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The Good Food Box Program makes healthy eating more affordable.

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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

Community Safety Courses

BUILD SKILLS ♥ GAIN CONFIDENCE ♥ MAKE A SAFER COMMUNITY

Stay Safe

FOR KIDS AGES 9–13



Prepares children ages 9–13 with the tools to ensure their safety at home and within the community.

Saturday, December 19, 2026
8:30am – 2:00pm

Basic (Emergency) First Aid with CPR C/AED

FOR ADULTS 18+



A digital certificate will be issued upon completion.

Saturday, January 23, 2027
8:30am – 5:00pm

Location:
Fish Creek United Church
(77 Deerpoint Rd. S.E.)

Instructed by:
Alberta Health & Safety Training Institute

FREE

A deposit of $15 is required to reserve your spot, which can be applied to a Deer Ridge Membership or returned in full upon attendance of the course.

SPONSORED BY:
Deer Ridge Community Association

Register online at: www.DeerRidgeCA.com

December is a wonderful time of year, filled with holiday cheer, festive traditions, and special moments with family and friends. It's also a season that reminds us of the importance of kindness, generosity, and looking out for those in our community who may need a little extra support. Whether through donations to the Calgary Food Bank or giving your time to a favorite charitable cause, every little act of kindness makes a difference. From all of us, we wish you a joyful holiday season, filled with warmth and happiness, and all the very best in the new year!

Community Safety Courses | Stay Safe and Basic First Aid

The Deer Ridge Community Association will be offering free safety courses to members of our community! The Stay Safe course (for kids 9 to 13 years) prepares children with the tools to ensure their safety at home and within the community. The Basic Emergency First Aid with CPR C/AED (for adults 18+) provides essential first aid and CPR skills for the workplace or home. A digital certificate will be issued upon completion. Upcoming dates for these courses are as follows:

Stay Safe | Saturday, December 19, 8:30 am to 2:00 pm.

Basic Emergency First Aid with CPR C/AED | 8:30 am to 5:00 pm.

Location is at the Fish Creek United Church (77 Deerpoint Road SE). Instruction will be provided by the Alberta Health and Safety Training Institute.

A deposit of $15 is required to reserve your spot, which can be applied to a Deer Ridge Membership or returned in full upon attendance of the course. Register early as spots are limited! Sign up at: www.DeerRidgeCA.com.

Ice Rinks

With winter just around the corner, Bob Hall and his rink volunteers will be busy again flooding and grooming the shinny rink and pleasure rink once the weather gets colder (traditionally in the middle of December). If you are looking forward to bringing out those ice skates and hockey sticks, follow our Deer Ridge Outdoor Rinks Instagram (@deerridgeodr) for more information. If you would like to help with rink maintenance, please email us at 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.

Christmas Market | December 5

Our neighbours in Deer Run will be having their fourth annual Christmas Market on Saturday, December 5 at 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.

CPKC Holiday Train | December 11

The CPKC Holiday train will be making a stop in Calgary on Friday, December 11. It will be stopping at Anderson Station between 7:00 to 7:30 pm.

For 28 years, the CPKC Holiday Train has brought communities together to support neighbours facing food insecurity. Today, millions of people across Canada and the U.S. continue to rely on food banks for assistance, making community support more important than ever. CPKC encourages attendees to bring a cash donation or non-perishable food item, with all contributions staying in the local community to help families in need.

For more information, please visit: https://www.cpkcr.com/en/community/HolidayTrain.

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!

Help Shape Our Community!

We want to hear from you! What kinds of events and activities would you love to see more of in Deer Ridge? Would you be interested in paint nights, trivia challenges, community kitchen gatherings, family fun nights, or something else? Whether you're looking for opportunities to meet neighbors, learn something new, or simply have fun, we'd love to hear your ideas! Tell us what you'd like to see, and your suggestions could inspire our next great community event! Email us at DeerRidgeCA@gmail.com.







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
January 19, 2027	January 28, 2027

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

New LED lighting installed at the Deer Ridge Community Rinks

On May 2, 2026, the Deer Ridge Community Association applied for the "FCC Energizing Spaces - Powered by Enmax" grant to fund new LED lighting at the Deer Ridge Community Association Rinks. Following the approval of the application, the existing rink lights were replaced with new LED fixtures on October 6, 2026.
This new generation of LED lighting will enhance energy efficiency, extend operational longevity, and lower annual power and maintenance costs, all while ensuring the Deer Ridge Community Rinks remain a safe, welcoming space for everyone.

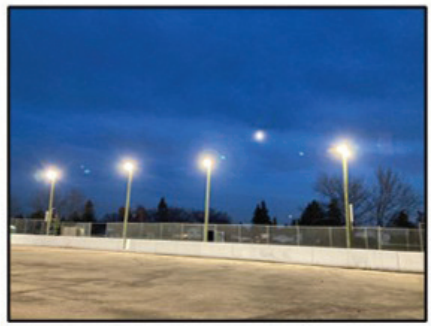
The Deer Ridge Community Association extends its sincere thanks to:

- **The Federation of Calgary Communities (FCC) and Enmax** for providing this generous grant opportunity and approving the funding for this fantastic community upgrade.
- **Acre Electric Services** for their efficiency, professionalism, and high-quality work leading up to and during the installation.

Energizing Spaces



Federation of Calgary Communities



Enmax



The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



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

Why Do the Holidays Bring Up So Much Emotion?

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

Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

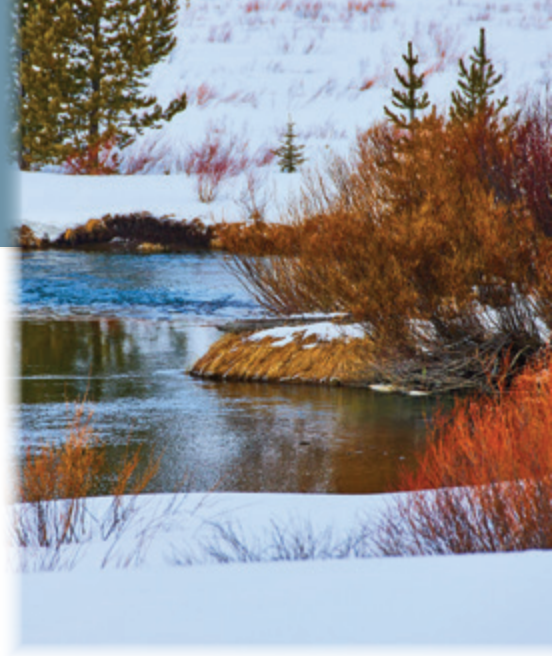
We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

FRIENDS of Fish Creek



Getting to Know Your Friends: An Introduction to the Friends of Fish Creek Provincial Park Society

If you've been in Fish Creek Provincial Park recently, especially around the Bow Valley Ranch area, you may have noticed signage or posters mentioning the Friends of Fish Creek.

Who are the Friends, anyways? We're a conservation and community connection non-profit with the mission of engaging the community through activities and awareness to conserve a truly unique naturalized urban park. We've been operating in Fish Creek Provincial Park since 1992 and are a primarily volunteer-run organization with seven full-time staff and more than 300 amazing volunteers every year!

Ecology Work

Find our staff and volunteers out in the park restoring the grasslands with native plants rescued from future construction sites or managing invasive species through hand pulling, mowing, and solarization. Plant rescues happen through partnership with the Alberta Native Plant Rescue Foundation and allow us to increase the diversity of native species in the park and grow our seed bank. This work pays off – last year, we were able to restore 450 square meters of native grassland in the Bow Valley Ranch area. We're also passionate about beaver coexistence! We run volunteer programs to monitor beaver activity and are regularly out in the field for beaver-related maintenance. This includes installing pond levelers through beaver dams to keep water levels from rising significantly while keeping dams in place. We also support infrastructure through tree wrapping and stormwater channel dam removal, plus inform the public about beavers' benefits! We also run a monthly Speaker Series talk on an environmental or conservation related topic – this October, our team presented findings from the 2025 Fish Creek Watershed Fish Inventory!

Getting Involved

If you're interested in engaging with the public at events or getting your hands dirty transplanting rescued native plants into the grasslands (or seed processing during the winter), check out our volunteer program!

www.friendsoffishcreek.org Instagram: fishcreekpp

Nature's Six-Sided Secret

As water turns to ice, its molecules form a hexagonal crystal structure. As the crystal grows, changing temperatures and humidity create the intricate patterns we recognize as snowflakes. That's why, no matter how unique their designs, snowflakes are bound by nature's rule of six-fold symmetry!



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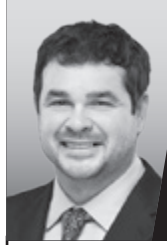

Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430 ward14yyc.ca
@LandonForWard14
@Ward14LandonJohnston

As we come to the end of another busy year, I want to take a moment to thank everyone who helps make Ward 14 such a great place to call home. From the neighbours who look out for one another, to the volunteers, community associations, local businesses, and organizations that bring people together, your contributions help make our communities stronger.

Whether you're celebrating with a full house, travelling to see family and friends, or enjoying a quieter Christmas at home, I hope you have the opportunity to take a break, enjoy some good company, and make a few great memories along the way.

I'm grateful for the many conversations and connections I've had with residents throughout the year, and I look forward to continuing that work in the year ahead. Your feedback and involvement are important to me, and I encourage you to stay connected with our office. Visit our website for Ward 14 updates, community information, and ways to get in touch with us.

From my family and the entire Ward 14 team, I wish you and your family a very Merry Christmas and a happy, healthy New Year. I look forward to seeing you around Ward 14 in 2027!





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

As December arrives and the holiday season begins, many of us look forward to gathering with family and friends, reflecting on the year behind us, and celebrating the traditions that bring us together. It is a special time to create new memories, appreciate those around us, and look ahead with hope and optimism.

This season serves as an important reminder of the values that strengthen our communities: kindness, generosity, and connection. Whether you are spending time with loved ones around the dinner table, volunteering in the community, supporting a local charity, or simply taking a well-deserved moment to rest and recharge, I hope you find joy in the moments that matter most.

As I reflect on the past year, I am incredibly grateful for the opportunity to serve the residents of Calgary-Fish Creek and to meet so many people who care deeply about our community and the future of Alberta. I am especially thankful for the dedicated volunteers, community associations, and local organizations that work tirelessly to foster the strong sense of belonging that makes Calgary- Fish Creek such a wonderful place to call home. I am equally grateful to the many businesses that proudly serve our neighborhoods with commitment, innovation, and community spirit.

On behalf of my constituency office staff and myself, I would like to extend our warmest wishes to you and your loved ones for a very Merry Christmas and a happy, healthy, and prosperous New Year.

Thank you for helping make Calgary-Fish Creek the remarkable community it is today. We look forward to continuing to work with you in the year ahead.

Merry Christmas and Happy New Year!

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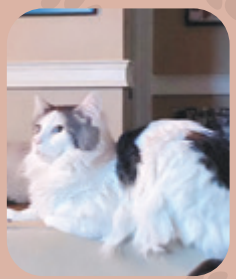

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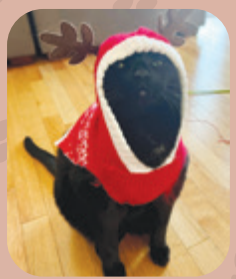
Princess Molly, *Acadia*



Sintra, *Midnapore*



Taco, *Woodbine*

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