

MARCH 2023

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your **DEER RUN** villager

THE OFFICIAL DEER RUN COMMUNITY NEWSLETTER



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- Clean and check the blower system
- Clean and test the thermopile, thermocouple, and pilot assembly
- Clean and test electronic ignition system
- Check gaskets and seals for leaks
- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
- Polish glass panel with fireplace cleaner

Service rates starting at **\$185**^(+GST)

Take advantage of this promotion before April 17, 2023.

Use **CODE "2023"** for our special rate starting at **\$165**^(+GST)

Call to book your service today!

*Does not include parts replacement cost or return trip charges.



South Calgary Community

Clothing GIVEAWAY



Saturday, May 6, 2023

10:00 am to 1:00 pm

380 MIDPARK BLVD SE
All Saints Lutheran Church

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 |
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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 MS Word 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.

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

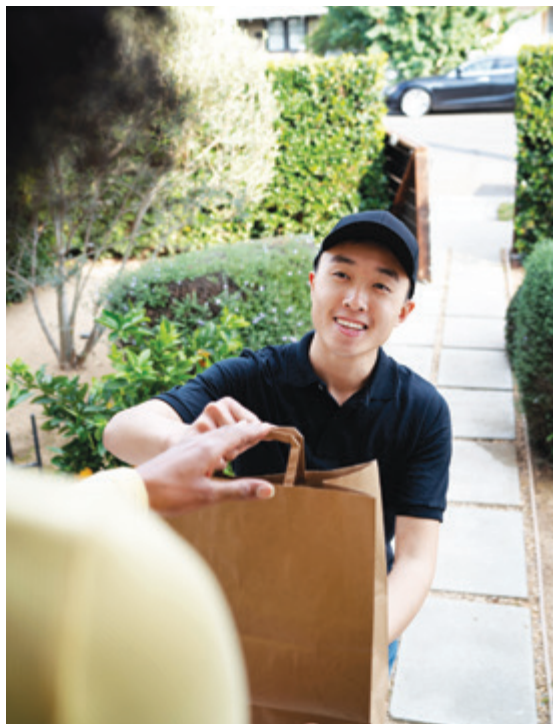
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



Why Is Sleep So Important for Kids?

from Alberta Health Services

Children between three- and twelve-years-old need 10 to 12 hours of sleep to grow and develop. Children may have trouble learning and developing socially if they do not get enough sleep. They may be tired during the day and not able to pay attention in school.

As your child gets older, you will probably notice changes in their sleep patterns. Your child may want a nap one day and resist the nap another day. Sometimes, children refuse to go to sleep as a way to show their independence. At other times, they may simply need extra attention or reassurance before they feel safe and comfortable enough to sleep well.

The best thing you can do to help your child get enough sleep is to have a bedtime routine. Doing the same things in the same order every night helps children know what to expect. Having a bedtime routine for your child also helps you. If your child is sleeping well, you'll have fewer worries and may also sleep well.

How Can You Get Started?

- Set up a bedtime routine to help your child get ready for bed and sleep. For example, read together, cuddle, and listen to soft music for 15 to 30 minutes before turning out the lights. Do things in the same order each night so your child knows what to expect.
 - Have your child go to bed at the same time every night and wake up at the same time every morning.
 - Keep your child's bedroom quiet, dark or dimly lit, and cool. You may need to remove the TV, computer, telephone, or electronic games from the room to avoid problems with bedtime.
 - Limit activities that stimulate your child, such as playing and watching television, in the hours closer to bedtime.
 - Limit eating and drinking near bedtime.
- Encourage your child to be active for at least an hour each day. Your child may like to take a walk with you, ride a bike, or play sports.

What Do You Do If Your Child Has Trouble Sleeping?

- If your child wakes up and calls for you in the middle of the night, make your response the same each time. Offer quick comfort, but then leave the room.



- Avoid reading scary stories and watching scary programs. Scary stories and programs can cause your child to worry.
- Do not try to wake your child during a night terror. Instead, reassure and hold your child to prevent injury. During a night terror, your child may scream while sleeping, and then once awake, may not remember crying or what caused it.
- If your child sleepwalks, keep the windows and doors locked during sleep-time.

For more suggestions, ask your family healthcare provider or call Health Link 24 hours a day, seven days a week, at 811.

The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane
Wind whirls around it as it goes
Trees put on its coat of snow
The pine dances in the air
Doing the waltz with the snow
The frost lands lightly on the hill
Chilly wind sways the trees and bends the leaves
Sparks of snow, fall so bright
Glittering even in the night
The only colour is grey and white
Throughout the day and in the night

The snow is now melting
Frost is all gone
Ice is slipping off the bark
And now it's dawn
Sprouts and beans are growing now
The butterflies are flying around
Petals are growing but not here yet
People are planting, knees on the ground
Seedlings are hatching, growing right now
Caterpillars are crawling around
Eating every leave in sight
With the butterflies in the sky
They wish they could take to flight

Petals in the sky
Blossoms in my eye
Day as bright as light
As well as in the night
Sky as blue as the sea
But is lighter than thee
Birds are coming back
And that is a fact
In the warmth and light
The sun comes very bright
At the beach we play
In the hotness of the day
Greenest grass in all the land
Same with the trees and leaves
Summer is coming to an end
That means school will start again

The smell of apple pie walks through the air
Filling our nostrils with the scent of cinnamon
We see streaks of colour hitting the ground
All the leaves floating around
Autumn is leaving us once more
Winter is now walking through the door



MP Calgary Midnapore
Stephanie Kusie
 204 – 279 Midpark Way SE
 Calgary, AB T2X 1M2
 📞 403-225-3480 📠 403-255-3504
 ✉️ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca

Dear Constituents,

The House of Commons returned from its winter break in late January and was immediately pushed into another government scandal. In my role as Shadow Minister for Treasury Board, I have been extremely focused on this government's fifty-fold increase in contracts with the consulting firm McKinsey & Company since 2015.

In his seven-years of government, Justin Trudeau has outsourced \$101.4 million in government contracts to McKinsey & Company instead of utilizing Canada's public service to deliver the services Canadians expect. A united opposition on OGGO committee passed a motion demanding the government hand over documents and provide witness testimony on this front. OGGO continues to investigate this concerning mismanagement of Canadian's tax dollars.

For Valentines Day, my office partnered with Midnapore School in providing handcrafted Valentines to residents of the AgeCare Midnapore facility. This annual tradition of partnering with a local school in Calgary Midnapore to deliver Valentines is an important reminder for our seniors that they are not alone and are always in our thoughts.

The budget for the 2023 fiscal year is also expected to be tabled at the end of March. My colleagues and I have been clear in our calls for the government to end any planned tax hikes, including the carbon tax, and ensure that every dollar spent is matched by a dollar in government revenue.

To stay up to date on my ongoing work in Ottawa on your behalf please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie



Councillor, Ward 14
Peter Demong
 📞 403-268-1653
 ✉️ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14

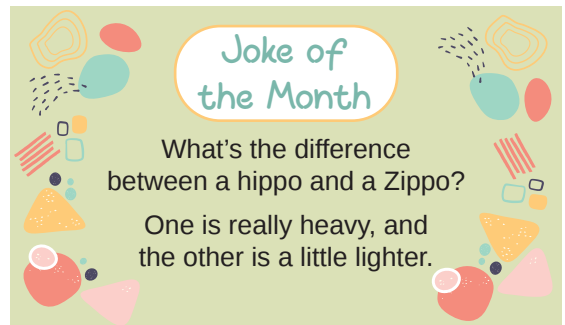
Hey, Ward 14!

Do not feel bad about your thoughts drifting to warmer weather—mine are too. We all know that there is probably a brief regression to coldness coming, as it always does, but we are headed in the right direction. The days are getting longer...

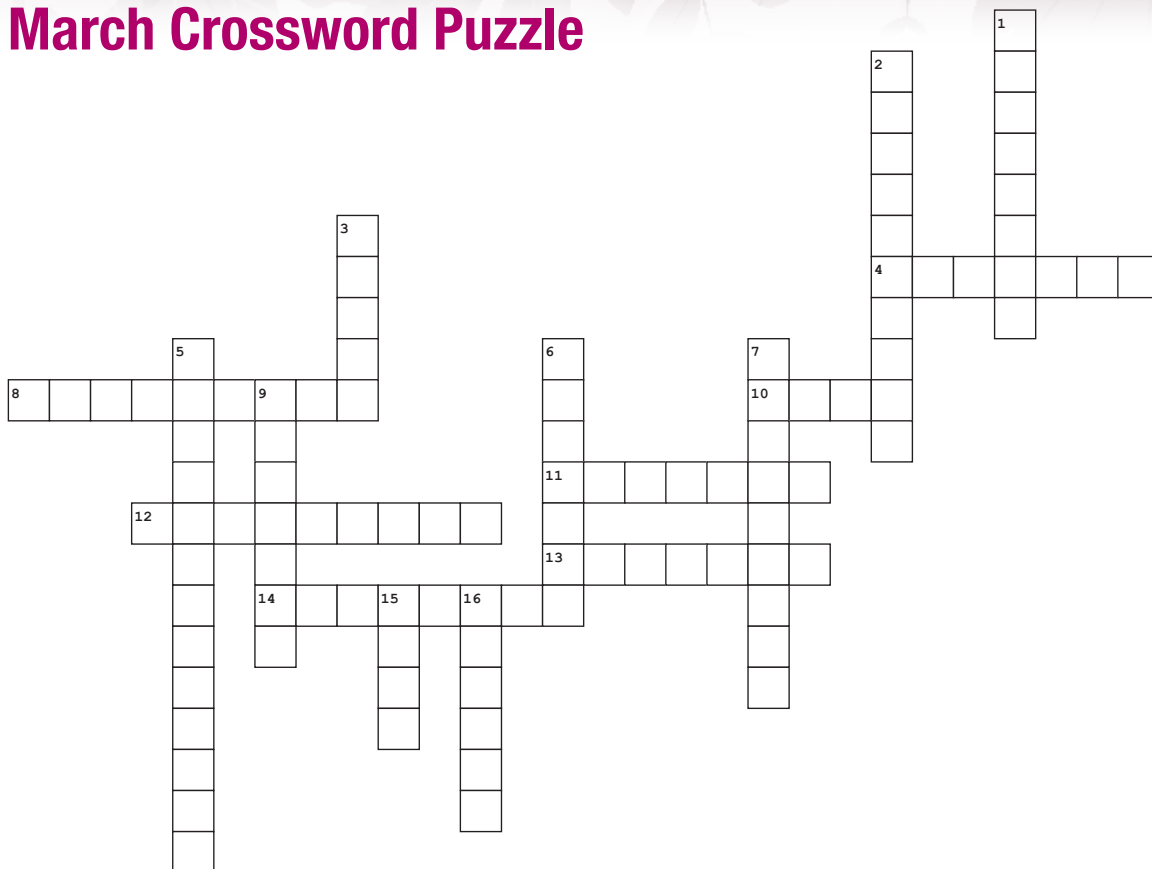
In the full version of the March column, I will start with a quick reminder about your last few days to address potential changes to your property assessment. I will also talk about another one of the City's useful online maps, and new financing options available for those looking to make their homes more energy efficient. Finally, I will finish off by addressing safety on transit, both in terms of what you can do and what the City is doing.

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 or calling 403-268-1653.

Councillor Peter Demong



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



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.



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BRAIN GAMES

SUDOKU

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