

JANUARY 2023

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



MOVIE NIGHT
JANUARY 20

MEET BRENDA
DIRECTOR, WAYS AND MEANS



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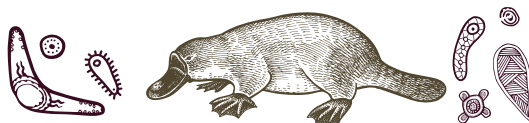


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One Odd Animal

Platypuses are one odd but cute animal! They share genes with birds, reptiles, and mammals. This might have been why when the first stuffed platypus was brought from Australia to Europe, people thought that the creature was a hoax. To them, it looked like several animals had been expertly sewn together by a taxidermist!



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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
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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.



Introducing Brenda Marks

Hello neighbours! My name is Brenda Marks, and I am the newest board member of the DRCA. My husband Jeff and I have lived in Deer Run for the past eight years, and we absolutely love the

area. We are both native-born Calgarians, although we have previously lived in Vancouver and Edmonton, and I spent two years in Ontario. I attended Ernest Manning High School and the University of Calgary, graduating as a registered nurse. I later moved into sales and marketing in the medical device industry where I had a wonderful 25-year career.

Not one to sit still (well, actually not true, I can binge Netflix with the best of them...), I served on the University of Calgary Alumni Board for six years. Now I am hoping to bring my energy and enthusiasm to my local community. With all due respect to Nike - my personal mantra has always been "Just Do It". I confess it was me and my neighbour/accomplice, Marilyn, who painted the Deer Run sign on Canyon Meadows Drive. I want to live in a beautiful community we can be proud of, and what better way than to just pitch in.

My other passions include fostering dogs for AARCS, knitting, cycling, travel, and DIY design. This past year, we opened our home to a family from Ukraine who have become lifelong friends as they start their lives again in a new country. Probably the most fulfilling thing we've ever done - but not without the help of our neighbours who helped to provide clothes, beds, toys and even bikes for the twin boys. It was amazing.

Anyway, I am excited to be a part of this community and hope to play a part in providing the facilities and activities that residents want and will enjoy for years to come!

Brenda Marks

Director of Ways and Means – DRCA



Deer Run Real Estate Update

Last 12 Months Deer Run

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2021	\$487,400	\$497,500

Last 12 Months Deer Run

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	7	6
October 2022	2	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
December 2021	2	6

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



MESSAGE FROM THE BOARD

Family Movie Night is Friday, January 20

Movie nights are back at the Deer Run Community Centre! We've purchased a new screen and are ready to show family-friendly movies once again. The doors open at 6:30 pm and the movie starts at 7:00 pm. Check our website/Facebook page for what will be playing. Please bring your own (low) chairs or blankets to set-up on the gym floor. This is a free event for families from in and around the community.

A cash concession will be open with family-friendly prices. We'll be serving hotdogs, popcorn, candy, pop, water, and other items.

- **Date:** Friday, January 20, 2023
- **Time:** 6:30 to 9:00 pm
- **Place:** Deer Run Community Association, 2223 146 Ave SE Calgary
- **Admission:** Free

We hope to see many families come out to watch.

AGM Recap

We held the Deer Run Community Association (DRCA) Annual General Meeting on November 23, 2022. Our centre manager, Rob, shared that rental bookings are very full, the roof and exterior light upgrades are complete, and the childcare is busier than ever.

In the President's Report, we heard from Kim that planning is underway for children's summer camps, and that the HVAC units are delayed by many months due mainly to supply chain management issues in the US.

In the Treasurer's Report for the year ending July 31, 2022, Ed shared that we surpassed our financial expectations. The reasons are, A) higher revenue from Deer Run Out-of-School childcare program being near capacity, B) efficient childcare program management, C) getting many government grants, D) receiving 74K in Casino revenue, E) capital spending on building upgrades being covered by grants, and F) higher interest on Cash and GICs.

New business: we'll continue to improve the building and surrounding grounds starting with a few projects, e.g., outdoor rinks, community sign, etc.

Nominations were held for some volunteer positions. The changes to the DRCA Board are:

- **Vice President:** Mike Isakeit (replacing David Brooke)
- **Secretary:** Etienne Bley (replacing Terry Gallant)
- **Ways and Means:** Brenda Marks (replacing Etienne Bley)
- **Newsletter/Communications Director:** Vacant (was Ann-Cay Zurbruggen)
- **Program Director:** Vacant

We really need a volunteer for this newsletter. Contact us if you are interested.

Jelly Bean Dance

Saturday, February 4, 6:30 pm

Children from grades 3 to 6 can come dance the jiggles away in the Deer Run Community Centre. The doors open a bit later than they did in November. The dance starts at 6:30 pm and the ends at 8:30 pm. Admission is \$2 per person and there will be a cash concession selling treats like as pop, chips, chocolate bars, and candy.

Thank You to Those Who Gave

We are amazed and grateful to the community for being so generous this past December. The tags flew off the Giving Tree even though we got the wishes out late, and many donations were dropped off for the Calgary Food Bank and AARCs. There'll be many happy families and animals. Thank you for giving in our community!

Deer Run Outdoor Ice Rinks

Lace up your skates and get outside for winter! We have two outdoor ice rinks located directly behind the community centre. The rinks can be used for free for public skating, stick and puck, or shinny games. The LED flood lights will be on daily from 5:00 to 11:00 pm. Call the centre to inquire about the ice condition. Bring a snow shovel if it's just snowed as the rinks are maintained by volunteers. Please thank them when you see them out! If you'd like to help, email Ken at ken@deerruncalgary.com.



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefitting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Thank You Volunteers and Donors for a Super Family Christmas Party and Halloween Dance



Santa said "Yes" and came to the Deer Run Community Center! 110 children and their families arrived to see Santa, play games, win prizes, and eat together. So many wonderful local businesses gave generously! Big T's brought dozens of sliders, Booster Juice contributed smoothies, Starbucks provided coffee and hot chocolate. Volunteer supplies and some prizes were provided by Cornerstone Music Cafe and Calgary Co-op. Children's giveaways were provided by McDonalds and Great Clips. Door prizes were given by Phamtastic Esthetics & Spa, Bow Bottom Veterinary Hospital, Deer Valley Barber Shop, Shell, Kayla's Classic Nails, and a dad who overheard us asking for donations. Knexions Church hosted Santa's Corner, complete with a photo booth and provided all of Santa's gift bags.

Do you know who encouraged all those local businesses to participate? It was our awesome tween and teen Leadership Club volunteers! They worked five-weeks ahead of the event soliciting prizes and securing funds for buying supplies. They also planned the games. Their creativity was fueled by a lot of snacks that a community donor provided!

Another group of volunteers work quietly behind the scenes. They are the setup and tear down crews who arrive before anyone else and are the last ones to leave. Thank you very much.

In October, we hosted the DRCA Halloween Jelly Bean Dance. We had 12 fantastic volunteers from the Grade 10 Leadership Group of Dr. E.P. Scarlett High School and the community. They all worked hard to ensure a great evening. We were expecting 50 kids and 150 showed up! Wow. We had a lot of fun, and the costumes were awesome. Behind the scenes, we had parents



volunteering to plan, purchase supplies, pack candy bags, and oversee the setup and teardown for the event. Thank you to Pizza Hut for the volunteer dinner.

We are so grateful to all the awesome folks who volunteer from our Deer Run community.

Etienne Bley

Secretary, DRCA



The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.



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International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!

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It's that time of year, yet again, to reflect on the old and ring in the new. Time to make plans and set goals with a renewed sense of optimism. I remind myself each year that health, family, and friends must take precedence in framing New Year's resolutions. There have been many challenges this past year yet still much to be grateful for. As we bid farewell to 2022 and usher in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with inflation. With many families struggling with the rising cost of living, our government felt it necessary to announce a package of supports that will keep more money in the pockets of Albertans in the coming months.

The measures announced so far include, but are not limited to, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit, Alberta Child and Family Benefit and even income tax thresholds; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support across various low-income programs and the not-for-profit sector.

The last few months have also been exceedingly challenging for the health care system with flu season, RSV, and the lingering impact of COVID. Preventative measures such as washing hands, covering your face when coughing, avoiding tight quarters, staying healthy (and home when sick), immunizations, and boosters all help keep us well and protected.

Our frontline health care workers are veritable angels, and I am grateful for their continued service and compassion throughout this winter. I thank our dedicated educators for keeping children in the classroom. As always, your comments and feedback help me to advocate for you in Edmonton, as I commit to serving with principles, integrity, and an outspoken voice through until the next election. So, please keep the emails and calls coming, stay strong and healthy, and Happy New Year to you all!

TAKE ON WELLNESS

Gentle Intentions

from Alberta Health Services

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some "gentle intentions." Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here Are Some Tangible Tips to Embrace:

Sleep

Create habits that help you get a good night's sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZs.

Nutrition

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.



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.



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National Hot Tea Day



We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!



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