment options:

Mail completed form & cheque payable to:	Deer Ridge Community Association PO Box 43052, Calgary, AB, T2J 7A7
Online:	DeerRidgeCA.com/Membership

Two membership cards, printed with family last name(s), will be mailed to your household.

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 | Twitter: @DeerRidgeCA

Cooking with Krista

Krista wishes everyone a relaxing, well-deserved, summer break this month, and she'll be back with another wonderful recipe for you in September.

Krista is a Calgary chef and busy young mom, who believes that preparing, fast, tasty, and healthy, home-cooked meals is within reach for today's active families. Krista has a soft spot in her heart for Deer Ridge, where she lived and played, while obtaining her Red Seal Chef Certificate from SAIT Culinary School.

Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Deer Ridge Community Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Councillor, Ward 14

Peter Demong

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403-268-1653

Hello, Ward 14. I am going to keep my message for this month fairly simple. There is one thing that we can all do to help our recovery continue through the fall, and that is to focus on mitigating the spread of COVID-19. The actions we must take are simple too, and we should all be aware of them by now. Distancing when possible, wearing masks when possible, washing hands frequently, and using hand sanitizer when we cannot, will all go a long way to keeping loved ones safe, and keeping the economy running.

If you need information calgary.ca/covid19 is the place to find City of Calgary information, alberta.ca/covid19 is the place to find Provincial information, and canada.ca/covid19 is the place for Federal info. Here is something for families:

Ready Squad Talks COVID-19 Safety

Calgary families will be going back to school in September with COVID-19 safety guidelines in place. The City of Calgary's Emergency Management Agency has developed a family friendly toolkit to provide positive and fun activities to help build resilience for children by encouraging conversation and understanding of the importance of good hygiene and physical distancing for when they go back to school. Talking with your kids, especially during stressful times ensures your children have the skills to cope with change ahead. These activities can provide the tools for kids to feel confident going back to school, and continue to add to the successful response in the Province.

Go to calgary.ca/readysquad to find more information, and stay tuned on social media for more fun activities and information.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14.

Councillor Peter Demong



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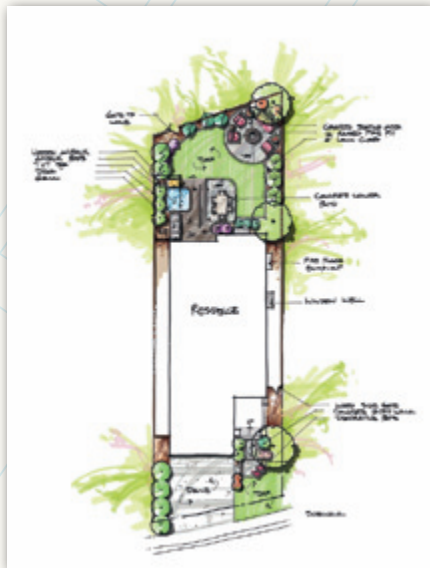
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ROME WASN'T BUILT IN A MILLION DAYS

Most people have heard the old adage "Rome Wasn't Built in a Day", which is used to emphasize that good things take time. So far, it has taken over 1,000,000 days to build Rome. This does, however, take into account the fact that the city has been rebuilt several times. Apparently, good things take a lot of time!



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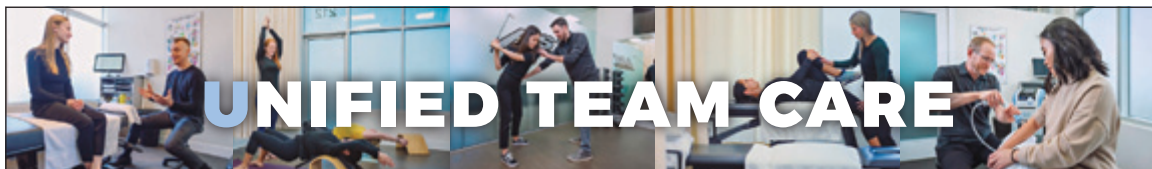
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