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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 EXECUTIVES

President	Kim Semeniuk
Vice President	Wendy Harness
Treasurer	Ed McCrea

THE DIRECTORS

Capital Expenditures	Jay Clements
Social	Christian Fruhen
Newsletter	Nicole Webster
Ways and Means	Jennifer Moore

VACANT POSITIONS

Memberships	Vacant
Programs	Vacant
Sports Director	Vacant
Director at Large	Vacant



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We're also online at www.deerruncalgary.com

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DEER RUN CONTENT

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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.



PRESIDENT'S MESSAGE

Hi everyone,

Hope everyone is doing well. It has been some time since I wrote a rant for the newsletter and I am sure you've all been pleased that you didn't have to endure it, ha-ha. We have had a lot going on at the centre. To start with, by the time *Your Deer Run Villager* comes out, we will have had our Annual Stampede Breakfast, and I am sure it will be a huge success as always. I'm also hoping that by time of delivery, we continue to have good news with the higher water on the rivers – I don't know about everyone else, but this is the highest they have been since the flood in 2013 (in which our Breakfast had to be cancelled), and I have to admit it made me a little nervous.

We have recently hired Ashley Baxter to help us put on great events like the Stampede Breakfast. One of our Board members also stepped down and has accepted a role to help maintain and spruce up the centre – welcome aboard Allen Peters! As the Board is comprised of volunteers, we find there is only so much time we can put in to ensure everything is getting done, and these two will help ensure our to-do lists get completed. Over the next little bit, you will see initiatives for various events and items crossed off to give the centre a facelift. We will be working to bring new rentable rooms to the centre by reconfiguring the storage throughout the building, allowing us to expand our daycare to finally remove the number of people on our waiting list. We are also working on grants to bring an elevator to make the centre more accessible to a greater portion of our residents and visitors. It is an exciting time, and we are working hard to get the grants required to minimize our financial output.

We are looking for Board members that might want to help us achieve our goals, but most importantly we are in search of someone that can take over the Treasurer role. Thank you, Ed McCrea and Etienne Bley, for their many years of work around the centre. They have now stepped down from the Board. Ed has been a sport and is helping part-time until we can find someone to take on the Treasurer role and will show them the ropes. I would like to thank Etienne for his 20 years as a board member. We get to know folks and become friends on the Board, and it is always hard to see these changes. We have been fortunate to now have Wendy Harness in the VP role, Jayleen Dickenscheid as Secretary, and Nicole Webster in Communications. A date at this time

hasn't been set, but we will be having a special meeting coming up, and probably prior to this letter coming out, so we can make some changes to the bylaws. Wendy comes to us from Canyon Meadows but has an HR background and has been great asset to making sure the centre is compliant on many fronts; Jayleen is from Deer Ridge and is looking forward to the challenge of a busy centre to use her executive experience. As both of these ladies are out of the community boundaries and are on our Executive Board, we are looking to make an amendment to the bylaws to allow them signing rights, taking the load off the other current members of the Executive Board, as two signatures are required to sign most things.

We have recently been talking to our surrounding community boards to work more closely again like we used to in the past. I will keep you updated on this as things develop.

We will be putting a plan together this year to get our rink redone in 2027. If there is anyone that would like to help in the planning or would like to join the Rink Ratz crew in the fall, please reach out to me at president@deerruncalgary.com. Saying that, we are also looking at other projects to bring new activities the community. Some of the shorter-term projects are a community garden, lawn bowling, and longer projects with the possibility of expanding our parking lot, indoor arena, and maybe a climbing wall. If some of these projects interest you, reach out to me to be part of the planning. As always, we look for grants to achieve our initiatives first, but membership purchases, the donations we receive (we are a registered charity and can issue tax deductible receipts), and fund raisers always help us bring things forward.

With summer here, I wish all of you to have a safe and enjoyable time with family and friends as time permits with our hectic schedules.

Kim Semeniuk

President, Deer Run Community Association Society



COMMUNITY PROGRAMS

Local Programs Held at the Deer Run Community Association

South Calgary Wado Kai Karate

Tuesdays, beginners' classes, 6:15 to 7:15 pm and advanced 7:15 to 8:30 pm.

Fridays, advanced 7:00 to 8:30 pm.

Saturdays, preschool class, 9:20 to 10:00 am, beginners' class, 10:00 to 11:00 am, and advanced classes, 11:00 am to 12:30 pm.

www.calgarywadokai.com.

Genbukan Daigo Dojo

Mondays and Wednesdays, 7:00 to 8:30 pm.

Traditional Japanese Ninpo and Jujitsu. The study of effective, real world self defense.

www.genbukan.black.

FLC Seniors Tai Chi

Tuesday and Thursday mornings.

Contact our registrar at taichi@flcseniors.ca.

Website: www.flcseniors.ca/activities/taichi.

Adult Volleyball

Adults, Monday to Friday evenings.

Ashley: ashleymiller6@live.com.

Jazzercise

Monday, Wednesday, Friday, 9:30 am.

Chris: vanreenenchris8@gmail.com.

New! Country Line Dancing

Wednesdays, 1:30 to 2:30 pm.

Line dancing is fun for everyone. No partner required. It's good exercise, lots of fun, and a great social outing.

Email: gwen_nclld@outlook.com, gwen_newell@yahoo.ca.

Bliss Within Yoga

Monday (with Alena) 7:00 to 8:30 pm, Wednesday (with Laurie) 9:30 to 11:00 am, Wednesday (with Heather) 7:15 to 8:45 pm, Thursday (with Heather) 1:00 to 2:30 pm, Thursday (with Laurie) 6:30 to 8:00 pm.

Laurie Hislop: hislop@shaw.ca, 403-585-9045.

Alena: alenatul@hotmail.com, 403-605-8929.

Heather: heatherwongken@yahoo.com, 403-862-1133.

Yoga Fundamentals Drop-in with Shawna

Wednesdays, 6:45 to 8:00 pm.

\$10 per class.

Great for beginners!



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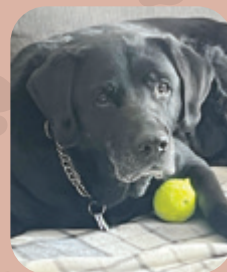
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



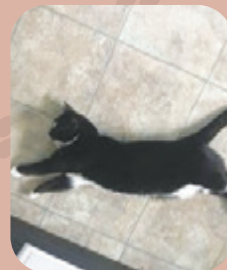
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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FREE

16th Annual Cleanup and Waste Disposal

Saturday, September 20, 2026

9:00am to 1:00pm SHARP!

MUST BE IN LINEUP BY 1:00PM!

NO LATE ENTRIES!

Deer Run Community Center 2223 – 146 Ave SE

Items Accepted:

*Household and Construction Waste, Metal, Appliances,
Electronics, BBQ's, Bikes, Car Batteries ONLY,
Propane tanks (Disposal fee charged, 0 to 19 Lbs \$2,
20 Lbs and over \$5, Cash Only)*

*No Organics Truck (IE. tree cuttings, compost, etc will not be
taken)*

Items not accepted: Tires, Household Chemicals, Liquids, Oils, Paint, Freon Appliances,
Glass, Garden waste. NO Recyclables. NO Commercial Waste.

Volunteers needed for this to run smoothly so we can repeat again next year!

Please call the Center to volunteer (403) 278-3117 or

Please visit our website at www.deerruncalgary.com to sign up online

This event is FREE, but purchase of your DRCA Membership is appreciated!
Donations are appreciated and help support events like this one.

Directions: Approach from West on 146th AVE- Line up to right curb. RIGHT Turn
only into parking lot and NO Left turn leaving.

Gate Marshals will be present to provide directions and assistance.

Outdoor Fire Safety

by The City of Calgary

As we enjoy the warm summer months, the Calgary Fire Department would like to remind you to take some measures to prevent outdoor fires and keep your loved ones and property safe. Our summers are becoming hotter and drier, increasing the potential for outdoor fires and wildfires.

Always check if a fire ban or fire advisory is in place before starting a fire. They are issued to inform citizens of conditions that pose a moderate to high fire risk, such as major wind events, unusually dry conditions, or hot temperatures. Each advisory or ban will include a list of prohibited fire types including fire pits, barbecues, and other forms of open flames.

To help reduce your outdoor fire risks:

- Never extinguish cigarettes in planters, peat moss, lawns, or gardens.
- Use fire pits, outdoor fireplaces, wood-burning ovens, and chimeneas properly.



- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune tree branches within two metres of the ground.
- Plant new trees at least three metres apart.
- Assess hazards within 1.5 metres of the home, including debris, trees, and other structures.

Visit calgary.ca/firebans for more information.

DROP- IN PICKLEBALL

DRCA OFFERS DROP- IN PICKLEBALL EVERY SUNDAY
10:00 AM - 12:30 PM

\$5.00 FOR NON-MEMBERS
\$3.00 FOR MEMBERS

MEMBERSHIPS ARE AVAILABLE FOR PURCHASE AT THE DRCA FOR \$30.00



The Half-Finished Things Taking Up More Space Than You Think

by Shayla Moulton



By July, most of us have settled into the rhythm of the year. The ambitious goals we set in January have either become habits or quietly disappeared. Summer calendars are booked up. Vacation plans are underway. Work remains busy. Life keeps moving.

On the surface, everything seems manageable.

Yet many people carry a lingering feeling that they can't quite shake. A sense that there's always something they should be doing. Something they forgot. Something waiting for their attention.

Often, the source of that feeling isn't a major problem. It's the accumulation of half-finished things.

- A passport renewal that still needs to be submitted.
- A dental appointment that hasn't been booked.
- The pile of paperwork on the kitchen counter.
- The quotes you need to get to fix the garage door.
- The email that requires a response.
- The donations that have been sitting in your trunk for months.

None of these tasks are particularly difficult. Most could be completed in a few hours. Yet they remain unfinished, quietly occupying mental space day after day.

What makes these tasks so draining is not the amount of time they require. It's the fact that our brains continue to track them. Every unfinished task becomes an open tab. We may not be actively thinking about it, but part of our attention remains attached to it.

Over time, dozens of small open tabs can create a surprising amount of mental clutter.

This is one reason so many people feel busy even when they haven't accomplished anything particularly

demanding. Their energy is being divided among countless loose ends.

I've noticed that when people feel overwhelmed, they often assume they need a vacation, a new productivity system, or a complete life overhaul. Sometimes what they actually need is far simpler.

They need to close a few open tabs. July is an ideal time to do exactly that.

The halfway point of the year offers a natural opportunity to revisit the tasks and responsibilities that have been quietly following us for months. Not everything needs immediate attention, but most of us can identify a handful of lingering items that would bring an immediate sense of relief if they were finally completed.

A useful place to start is with appointments. Health checkups, vehicle maintenance, home services, and routine administrative tasks are often postponed because they feel inconvenient to schedule. Yet once they are booked, the mental burden often disappears.

The second area is paperwork. Forms, renewals, applications, and documents have a way of accumulating until they feel far more intimidating than they actually are.

Third, consider household projects. Not the major renovations, but the small repairs and organizational tasks that repeatedly catch your attention every time you walk past them.

Next, look at financial loose ends. Unused subscriptions, unanswered insurance questions, budget reviews, or savings goals that haven't been revisited since the start of the year.

Finally, take inventory of the decisions you've been avoiding. Some unfinished tasks are not tasks at all. They are decisions waiting to be made. The longer they remain unresolved, the more energy they consume.

The purpose of a mid-year reset isn't to become more productive. It's to create more breathing room.

Sometimes the biggest improvement we can make is not adding something new to our lives. It's finally completing the things that have been quietly following us around for months.

As the second half of the year begins, that may be the most valuable fresh start of all!

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



FRIENDS *of* Fish Creek

What's blooming in FCPP this July and August

Who's up for going out into the park this summer to take in some blooming native plants? One thing a few of us who are at the beginning of our native plant species journey have noticed is that once you start to learn a few native plants, you see them everywhere. So, we thought we would share with you, Fish Creek Community, a condensed list of some of the plants you can expect to see blooming in July and August in Fish Creek Provincial Park.

July



Northern sweetvetch
Hedysarum boreale



Stiff sunflower
Helianthus pauciflorus



Nodding onion
Allium cernuum



Purple prairie clover
Dalea purpurea



Silky lupine
Lupinus sericeus

We can't guarantee all of these will be blooming in the exact month they're listed in, so don't fret if you see blooms a little earlier or later than expected.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public, to our new kids' summer day camp, and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook @fishcreekpp to learn more about summer day camp and all our exciting programs.

August



Tufted fleabane
Erigeron caespitosus



Missouri goldenrod
Solidago missouriensis



Dotted blazing star
Liatris punctata



Blue grama grass
Bouteloua gracilis



Tufted white prairie aster
Symphyotrichum ericoides



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Word of the month

Zephyr: noun (zeh-fur)

A light, gentle, or mild breeze. During the summer months, we may experience a gentle zephyr blowing in.



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Landon Johnston
✉ ward14@calgary.ca
☎ 403-268-2430
📱 @LandonForWard14
📧 @Ward14LandonJohnston

Hello Neighbours!

We're already halfway through 2026! Springtime means a lot is going on within our beautiful and thriving city. Warmer weather means increased pedestrians, cyclists, and motorcyclists. Construction will be predominant within our communities, as well as workers beginning to fix potholes, trim trees, cut grass, and clean our streets. A reminder to be aware of your surroundings and share the road. Together we can make sure everyone returns home safely!

Stampede and summer festivities have already started within our beautiful communities. We want to send out a special thank you to our Community Associations and volunteers for taking the time to host these amazing events. Without our volunteers, events such as these would not be possible!

We are looking forward to continuing to work with our fellow residents. Stay tuned for our upcoming Ward 14 webpage and be sure to check in on my social media pages for updates at this time.

Contact Our Office

General inquiries: Ward14@calgary.ca.

Community information and events: CLWard14@calgary.ca.

Following up on an issue?: CAWard14@calgary.ca.



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

I would like to congratulate the class of 2026 from Centennial High School! Graduating high school is an amazing milestone and I wish you all the best of luck on your future endeavours. I would also like to congratulate all the K to 11 students for successfully completing the 2025 to 2026 school year! I hope you will all enjoy your summer, whether it is working at your summer job, enjoying the various community lakes and Fish Creek, or vacationing with your families.

I would also like to recognize all CBE and CSSD teachers and school staff for your hard work throughout the school year. I hope you have a relaxing summer!

I plan to participate in many of the events being held in our constituency over the summer, and I look forward to visiting with as many of you as I can.





Stack Those Pancakes

by Garth Paul Ukrainetz

Stack those pancakes to the sky
Higher than an old spruce tree
Higher than the Saddledome
Stack them high for all to see

Stack those pancakes to the sky
Higher than big Bankers Hall
Higher than the Calgary Tower
Highest stack downtown of all

Stack those pancakes to the sky
Cover them with golden butter
Smother them with maple syrup
Grab a fork and find a ladder

Stack those pancakes to the sky
Gather all your friends and neighbours
Nothing beats a Stampede breakfast
Stress about the calories later

Stack those pancakes to the sky
With hungry world we'll share our plate
When all are eating, no one's fighting
"World Pancake Peace," the taste is great!

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SCAN ME



MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

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