

FEBRUARY 2023

DELIVERED MONTHLY TO 2,475 HOUSEHOLDS

your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



FAMILY SKATE PARTY
FEBRUARY 12, 2:00 TO 4:00 PM



**SAVE A BUNCH
OF CASH**

Expert advice | Excellent rates
Better mortgages



403-771-8771

anita@anitamortgage.ca

WWW.DEERRUNCALGARY.COM



Active Sports Therapy

WILLOW PARK WESTMAN VILLAGE

- Chiropractic
- Physiotherapy
- Massage
- Laser Therapy
- Active Release Techniques
- Muscle Activation Technique
- Integrated Medicine
- Naturopathic Medicine
- Shockwave
- Exercise Rehab
- Holistic Nutritional Consulting
- Traditional Chinese Medicine



ActiveSportsTherapy.ca

AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



Troy Carton

Your Neighbourhood Real Estate Guy



Thinking about **buying** a new home or **selling** your existing one? Don't hesitate, feel free to reach out to me, so that I can answer any questions you have.

I PLEDGE TO YOU:

- Personalized customer service
- Fully committed to your happiness
- Someone you can trust
- Neighbourhood expertise



CALL NOW!! 587.848.8287

Email: troycarton@gmail.com

Website: www.troycarton.com



PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



mybabysitterlist

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**
A support group for 2SLGBTQ+ seniors



We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com
www.rainbowelderscalgary.ca



ACADEMY

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Due to the current COVID pandemic, we are seeing patients by appointment only, and have implemented enhanced infection control protocols.



www.academydenture.com

Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Mon - Thur 8:30 am - 4:30 pm
Fri 8:30 am - 12:00 noon

Deer Run Community Association (DRCA)

www.deerruncalgary.com

Rental Inquiries: 403-278-3117



We meet on a weekday evening, once a month. All DRCA members are welcome. To attend, email the Board secretary; our emails are on the website.

THE EXECUTIVE

President	Kim Semeniuk
Vice President	Mike Isakeit
Treasurer	Ed McCrea
Secretary	Etienne Bley

THE DIRECTORS

Ways and Means	Brenda Marks
Capital Expenditures	Jay Clements
Communications Director	Vacant
Sports Director	Ken Werbicki
Social Director	Christian Fruhen
Membership Director	Susan Mitchell
Director at Large	Donovan Harris
Director at Large	Don Zver
Director at Large	Victoria Tkaczyk



Like us on Facebook

www.facebook.com/deerruncalgary
We're also online at www.deerruncalgary.com

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 or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Deer Run Community Centre

2223 - 146 Ave SE Calgary, AB, T2J 6P8

Phone: 403-278-3117 Fax: 403-278-4961

Email: info@deerruncalgary.com

Centre Hours (subject to change)

Monday to Friday, 9:00 am to 9:00 pm

Saturday, 9:00 am to 5:00 pm

Sunday, 9:30 am to 3:00 pm

Key Staff

Centre Manager Rob Garnett 403-278-3117

Childcare Director Mercy Musakanya 403-271-3704

Newsletter

Your Deer Run Villager is published twelve times per year. The submission deadline is the first of each month for the following issue.

Please email your articles or community event listings as an attachment, in an MSWord file, to the DRCA Communications Director at commdirector@deerruncalgary.com.

Community-related digital photos and art are welcome. Ensure recognizable people in images have given their permission. Send a caption and/or the names of people. The requirements are 250 KB for a smaller picture and 1 to 3 MB for a cover picture. JPEG format is preferred.

Our Mission

Facilitate a variety of fun programs and activities to encourage community involvement and volunteer opportunities.

Our Vision

Deer Run is a thriving community that provides opportunities to support our families and neighbours.

Board of Directors

We are always looking for enthusiastic and community orientated residents to join our board and volunteer committees. It's a great way to contribute to Deer Run. Visit the volunteer page on our website for details.

CRIME STATISTICS

Deer Run Crime Activity was Down in December 2022

The Deer Run community experienced 2 crimes in December 2022, in comparison to 3 crimes the previous month, and 4 crimes in December one year ago. Deer Run experiences an average of 2.8 crimes per month. On an annual basis, Deer Run experienced a total of 34 crimes as of December 2022, which is up 3% in comparison to 33 crimes as of December 2021. To review the full Deer Run Crime report visit drun.mycalgary.com.

How To Report Crime In Deer Run: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

FRIENDS of Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: <https://friendsoffishcreek.org/brick>

Dedication Gift: <https://friendsoffishcreek.kindful.com/?campaign=1048472>

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: <https://friendsoffishcreek.org/programs/speaker-series>.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.



**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**

INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca



www.jacksonjackson.ca



Deer Run Real Estate Update

Last 12 Months Deer Run

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$367,400	\$379,000
November 2022	\$634,450	\$616,000
October 2022	\$514,950	\$573,750
September 2022	\$530,000	\$520,000
August 2022	\$629,900	\$615,500
July 2022	\$524,900	\$529,900
June 2022	\$619,500	\$627,000
May 2022	\$475,000	\$477,500
April 2022	\$564,900	\$583,305
March 2022	\$487,450	\$477,500
February 2022	\$495,000	\$520,000
January 2022	\$599,997	\$575,000

Last 12 Months Deer Run

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	2	4
November 2022	7	6
October 2022	1	2
September 2022	4	7
August 2022	7	7
July 2022	10	5
June 2022	7	8
May 2022	10	9
April 2022	6	4
March 2022	12	12
February 2022	8	7
January 2022	3	5

To view more detailed information that comprise the above
MLS averages please visit **deerrun.mycalgary.com**

BUSINESS CLASSIFIEDS

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

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Deer Run. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

DEER RUN MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

BRYAN'S PLUMBING MASTER PLUMBER: Local plumber, great prices, and over 30 years' experience. Renos and repairs, hot water tanks and humidifiers, and faucet replacements. Free estimates and advice. Seniors discount. No job too small. Call Master Plumber at 403-560-6547, or email brenmak@telus.net.

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

AFFORDABLE DENTAL CARE MINUTES FROM DEER RUN! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

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.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.



To View Additional Deer Run Content

INCLUDING

► News and Events

► Real Estate Statistics

► Crime Statistics

and more...

SCAN HERE



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

MLA Calgary - Fish Creek

Richard Gottfried

📞 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📧 @RichardGottfried

📱 RichardGottfriedAB



February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value – family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Loughheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum. February is also HEART month – in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our "tickers". Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our "heart/health" capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving "heart health" for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake – too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient. 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!

BE
COOL

Join the Deer Run Rink Ratz

The Deer Run Community Association maintains two outdoor ice rinks, located behind the community centre. We are in need of volunteers to help fill our maintenance roster.

Volunteers:

- Get to drive a John Deer tractor
- Work with a partner for a couple hours, usually in the evening
- Can volunteer one day a week or fill a spot where needed
- Are available from late November through February

Being a "Rink Rat" is a great way to give back to the community. The rinks provide an affordable, accessible, and family-friendly winter activity. Help share the rink experience with others!

To sign up, contact our Sport Director, Ken Werbicki at ken@deerruncalgary.com. Thank you.



SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

Call Len T Wong
at 403-606-8888
for more info.

VIEW LISTING HERE:





MEADOWS VIEW DENTAL

"Healthy Teeth, Happy Smiles"

We Direct Bill To Insurance
Book Your Visit
403-764-9722

WE FOLLOW ALBERTA DENTAL FEE GUIDE.

   meadowsviewdental.com

★★★★★ 172 REVIEWS

Free electric toothbrush for new patient exam and X-rays
with cleaning.


Dr. Arathi Bimagani, DDS



NEW PATIENTS AND EMERGENCIES WELCOME



Our Services

- Dental Emergencies
- Dental Checkup and Cleaning
- Dental Hygiene
- Teeth Whitening
- Dental Restorations
- Dental Implants
- Extractions including Wisdom Teeth
-  **invisalign®**
- Root Canal Treatment
- Sedation Dentistry
- Dentures
- Guards and Bite Applications

Free "Happy Visits" for 3 years and under



Heritage Drive

Ferrari
Porsche

Holiday Inn



Starbucks

Southland Drive

Blackfoot Tr SE

**8400 Blackfoot Trail SE,
Calgary, AB T2J 7E1**

All Services Provided by General Dentist

OPEN EVENINGS & SATURDAYS FOR YOUR CONVENIENCE | CALL NOW 403-764-9722